

UNDERSTANDING HOW TO PRAY

6 Parts to the Adon's Prayer

- 1- Direct Your Prayers to our Father in Heaven
- 2- It's all about His Kingdom & His Will
- 3- A Request for Our Needs
- 4- Ask For Forgiveness As You Forgive Others
- 5- Ask Him To Keep You From Temptation & Deliver You From Satan
- 6- Remember His Power and Glory and Kingdom is Forever

#1 - Direct Your Prayers to Our Father in Heaven

He starts off with "**Our Father in heaven, Hallowed be Your name**".

When you pray make sure you speak to the Father directly.

#2 - It's all about His Kingdom & His Will

Yahusha says "**Your kingdom come. Your will be done**" We often want to pray to Him about our requests and what we need Him to do for us. What we don't understand at times is that a lot of our prayers do not get answered because what we want is often about ourselves and not about His will & His Kingdom. We are His servants preparing His Kingdom. After you acknowledge and call out to Him, make sure you put His will and His Kingdom first. Yahusha is showing submission. We are about preparing His Kingdom and we submit to His will.

#3 - A Request for Our Needs

Yahusha says "**Give us this day our daily bread**". If you go back to Israel's exodus from Egypt. He provided their daily bread when He provided their daily supply of manna. He knew their needs and He provided for them. So whether it is food, money, shelter, etc., ask Him to take care of it. Now warning: do not be upset if you prayed for something & you did not receive it. Remember right before you asked, you told Him it's about His will.

Make sure you meant it.

#4 - Ask For Forgiveness, As You Forgive Others

He says, "**And forgive us our debts, As we forgive our debtors**". Something we need to always incorporate in our walk is forgiveness. We want forgiveness, but we also must do it as well. He said after the prayer "**For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses**". So make sure you are not walking with unforgiveness in your heart.

#5 - Ask Him To Keep You From Temptation & Deliver You From Satan

He says, "**And do not lead us into temptation, But deliver us from the evil one**" So many of us struggle with so many different temptations, but ask yourself: Are you asking the Father for help with this? He will help you if you are asking Him.

This is why Yahusha told you to include this in your prayer.

#6 - Remember His Power and Kingdom is Forever

He says, "**For Yours is the kingdom and the power and the glory forever**". It's all His, and He has all the Power & Glory Forever. Remember that and acknowledge it when speaking with Him.

UNDERSTANDING HOW NOT TO PRAY

The Anxious Prayer

When you pray, be watchful so that your flesh does not cause you to run ahead of Yahuah. Your flesh can provoke you into fear and create massive anxiety, which produces impatience and a pushing of Yahuah. Don't get so anxious being provoked by your flesh that you are pushing your will and not coming to Father to have His way. Your flesh can provoke you to worry about things, He has already covered for you, and you coming to Him in your anxious prayer is just showing a lack of faith.

“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to Elohim;” **Philippians 4:6**

If His word tells you to be anxious for nothing, it shows disobedience if you come to Him in prayer being anxious.

The Tainted Prayer

There is a common theme that you will find when you are examining how not to pray and it often deals with putting your will before His. A tainted prayer is mixing your own will and Yahuah's will. Or maybe you're mixing a sincere prayer tainted with the wrong motives. He does not want them tainted, but pure. Yahuah hates the mixture of godliness with worldliness. He does not want you being lukewarm. Too many of us live in gray areas. That goes for our prayer life too. It's like praying for His will to be done, so He can make you rich and successful. Or praying for Him to work in your life so you can achieve what this world looks at as greatness. You are coming to Him in sincerity, but it's not really about Him. It's all about you. It's when you bring your natural carnal mind into your prayers. Praying with our natural minds, our flesh, will always come up against the true will and purpose of Messiah.

“There is a way that seems right to a man, But its end is the way of death.”

Proverbs 14:12

Pray for the will of Yahuah in your life, this speaks life! Don't bring the world in your prayer life. So many are praying for their will to be done while coming to our Father. It doesn't work this way. And the more you push it, the more you invite the enemy in, and he will come in and make you believe it's Father blessing you, when you are actually receiving a curse.

