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**How Should We Pray?**

**By Caleb Osborne**

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Many Christians often wonder, "How should we pray?"

I'm going to touch on this subject of prayer a few more times in the upcoming weeks, so today we'll deal with asking for forgiveness in prayer.

This question of prayer isn't a new one but is in fact one that the disciples asked Jesus while he was still roaming the earth. Jesus responded by giving them an example in the form of the "Lord's prayer".

Many people misconstrue the Lord's prayer as the "sacred" way that we ought to pray. But this is simply not true.

You have to pay attention to a few key points in the Bible. If you've read "Christ Through Me" Then you know that you are no longer under the law of the old covenant, but you are under the new covenant law--forgiven by grace.

But what you must also keep in mind is that the New Covenant, the complete forgiveness of our sins--past, present and future was not put into effect until the ultimate sacrifice for the sins was made. Which came in the form of God's sinless son, Jesus Christ.

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So when Jesus told the disciples in the lord's prayer to pray "and forgive us our trespasses, as we forgive those who trespass against us" they were praying that way because they were still under the old covenant or law. This law required that they seek forgiveness whenever they sinned.

As soon as Jesus Christ died and bore the punishment for all of our sins, it was the the ultimate sacrifice. When you and I accepted Christ as our savior, we accepted the sacrifice that Jesus made on that cross and were completely forgiven. All sins were wiped away, even future ones (heck, they were all future back then right?)

So because we are now under the new covenant and have the life of Christ in us, and holy because of this. We no longer have to ask forgiveness in prayer.

So I encourage you when you pray today, if you find yourself saying, "Father, I ask that you forgive me

of my sins..." catch yourself and just show your gratitude instead for the completed work of Christ at the cross that paid for your sins and allowed you forgiveness once and for all. I say it something like this, "father, thank you so much that I am totally forgiven because your son took the penalty for my sins..."

Instead of acting like a sinner. Go on in complete faith that you are already forgiven, think "attitude of Gratitude"!

Consider now the first part of the Lord's prayer. Here is how it is often said:

"Our Father who is in heaven,  
Hallowed be Your name"

The key thing that I want to hit on in this email is that the first thing that Jesus does is address his heavenly father as father and then start praising him.

Our God truly is wonderful and worthy of praise, give him the praise that he deserves. Tell him how wonderful he is, thank him for what he has done in your life, relive those positive things that he has done for you and tell him how much you appreciate his gift of salvation.

In the next verse:

"Your kingdom come  
Your will be done,  
On earth as it is in heaven."

Jesus reaffirms what all of us should, that the control of our lives is in our loving father's hands. Let him know that your life is in his hands and his will is yours.

Giving over control of your life and your rights to it is an important step in receiving the great Christian life!

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That's all for today, next email we'll look at prayer requests and the best way to present them to our father.

Verse 11:

"Give us this day our daily bread."

With this in mind there are two things that I would like to bring up in this email:

1. I think it's important to notice that Jesus put asking for our needs after praising God and telling him that his will is what is foremost in our lives.

Because we are capable of making mistakes and not seeing the whole picture, make sure to let God know that HIS will is what is foremost in our lives.

If this is truly your belief and you have told God this then it isn't necessary to keep drilling it, but I usually precede a prayer request with "if it is your will". This reaffirms the thought process (for myself

mostly) that what I am asking is according to his will not mine.

2. We can rely on God to meet our needs and he will always be faithful to do so!

Jesus, the son of God, relied on his father to meet his needs! What beautiful illustration of the way that we are to approach our Christian lives!

God was faithful to meet the needs of Jesus, that he asked for in his prayer because we know that he died on a cross for all of our sins; not because of a lack of his needs being provided for!

"I WILL NEVER DESERT YOU, NOR WILL I EVER FORSAKE YOU" (Hebrews 13:5). God is faithful to always be there for you. He gave his son Jesus so that you could have life and have it more abundantly (John 10:10). He will take care of you and meet your every need.

This has been article on the way that God intended for us to look at prayer. It is by no means exhaustive, but I hope you found it useful.

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## How Should We Pray?

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Caleb is a young Christian man who has just authored his first book, *Christ Through Me* and continues to share his messages of God's love and grace through his FREE e-Newsletter at his website at [ChristThroughMe.com](http://ChristThroughMe.com).

### **A New School Year**

**By Kimberly Chastain**

Depending on where you live school will be starting this month or next month. A new school year is usually exciting and scary at the same time. Most children won't admit it, but they are ready to get back to school and see their friends. As much as I love not having a rigid schedule in the summer, I do miss the structure of the school year. We get up later in the summer and go to bed later as well.

When you think of a new School Year what are your first thoughts? Back to school shopping for clothes and school supplies. A big transition from elementary to middle school, or to high school, even college. A new teacher who you heard is strict or not strict enough? There can often be lots of anxiety with a new school year for parents as well as children.

Can I offer a few suggestions for your back to school list? Remember whose children they are. Yes they are our children, but they are God's children. He cares about them and loves them more than we ever could. Pray for your children. Pray for their academics, choice of friends, study habits, and wisdom to make Godly choices. Pray for their teachers. If their teachers are not Christians, pray that God can use you to be an example to their teachers. Pray for the administrators in your child's school. Pray for the safety of your child and all the children at their school. Pray that your children will see a Godly example in you, with how you handle school difficulties or problems with your children. Begin praying with other mothers for their children as well. We don't have to carry the burden alone. Above all remember God is in control. I often have a difficult time remembering that principle.

In closing, God is a mighty God and he cares about our concerns. I often pray on the way to taking my children to school. I pray when my children are having difficulties with friends. God cares about everything in our lives and He truly cares about our children. My mother is a prayer warrior for my children and myself. May we all become prayer warriors for our children. Take your problems to Him and leave them there.

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Kimberly M. Chastain, MS, LMFT is the Christian Working Mom Coach and a Licensed Marriage and Family Therapist who specializes in helping Christian women make the most of their lives. She is the author of the on-line course, "I Can't Say No" and Pearls of Encouragement for Christian Working Moms, a free e-book. If you suffer from "I Can't Say `No" Syndrome, visit Kimberly's site today for the details on an exciting email course that's sure to set you free!

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kimberly@jerp.at.org

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