

## 01.19.22 – A Weekly Word for Covenant Church

**Title:** “Remembering Our Address”

**Scripture Reading:** [Matthew 6:9](#)

**Reflection:** Pastor Henry

The [Heidelberg Catechism](#) (H.C.) was written and composed by a team of ministers and university theologians (including Zacharias Ursinus and Caspar Olevianus) in the city of Heidelberg, Germany, in 1536, at the request of Elector Frederick III, who ruled the province of the [Palatinate](#) from 1559 to 1576. The H.C. was intended as a tool for teaching young people, a guide for preaching in the provincial churches, and a form of confessional unity among the several Protestant factions in the Palatinate.

The last section of the H.C. (Lord’s Day’s 45-52) examines the Lord’s Prayer. Question and answer 120 of the H.C. talks about the first line of the Lord’s Prayer, our text for this week. This is what the H.C. says in Q&A 120:

120 Q. Why did Christ command us to call God “our Father”?

A. To awaken in us at the very beginning of our prayer  
what should be basic to our prayer—  
a childlike reverence and trust  
that through Christ God has become our Father,  
and that just as our parents do not refuse us the things of this life,  
even less will God our Father refuse to give us what we ask in faith.<sup>1</sup>  
1 Matt. 7:9-11; Luke 11:11-13

Each time we pray, the H.C. reminds us, we need to be awakened. Did you catch that? The H.C. reminds us that WE need to be awakened. When we pray, the H.C. reminds us that “...a childlike reverence and trust, that through Christ God has become our Father...” needs to be awakened. In teaching us to begin our prayers with Abba Father (“an intimate word of love and affection little children use for their father”), Pastor Doug reminds us that “...Jesus gives us the right to call his Father, Our Father...” and in doing so, “...he passes on his own priceless Father-Son relationship to us. This is Jesus’ greatest gift to us in the Lord’s Prayer. Without much fanfare, in this prayer, we are adopted into the family of God.”

Each time we pray, are we awake and aware of the reality that through Christ, we are God’s child who is beloved by God?

Each time we pray, do we start with this posture? From this place? As a child of God talking with their Abba Father? Are we awake to this amazing reality?

Too often, when praying, I find myself trying to awaken God to my reality in and through my prayers instead of being awake to the reality that I am God’s child. Because of this, I often start my prayers focused on my needs and wants, and concerns. The problem with this however is that God is not my personal genie whom I need to

awaken to my reality. Instead of trying to awaken God in prayer, Jesus teaches us to rather begin by being awake to our Father in heaven and who He really is.

God is awake when we pray. Are we awake when we pray?

**Prayer:**

Jesus, time and time again, you spent time in prayer time with your Father in Heaven. Jesus, as we turn our attention to prayer in the days and weeks to come, Lord, teach us how to pray. Amen.

-A prayer based on Matthew 6 and Luke 11

**Action Item for the Day/Week:**

During this worship series on prayer, we are going to be experimenting with different prayer practices each week:

Practice #2: Plural Pronouns

This week, as you continue spending 3-5 minutes in prayer, three times a day (morning, noon, night), try and use only plural pronouns in your prayers. Instead of using I, me, and my, use we, us, and our in your prayers.

Don't know what to pray?

Pray this kingdom prayer which is our missional practice for the month of January:

*Lord, we pray for an outpouring of your Holy Spirit that you would...*

*REVEAL Christ to us,*

*SHAPE us in the character of Christ,*

*and EQUIP us for the mission of Christ. Amen*

If you would like a background photo of this prayer for your phone, please contact the church office and we will email it to you.

**Songs for today:**

[Awake My Soul](#)

[Awake My Soul](#)

[Lord, Listen to Children Praying](#)