

The Lord's Prayer: Asking Matthew 6:11; Psalm 121



Here's what happens...

Jesus teaches us to ask God for what we need. Psalm 121 is an example of this kind of prayer; travelers asked for God's help as they faced a dangerous journey. The psalmist writes, "My help comes from the Lord, who made heaven and earth!"

Bible Point:

Asking for help is part of prayer.

"Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation, but rescue us from the evil one" (Matthew 6:9-13).

Through the Week

Cut out Psalm 121 below. It's a traveler's psalm asking for God's help. Hang it by your door or in your car, and pray the prayer together whenever you go somewhere this week.

Psalm 121

I look up to the mountains—
does my help come from there?
My help comes from the Lord,
who made heaven and earth!
He will not let you stumble;
the one who watches over you will not slumber.
Indeed, he who watches over Israel
never slumbers or sleeps.
The Lord himself watches over you!
The Lord stands beside you as your protective
shade.
The sun will not harm you by day,
nor the moon at night.
The Lord keeps you from all harm
and watches over your life.
The Lord keeps watch over you as you come and
go, both now and forever.



Talk About This...

- What's one thing you need help with this week?