



PRAY FIRST

Matthew 6:5-15



Where do I even start?



**Jesus doesn't just tell us to pray.
He teaches us where to begin.**

When we pray (vv. 5-8)

- Do not be hypocritical.
- Do not seek to be seen while praying.
- Do not use meaningless repetition.

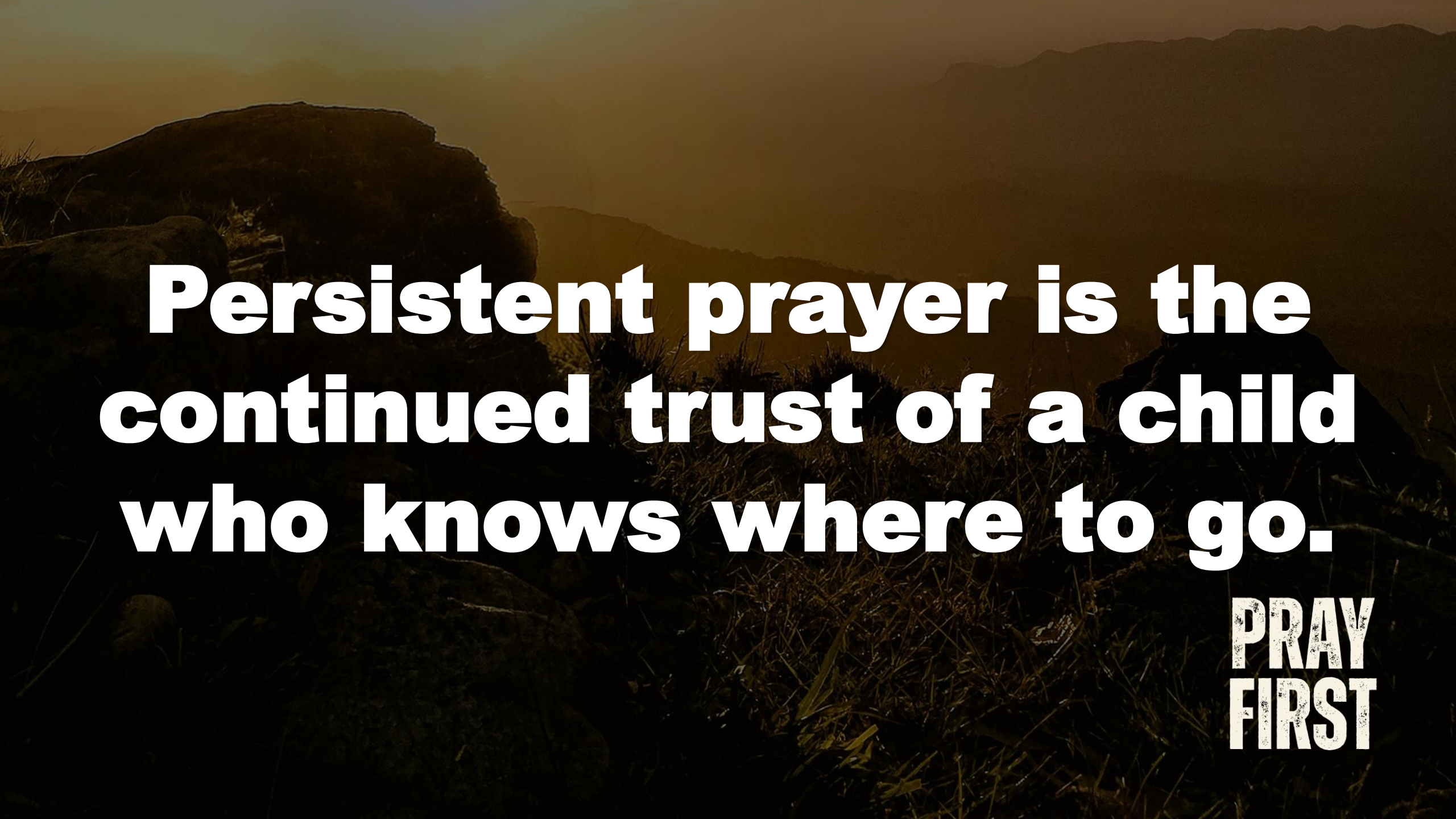
**PRAY
FIRST**

“vain repetitions”

battos / logos

**to stammer; to repeat the
same things over and over; to
use many idle words**



The background of the image is a dark, atmospheric landscape. It features a path or road that winds through a field of tall, dry grass or reeds. In the distance, there are silhouettes of mountains or hills under a hazy, brownish sky. The overall tone is somber and contemplative, with a strong emphasis on the text overlay.

