

The True Posture of Prayer

Matthew 6:5-15



Matthew 6:5-15

⁵ “And **when you pray**, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ **But when you pray**, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. ⁷ **And when you pray**, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

Matthew 6:5-15

⁹ “This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,
your will be done,

on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.

¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.

William Cowper

“Satan trembles when he
sees the weakest of saints
upon their knees”

2 Chronicles 7:14

¹⁴ if my people, who are called by my name, will **humble themselves and pray** and **seek my face** and **turn from their wicked ways**, then I will hear from heaven, and I will forgive their sin and will heal their land.

Roadmap

Matthew 6:5-15

3 Prohibitions to Prayer

1. Do not be like the Hypocrites (v 5)
2. Do not seek the Stage but Solitude (v 6)
3. Refrain from Manipulation (v 7-8)

3 Postures of Prayer

1. Reverence (v 9)
2. Submission (v 10-11)
3. Forgiveness (v 12-15)

3 Prohibitions of Prayer

1. Do Not Be like the Hypocrites

⁵ “And when you pray, **do not be like the hypocrites**, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.

Prayer is **NOT** a performance.

3 Prohibitions of Prayer

1. Do Not Be like the Hypocrites

“For they love to pray standing in the synagogues and on the corners of the streets”

In ancient Israel, Jewish religious men might pray at the synagogue at the time of public prayer, or on the street at the appointed times of prayer (9 a.m., noon, and 3 p.m.).

Some will try to find the busiest traffic areas so that other men can see them.

Do we pray for People or to God?

Asking Chat GPT:

Can you compose a 30 second prayer to God in the spirit and theology of John Piper in praise of God's glorious Grace?

3 Prohibitions of Prayer

1. Do Not Be like the Hypocrites

Praying out loud IS GOOD! It brings:
Focus, Power, and display God's love and blessings to others.

Luke 6:45 → “Out of the Abundance of the Heart,
the Mouth Speaks”

James 5:16 → The prayer of a righteous person is
powerful and effective.

3 Prohibitions of Prayer

2. Do not seek the Stage but Solitude (v 6)

⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Do you have an Intimate Space to be alone with God?

The Spiritual Life

Roots & Fruit

(Matt 7:18, Lk 6:43-45, Gal 5:22-23)



2 Directions that pulls a Tree

Phototropic – Bending of a plant towards **Light**. Allow Fruits to bear.

Gravitropic – Bending of a Plant and **roots** towards the Ground



Seek Solitude

Pray in the Secret! In the
Gravitropic where our Real
Spiritual Health is

3 Prohibitions of Prayer

3. Refrain from Manipulation (v 7-8)

⁷ And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

- Jesus is confronting the idea that prayer works like **magic formulas or religious performance**.
- In many pagan religions of the ancient world, people **repeated long phrases, titles, or incantations** to try to gain a God's attention or force a response.

3 Prohibitions of Prayer

3. Refrain from Manipulation (v 7-8)

- **Prayer is not making God do what we want.**
- **The Purpose of Prayer:** ALIGNING OUR HEARTS and PLANS with GOD's WILL!

God wants A RELATIONSHIP WITH US: As a parent, you want your children to ask and talk to you.

Ecclesiastes 5:2

“Do not be quick with your mouth,
do not be hasty in your heart
to utter anything before God.
God is in heaven
and you are on earth,
so **let your words be few.**”

3 Postures of Prayer

1. Reverence (v 9)

⁹ “This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,

God’s Location is **far above** all of our circumstances.

Revere God and His attributes for He is Holy.

Mark 10:46-48 → Blind Bartimaeus

“LORD HAVE MERCY ON ME”

3 Postures of Prayer

1. Reverence (v 9)

5 Solas:

1. **Sola Scriptura** (Scripture alone)
2. **Solus Christus** (Christ alone)
3. **Sola Fide** (faith alone)
4. **Sola Gratia** (grace alone)
5. **Soli Deo Gloria** (glory to God alone)

3 Postures of Prayer

2. Submission (v 10-11)

¹⁰ your kingdom come,
your will be done,
on earth as it is in heaven.
¹¹ Give us today our daily bread.

“Seek First His Kingdom and His Righteousness and all these things will be given to you as well” (Matt 6:33)

3 Postures of Prayer

**“What God can do in A MOMENT
is so much more than I can do in
a lifetime of effort.”**

JESUS IS MY COPILOT†

3 Postures of Prayer

2. Submission (v 10-11)

The Purpose of Prayer is to **Submit** your worries and situations before God's will.

How do we know God's Will? Through his Scripture.

John 4:34 → ³⁴ “**My food,**” said Jesus, “**is to do the will of him who sent me and to finish his work.**”

Psalms 37:4 → Take delight in the Lord,
and he will give you the desires of your heart

3 Postures of Prayer of Prayer

3. Forgiveness (v 12-15)

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.

¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.

3 Postures of Prayer

3. Forgiveness (v 12-15)

“If everyone else is the problem, then maybe you’re the problem!”

If something is going wrong in your life, begin with your **own Confession.**

3 Postures of Prayer

3. Forgiveness (v 12-15)

Matthew 7:3-5 → ³ “Why do you look at the speck of sawdust in your brother’s eye and **pay no attention to the plank in your own eye?** ⁴ How can you say to your brother, ‘Let me take the speck out of your eye,’ when all the time there is a plank in your own eye? ⁵ You hypocrite, **first take the plank out of your own eye,** and then you will see clearly to remove the speck from your brother’s eye.

3 Postures of Prayer

Conclusion:

LET'S PRAY!!!

Ephesians 3:17-19

¹⁷ And I pray that you, being rooted and established in love, ¹⁸ may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, ¹⁹ and to know this love that surpasses knowledge—**that you may be filled to the measure of all the fullness of God.**