

Into the DEEP

A Prayer Journal for Exploring the
Depths of the Lord's Prayer



John Allen and Madalyn Allen

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Journey
This Journal Belongs to:

Dear Beloved Reader,

As I sit down to write this letter, I am filled with gratitude and joy for the opportunity to share something that has profoundly changed my life: the pattern for prayer that Jesus taught us in the Lord's Prayer. It is more than just a recitation of familiar words; it is a guide, a blueprint, and an invitation to commune deeply with God. My hope and prayer are that this journal will help you discover the transformative power of praying as Jesus instructed, just as it has done for me.

For years, I recited the Lord's Prayer without truly understanding its depth. But one day, as I meditated on its words, something shifted. I began to see it not just as a prayer to memorize but as a pattern to follow—a way to approach God with adoration, submission, trust, confession, and dependence on His protection. As I prayed through each part intentionally, I experienced a transformation in my relationship with God. My prayers became more heartfelt, more aligned with His will, and more effective in bringing peace, clarity, and strength to my life.

Through this journey, I discovered that:

- Acknowledging who God is lifts my eyes from my circumstances and reminds me of His holiness, sovereignty, and love.
- Submission to His kingdom plans and purposes humbles my heart, aligning my will with His perfect plans.
- Petitioning Him for my daily needs teaches me to trust Him and lean on Him for everything, big or small.
- Confession frees me from the weight of sin and forgiveness strengthens my relationships with God and others.
- Seeking Him for protection and deliverance reassures me of God's faithfulness to guard me in a dark world full of expected and unexpected challenges.

Each part of the Lord's Prayer holds a treasure, and as I began to embrace this pattern, I found myself drawing closer to God than ever before. This journey has deepened my faith, renewed my mind, and filled my life with a peace that only comes from knowing that I am walking in step with Him.

It is my heartfelt prayer that this journal becomes a vessel of transformation for you as well. My hope is that as you use these pages to record your prayers—adoring God, submitting to His will, laying your petitions before Him, confessing freely, and seeking His protection—you will encounter His presence in profound ways. May you experience the joy of aligning your heart with His and discover the power of prayer that is anything but heartless recitation.

As you embark on this journey, remember that prayer is not about perfection; it's about connection. The Lord's Prayer is not a formula but a loving guide to help us commune with our Father in heaven. My prayer for you is that this journal leads you into deeper intimacy with God, transforms your prayer life, and brings lasting change to your heart and mind.

Thank you for allowing me to share this with you. I am praying for you as you take this step toward a richer, fuller prayer life.

With love and blessings,

Madalyn Allen

This Then is How You Should Pray

Matthew 6:9-13/ Luke 11:2-4

Use the following templates to record your adoration, confessions, petitions, and anything else you lift before the Lord as you follow His pattern for prayer. Sometimes I use it as an aid during prayer, jotting down notes as I pray. At other times, I record my full prayer. Use the templates any way you like. Just be sure to make them your own and go into the deep!

*Lead us not into temptation
but deliver us from evil.*

God is our Shepherd and our Guide. He desires that we follow the path He's laid before us. This is why it becomes very important to pray that we don't stumble down a wrong path. Whether we recognize it or not, evil is at work all around us. We must seek help from the only One who can deliver us from the work of the enemy and our own carnal desires. Are you recognizing patterns of self-sabotage in your life? What about habitual sins that you can't seem to shake? Ask God for deliverance.

For Yours is The Kingdom and the power and the glory forever! AMEN!

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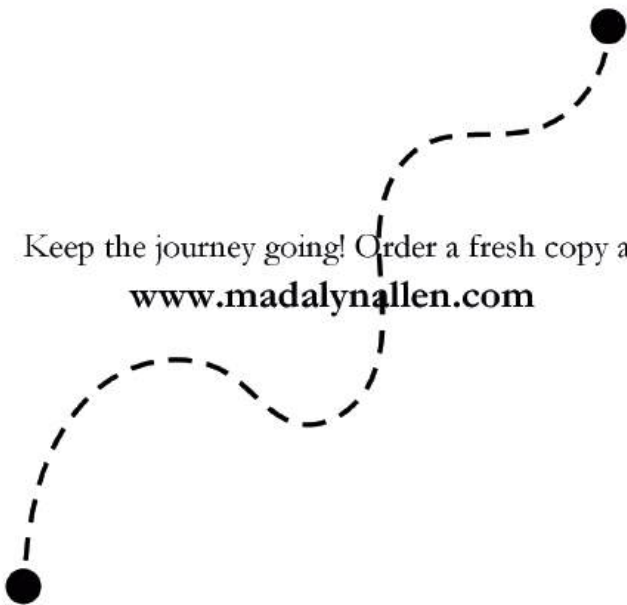
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