The Religious Prayer

You find this often in the church. In Matthew 6 Yahusha warned us not to pray like the heathen. Then there are those that pray like the religious acting pagans who use vain repetitions in their prayers. You will hear this often in the catholic church that just repeat words. The prayers sound more like spells than actual prayers. They often use the Adon's prayer taking the power right out of it Pray from your heart, in the spirit. Not to be heard by men, but to be heard by Father.

ADVICE

If you want to communicate and pray to our Father and you don't know what to say at times.

Read some Psalms and speak to Him in the name of Yahusha.

The Psalms are awesome and they are powerful.

HERE ARE SOME PSALMS

"I will praise You, O YAHUAH, with my whole heart; I will tell of all Your marvelous works. I will be glad and rejoice in You; I will sing praise to Your name, O Most High. When my enemies turn back, They shall fall and perish at Your presence. For You have maintained my right and my cause; You sat on the throne judging in righteousness. You have rebuked the nations, You have destroyed the wicked; You have blotted out their name forever and ever. O enemy, destructions are finished forever! And you have destroyed cities; Even their memory has perished. But YAHUAH shall endure forever; He has prepared His throne for judgment. He shall judge the world in righteousness, And He shall administer judgment for the peoples in uprightness. YAHUAH also will be a refuge for the oppressed, A refuge in times of trouble. And those who know Your name will put their trust in You; For You, YAHUAH, have not forsaken those who seek You. Sing praises to YAHUAH, who dwells in Zion! Declare His deeds among the people. When He avenges blood, He remembers them; He does not forget the cry of the humble. Have mercy on me, O YAHUAH! Consider my trouble from those who hate me, You who lift me up from the gates of death, That I may tell of all Your praise In the gates of the daughter of Zion. I will rejoice in Your salvation. The nations have sunk down in the pit which they made; In the net which they hid, their own foot is caught. YAHUAH is known by the judgment He executes; The wicked is snared in the work of his own hands. Meditation. Selah The wicked shall be turned into hell, And all the nations that forget God. For the needy shall not always be forgotten; The expectation of the poor shall not perish forever. Arise, O YAHUAH, Do not let man prevail; Let the nations be judged in Your sight. Put them in fear, O YAHUAH, That the nations may know themselves to be but men. Selah"

Psalms 9:1-20

"Vindicate me, O YAHUAH, For I have walked in my integrity. I have also trusted in YAHUAH; I shall not slip. Examine me, O YAHUAH, and prove me; Try my mind and my heart. For Your lovingkindness is before my eyes, And I have walked in Your truth. I have not sat with idolatrous mortals, Nor will I go in with hypocrites. I have hated the assembly of evildoers, And will not sit with the wicked. I will wash my hands in innocence; So I will go about Your altar, O YAHUAH, That I may proclaim with the voice of thanksgiving, And tell of all Your wondrous works. YAHUAH, I have loved the habitation of Your house, And the place where Your glory dwells. Do not gather my soul with sinners, Nor my life with bloodthirsty men, In whose hands is a sinister scheme, And whose right hand is full of bribes. But as for me, I will walk in my integrity; Redeem me and be merciful to me. My foot stands in an even place; In the congregations I will bless YAHUAH."

Psalms 26:1-12

“YAHUAH is my light and my salvation; Whom shall I fear? YAHUAH is the strength of my life; Of whom shall I be afraid? When the wicked came against me To eat up my flesh, My enemies and foes, They stumbled and fell. Though an army may encamp against me, My heart shall not fear;

Though war may rise against me, In this I will be confident. One thing I have desired of YAHUAH, That will I seek: That I may dwell in the house of YAHUAH All the days of my life, To behold the beauty of YAHUAH, And to inquire in His temple. For in the time of trouble He shall hide me in His pavilion; In the secret place of His tabernacle He shall hide me; He shall set me high upon a rock. And now my head shall be lifted up above my enemies all around me;

Therefore I will offer sacrifices of joy in His tabernacle; I will sing, yes, I will sing praises to YAHUAH. Hear, O’ YAHUAH, when I cry with my voice! Have mercy also upon me, and answer me. When You said, “Seek My face,” My heart said to You, “Your face, YAHUAH, I will seek.” Do not hide Your face from me; Do not turn Your servant away in anger; You have been my help;

Do not leave me nor forsake me, O Elohim of my salvation. When my father and my mother forsake me, Then YAHUAH will take care of me. Teach me Your way, O’ YAHUAH, And lead me in a smooth path, because of my enemies. Do not deliver me to the will of my adversaries; For false witnesses have risen against me, And such as breathe out violence. I would have lost heart, unless I had believed That I would see the goodness of YAHUAH In the land of the living.

