

SESSION 4

THE PATTERN FOR PRAYER (Part 2)

CHECKING IN

Does anyone want to share one or two items from your Gratitude List?

KEY VERSE

Not to us, O Lord, not to us but to your name be the glory, because of your love and faithfulness. Psalm 115:1 NIV

_____ Watch the video lesson now and follow along in your outline. _____

STEP 6: I admit _____.

The Prayer of Cleansing: *"Forgive us our sins."*

God promises that if you will confess your sins to him, he will forgive you instantly, freely, completely, and permanently.

If we confess our sins to God, he can always be trusted to forgive us and take our sins away. 1 John 1:9 CEV

What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record. There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone.

Psalm 32:1–5 TLB

STEP 7: I release _____.

The Prayer of Release: *"... as we forgive those who sin against us."*

Forgiveness isn't about fairness. Forgiveness is about grace. The first key to learning how to forgive others is to remember how much you have been forgiven.

Be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ. Ephesians 4:32 GNT

You will never have to forgive anyone more than God has already forgiven you.

"If you forgive those who sin against you, your heavenly Father will forgive you. But if you refuse to forgive others, your Father will not forgive your sins."
Matthew 6:14–15 NLT

When you are hurt, you have only two options: You can either relive it or release it. Reliving the hurt only perpetuates the pain. But releasing the hurt is the path to inner peace.

"Blessed are the merciful, for they will be shown mercy." Matthew 5:7 NIV

"[Love] keeps no record of wrongs." 1 Corinthians 13:5 NIV

STEP 8: I ask God _____.

The Prayer of Protection: *"Lead us not into temptation."*

Temptation is not always about doing the wrong thing. Temptation is also about not doing the right thing.

Whatever you do, work at it with all your heart, as working for the Lord, not for men . . . It is the Lord Christ you are serving. Colossians 3:23–24 NIV

STEP 9: I depend _____.

The Prayer of Deliverance: *"Deliver us from evil."*

Step 10: I praise God _____.

The Prayer of Victory: *"Yours is the kingdom and the power and the glory forever. Amen."*

The Lord's Prayer ends where it begins—with the glory of God. Jesus is teaching us that the ultimate aim of our prayers is that God will be glorified, no matter the outcome. The purpose for prayer is not to conform God to my way of seeing things; the purpose for prayer is to conform me to the kingdom, power, and glory of God.

Not to us, O Lord, not to us but to your name be the glory, because of your love and faithfulness. Psalm 115:1 NIV

"Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory forever. Amen."
Matthew 6:9–13

Discovery Questions

Choose the questions that are right for your group, and take time to let God work in your lives.

- Read the verses under step 6 on page 45. Why does God want us to confess our sins to Him?

- Forgiveness isn't about fairness; forgiveness is about grace. You will never have to forgive anyone more than God has forgiven you. Where would you be without God's grace? How does this truth encourage you to be more forgiving?

- The goal of our prayers is to glorify God. Share some of the ways you can do this in your daily prayer life.

Putting It into Practice

Be doers of the Word by applying the things you are learning. If your group is co-ed, consider breaking into subgroups by gender this week during your prayer time. This can encourage openness and can be especially helpful during this section as you share prayer requests and talk about the practice of forgiveness.

In Your Group – Pray together.

Before you begin praying as a group, share your individual prayer requests based on what stood out to you as an area of growth in this session: admit my faults, release others, guard my heart, depend on God's power, and praise God.

In Your Life – Prayer of Forgiveness & Tools for Temptation

If you feel bitterness, anger, or other negative emotions toward anyone, turn to A Prayer of Forgiveness on page 87 of this study guide. Use this prayer as a model to help you let go of unforgiveness. If the memory comes back and you struggle with unforgiveness again, repeat this prayer as often as necessary. Trust God every day to give you His power to forgive. If you need help in your struggle with temptation, read the Seven Steps to Escape Temptation on page 88.

Daily Prayer Journal

Starting on page 50 you will find Bible verses and daily prayer journal prompts for The Pattern for Prayer (Part 2). Take a few minutes every day to read each verse several times, slowly. Emphasize a different word or phrase each time you read the passage. Underline key words or phrases that are especially meaningful to you. Follow the prompts and write down your responses in the journal space provided. Finish with a prayer.

Daily Prayer Journal

DAILY PRAYER JOURNAL

Day 22

"Our Father in heaven, hallowed be your name. Your kingdom come. Your will be done on earth as it is in heaven. Give us this day our daily bread. And forgive us our sins, as we forgive those who sin against us. And lead us not into temptation, but deliver us from evil. For yours is the kingdom and the power and the glory forever. Amen."

Matthew 6:9–13

What did you hear?

What did God say to you as you read today's Bible passage?

What word or phrase was most meaningful to you?

What do you think?

What does this passage mean to you? How does it apply to your life?

What is your prayer?

This is where you turn your thoughts into prayer. It could be a prayer of gratitude or praise. It could be a prayer of confession or a request for God's help. It's up to you. But take a minute to write a prayer of response to God.

DAILY PRAYER JOURNAL

Day 23

*If we confess our sins to God, he can always be trusted to forgive us
and take our sins away. 1 John 1:9 CEV*

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DAILY PRAYER JOURNAL

Day 24

What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record. There was a time when I wouldn't admit what a sinner I was. But my dishonesty made me miserable and filled my days with frustration. All day and all night your hand was heavy on me. My strength evaporated like water on a sunny day until I finally admitted all my sins to you and stopped trying to hide them. I said to myself, "I will confess them to the Lord." And you forgave me! All my guilt is gone.

Psalm 32:1-5 TLB

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DAILY PRAYER JOURNAL

Day 25

Be kind and tender-hearted to one another, and forgive one another, as God has forgiven you through Christ. Ephesians 4:32 GNT

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DAILY PRAYER JOURNAL

Day 26

[Love] keeps no record of wrongs. 1 Corinthians 13:5 NIV

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DAILY PRAYER JOURNAL

Day 27

*Whatever you do, work at it with all your heart, as working for the Lord, not for men . . .
It is the Lord Christ you are serving. Colossians 3:23–24 NIV*

What did you hear?

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DAILY PRAYER JOURNAL

Day 28

*Not to us, O Lord, not to us but to your name be the glory,
because of your love and faithfulness. Psalm 115:1 NIV*

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