

## HOW TO PRAY AND HOW TO FAST

F.B. Meyer:

### Matthew 6:9-18

This might more fitly be termed the "disciples' prayer." As we tread its stately aisles, we cannot but think of the myriads who have stood on the same pavement, and have found, in every age, that these seven brief petitions express sufficiently their deepest and holiest longings. Old men and little children, Roman Catholics and Protestants, the servant and his master, east and west, stand together in this noble temple not made with hands.

Prayer should be direct, simple and earnest. It must be reverent, hallowing the Name; and unselfish, employing, we, us, and our, not "I, me, mine." It must breathe the filial spirit which cries, "Abba, Father." It must be conceived in love and breathe forgiveness and trust for the supply of all the hunger of our nature. When God forgives, He forth-gives; that is, He casts out of His hand and mind and memory every trace of our sin. We may claim that God should repair as well as forgive; but we must be willing to deal with all others as God has dealt with us.