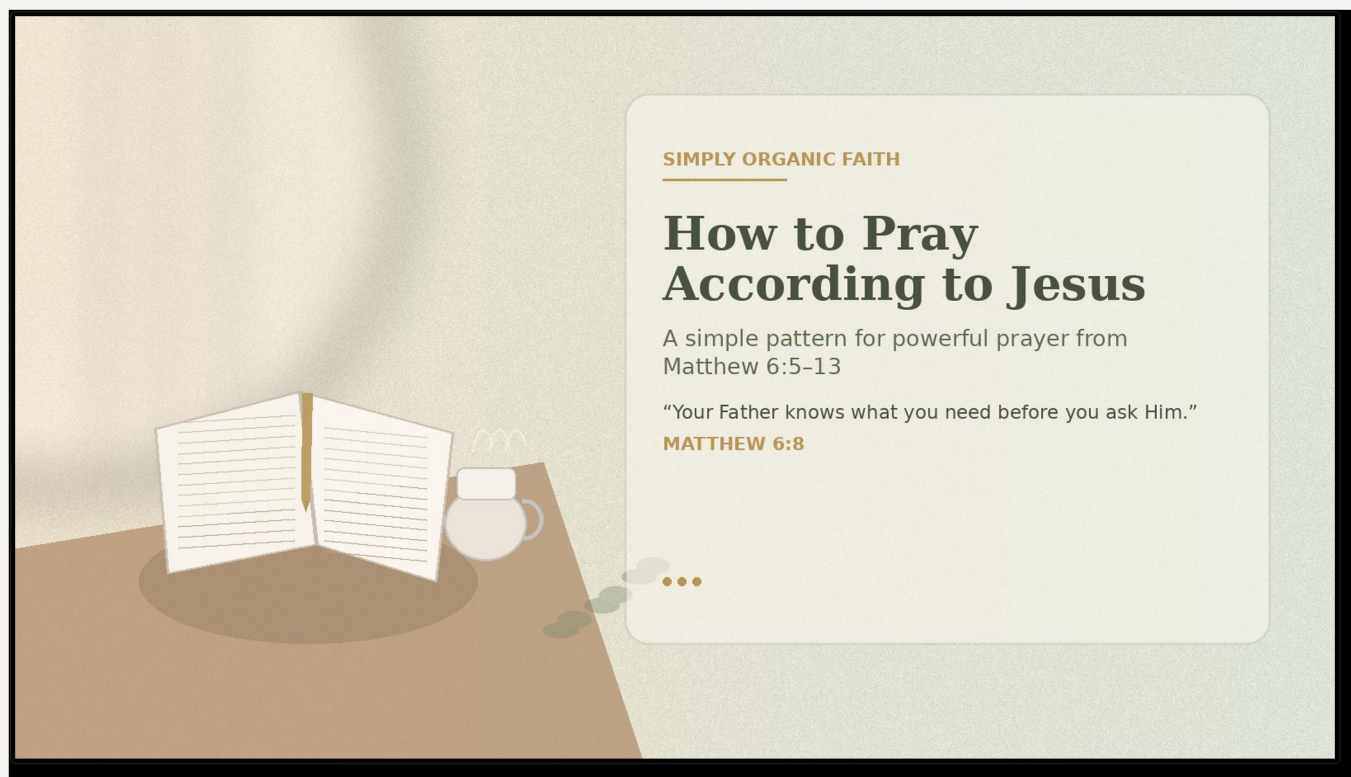


7-Day Prayer Journey Guide

A companion resource for “How to Pray According to Jesus”
Rooted in Matthew 6:5–13



Use this guide to continue your prayer journey with a simple daily rhythm of Scripture, reflection, listening, and response.

How to Use This Prayer Journey

This guide is a companion resource for the Bible teaching article How to Pray According to Jesus. It is designed to help you practice Jesus' prayer pattern in Matthew 6:5-13 in a simple, spacious way.

You do not need to master a prayer technique. You are learning to come honestly to the Father who already knows what you need before you ask Him.

"Your Father knows what you need before you ask him."

**MATTHEW
6:8**

Daily Rhythm

- Begin by taking a few quiet breaths.
- Read the short Scripture passage slowly.
- Notice one phrase that stands out.
- Answer the reflection questions honestly.
- Write one simple prayer response.
- Use the breath prayer throughout the day.

Gentle reminder: Prayer is not a performance to perfect. It is communion with the Father, practiced slowly and honestly.

DAY 1

Begin with Honesty

“And when you pray, you must not be like the hypocrites...”

**MATTHEW
6:5**

Teaching Focus

Jesus begins by removing performance from prayer. Prayer is not about appearing spiritual. It is about coming honestly before the Father.