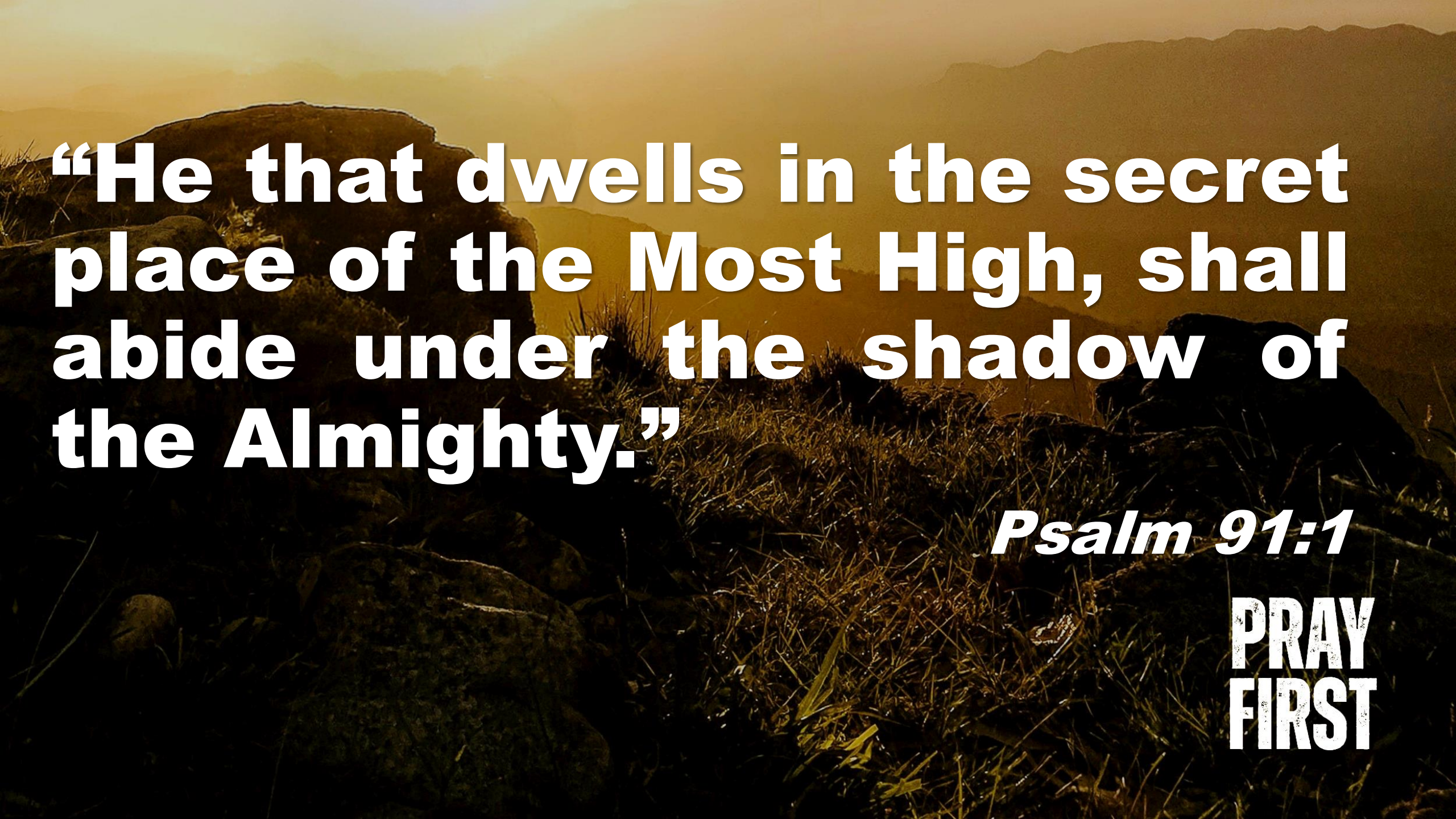
**Persistent prayer is the
continued trust of a child
who knows where to go.**

**PRAY
FIRST**

When we pray (vv. 5-8)

- 1. Find a private place to be alone (vs. 6).**
- 2. Pray to your heavenly Father in secret (vs. 6).**

**PRAY
FIRST**



**“He that dwells in the secret
place of the Most High, shall
abide under the shadow of
the Almighty.”**

Psalm 91:1

**PRAY
FIRST**

1. Express your dedication to God (vv. 9-10).
2. Express your dependence on God (vv. 11-13).
 - My physical needs (vv. 11, 25-33)
 - My spiritual needs (vv. 12-13)

**PRAY
FIRST**

A – adoration

C – confession

T – thanksgiving

S – supplication

T – thanksgiving

A – adoration

C – confession

O – others

S – self

**Father, this is Your day
(*dedication*) – and I need
You for it (*dependence*).**

**PRAY
FIRST**

1. Express your dedication to God (vv. 9-10).
2. Express your dependence on God (vv. 11-13).
3. Let the mercy you ask for become the mercy you give (vv. 14-15).



**PRAY
FIRST**

The “Pray First” challenge for this week

1. Find your secret place.
2. Start each day with God.
3. Ask, “Lord, teach me to pray.”