Wait on YAHUAH; Be of good courage,
And He shall strengthen your heart; Wait, I say, on YAHUAH!”

Psalms 27:1-14

“I will bless YAHUAH at all times; His praise shall continually be in my mouth. My soul shall make its boast in YAHUAH; The humble shall hear of it and be glad. Oh, magnify YAHUAH with me, And let us exalt His name together. I sought YAHUAH, and He heard me, And delivered me from all my fears. They looked to Him and were radiant, And their faces were not ashamed. This poor man cried out, and YAHUAH heard him, And saved him out of all his troubles. The angel of YAHUAH encamps all around those who fear Him, And delivers them. Oh, taste and see that YAHUAH is good; Blessed is the man who trusts in Him! Oh, fear YAHUAH, you His saints! There is no want to those who fear Him. The young lions lack and suffer hunger; But those who seek YAHUAH shall not lack any good thing. Come, you children, listen to me; I will teach you the fear of YAHUAH. Who is the man who desires life, And loves many days, that he may see good?

Keep your tongue from evil, And your lips from speaking deceit. Depart from evil and do good; Seek peace and pursue it. The eyes of YAHUAH are on the righteous, And His ears are open to their cry. The face of YAHUAH is against those who do evil, To cut off the remembrance of them from the earth. The righteous cry out, and YAHUAH hears, And delivers them out of all their troubles. YAHUAH is near to those who have a broken heart, And saves such as have a contrite spirit. Many are the afflictions of the righteous, But YAHUAH delivers him out of them all. He guards all his bones; Not one of them is broken. Evil shall slay the wicked, And those who hate the righteous shall be condemned. YAHUAH redeems the soul of His servants,
And none of those who trust in Him shall be condemned.”

Psalms 34:1-22

“In You, O YAHUAH, I put my trust; Let me never be ashamed; Deliver me in Your righteousness. Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me. For You are my rock and my fortress; Therefore, for Your name’s sake, Lead me and guide me. Pull me out of the net which they have secretly laid for me, For You are my strength.

Into Your hand I commit my spirit; You have redeemed me, O YAHUAH God of truth. I have hated those who regard useless idols; But I trust in YAHUAH. I will be glad and rejoice in Your mercy, For You have considered my trouble; You have known my soul in adversities, And have not shut me up into the hand of the enemy; You have set my feet in a wide place. Have mercy

on me, O YAHUAH, for I am in trouble; My eye wastes away with grief, Yes, my soul and my body! For my life is spent with grief, And my years with sighing; My strength fails because of my iniquity, And my bones waste away. I am a reproach among all my enemies, But especially among my neighbors, And am repulsive to my acquaintances; Those who see me outside flee from me. I am forgotten like a dead man, out of mind; I am like a broken vessel. For I hear the slander of many; Fear is on every side; While they take counsel together against me, They scheme to take away my life. But as for me, I trust in You, O YAHUAH; I say, “You are my God.”

My times are in Your hand; Deliver me from the hand of my enemies, And from those who persecute me. Make Your face shine upon Your servant; Save me for Your mercies’ sake. Do not let me be ashamed, O YAHUAH, for I have called upon You; Let the wicked be ashamed; Let them be silent in the grave. Let the lying lips be put to silence, Which speak insolent things proudly and contemptuously against the righteous. Oh, how great is Your goodness, Which You have laid up for those who fear You, Which You have prepared for those who trust in You In the presence of the sons of men! You shall hide them in the secret place of Your presence From the plots of man; You shall keep them secretly in a pavilion From the strife of tongues. Blessed be YAHUAH, For He has shown me His marvelous kindness in a strong city! For I said in my haste, “I am cut off from before Your eyes”; Nevertheless You heard the voice of my supplications When I cried out to You. Oh, love YAHUAH, all you His saints! For YAHUAH preserves the faithful, And fully repays the proud person. Be of good courage, And He shall strengthen your heart,

All you who hope in YAHUAH.”

Psalms 31:1-24