Simple Prayer Practice

Name one place where prayer has felt pressured, performative, distracted, or thin. Bring that honestly to God without trying to fix it first.

Reflection Questions

- Where have I been tempted to perform spirituality?
- What do I want God to know about my real prayer life?
- What would honesty with the Father sound like today?

Write One Honest Response

Breath Prayer

Father, I come honestly before You.

DAY 2

Close the Door

“Go into your room and shut the door and pray to your Father who is in secret.”

**MATTHEW
6:6**

Teaching Focus

The closed door is not only about location. It is about removing distraction so the heart can become present. Prayer becomes deeper when we stop trying to multitask with God.

Simple Prayer Practice

Choose one place and one time when you can pray without your phone or unnecessary interruption.

Reflection Questions

- What distractions most often crowd my prayer life?
- What would it look like for me to shut the door today?
- Where do I need to protect quiet space with God?

Write One Honest Response

Breath Prayer

Father, help me become present with You.

DAY 3

Pray with Purpose

“Do not heap up empty phrases...”

**MATTHEW
6:7**

Teaching Focus

Jesus warns against repeated prayers that are spoken without presence. Purposeful prayer begins when we slow down enough to notice what we are saying and why we are saying it.

Simple Prayer Practice

Before you pray, ask: Father, why am I here with You right now?

Reflection Questions

- Where do I tend to pray on autopilot?
- What do I most need to talk with the Father about today?
- What words need to become honest again?

Write One Honest Response

Breath Prayer

Father, make my words honest and alive.

DAY 4

Remember Who God Is

“Your Father knows... Our Father in heaven...”

**MATTHEW
6:8-9**

Teaching Focus

Prayer begins with perspective. God is Father, and God is holy. When His life and power fill our vision, our circumstances are no longer the only thing we can see.

Simple Prayer Practice

Spend a few minutes naming what is true about God before asking for anything.

Reflection Questions

- What part of God’s character do I need to remember today?
- What burden seems too large because God has seemed too small?
- How does Matthew 6:8 change the way I approach prayer?

Write One Honest Response

Breath Prayer

Father, You see, You know, and You reign.

DAY 5

Seek the Father's Will

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

**MATTHEW
6:10**

Teaching Focus

Jesus teaches us to seek God's will before asking for our own way. This is not denial of desire. It is trust that the Father's kingdom is better and wiser than ours.

Simple Prayer Practice

Name one desire or outcome you are carrying. Then pray: Your will be done.

Reflection Questions

- Where do I want God to bless my plan?
- Am I willing for His timing, path, or answer to differ from mine?
- What would surrender look like in this situation?

Write One Honest Response

Breath Prayer

Father, align my heart with Your will.

DAY 6

Ask for Today's Bread

"Give us this day our daily bread."

**MATTHEW
6:11**

Teaching Focus

Jesus teaches daily dependence. The Father gives what is needed for today. Prayer becomes less anxious when we learn to ask for today's bread instead of trying to carry tomorrow's weight.

Simple Prayer Practice

Write down what you actually need today: spiritual, emotional, relational, physical, or practical. Ask the Father for it.

Reflection Questions

- What do I need from the Father today?
- What future concern am I trying to carry too early?
- How has God provided for me before?

Write One Honest Response

Breath Prayer

Father, give me what I need for today.

Receive Cleansing and Protection

“Forgive us our debts... and lead us not into temptation, but deliver us from evil.”

**MATTHEW
6:12-13**

Teaching Focus

In prayer, the Father shines light on what needs mercy and healing. He also leads us away from what harms us. Prayer is a place of forgiveness, release, protection, and direction.

Simple Prayer Practice

Ask God to show you one thing to confess, one person to forgive, and one exit from temptation to take today.

Reflection Questions

- What is God gently bringing into the light?
- Where do I need to forgive or release?
- Where do I need God to show me the exit?

Write One Honest Response

Breath Prayer

Father, forgive me, lead me, and deliver me.

A Simple Weekly Prayer Pattern

After the seven days, you can continue using the same pattern each week. You do not need a complicated system. You only need a quiet place, an open Bible, and a willing heart.

Movement	Prayer Focus
Perspective	Father, help me see You rightly.
Priority	Let Your kingdom and will come before my own.
Provision	Give me what I need today.
Forgiveness	Forgive me and help me forgive.
Protection	Lead me away from temptation and deliver me from evil.

Weekly Review

- How did prayer feel this week: rushed, honest, distracted, present, or something else?
- What part of Jesus' pattern felt most natural?
- What part felt most difficult?
- Where did you sense conviction, comfort, or correction?
- What is one step of obedience you want to carry forward?

Notes

Remember: Prayer is not a performance to perfect. It is a relationship to receive and practice. Start again tomorrow.

Rooted in Jesus. Led by the Spirit. Living in Simplicity.