

Wilson Community Church

♪ the

4 Rhythm

of

Prayer!

Learning to Pray Like Jesus

prayer guide

Week 3 - Sep 14 to Sept 20

wccnc.org/prayer

Monday, September 14th



1. READ

Read Matthew 6:9-15. Focus on verses 11 & 12.

2. REFLECT

- The Inward Movement involves seeking God's "hand" in our lives, which means seeking His provision for us. What are the 2 ways that you see God providing for us in verses 11-12?
- In what way are we also challenged to be the hand of God in others' lives, according to verse 12?

3. RESPOND

Go to YouTube.com and look up "Draw Near" (you can also follow this link: (<https://www.youtube.com/watch?v=lreMYKMRARw>)).

Worship God with this song today, noting Verse 1 where we sing, "Still within me the worries of life, here my heart is at peace"

Pray this prayer:

God, my provider, I seek Your hand today. I look beyond my basic earthly needs and look to You to provide the needs of my soul, which so easily grows weary. I need peace and rest from you today. I ask you to forgive me of the following: (Name things that you ask God to forgive you of; see "Record" below for more details). I also ask you to help me to forgive: (Name people and offenses that have been done to you)

4. RECORD

Write down the offenses that you have done against God that you need to be forgiven of. When you are done, burn the paper.

Tuesday, September 15th



1. READ

Exodus 16:2-7.

2. REFLECT

- What is the “Egypt” in your life that God has delivered you from?
- Do you find yourself grumbling even though God is providing your basic needs?
- What are you trying to “store up” and hoard that God wants you to simply trust in Him from day to day?

3. RESPOND

Go to YouTube.com and look up “The Lord Our God” (you can also follow this link: (<https://www.youtube.com/watch?v=NTbY24n-8Ik>).

Worship God with this song today, focusing on Verse 1 where we sing, “Our provision through the desert.”

Pray this prayer:

God, you gave the Israelites manna in the desert and provided for them in the most unlikely of places. I ask You to provide for me in such a way that brings you eternal glory, just as you did with manna. Forgive me for where I have grumbled even though you have provided. I ask for you to provide for me these needs that I have today: (Name needs you have. Consider how to pray for needs that you have today, not worries that are lingering in the future. See “record” below for further instructions).

4. RECORD

Write down the needs that you have today. This will allow you to give God the glory for your “manna” story when He answers your prayers!

Wednesday, September 16th

The Inward Movement
for the
IR/h/y/t/h/m
Pir/a/y/e/r

1. READ

Read Luke 11:5-13

Read James 4:3

2. REFLECT

- What is something you have asked for that has not been given to you because you possibly have the wrong motives for receiving it?
- What is something that you've been ashamed or embarrassed to ask of God to do in your life? Based on verse 11 of Luke, how does God view your requests to Him?
- Consider what ways that God may be purposefully not answering prayer in the way you expected because He wishes to shape you and challenge you to grow

3. RESPOND

Go to YouTube.com and look up "Great Things (Worth It All)" (you can also follow this link: (<https://www.youtube.com/watch?v=uRV-DgENYKI>)).

Worship God with this song today, considering the Pre-Chorus that says, "And it's worth it all just to know You more."

Pray this prayer:

God, as I ask the impossible of you, wanting to see great things come that only You could have done in my life, I remember today the things that you have already done for me: (Write down things that He has done in your life. See "record" below.

4. RECORD

Write down the great things that God has done in your life.

Thursday, September 17th



1. READ

Luke 7:41-50.

2. REFLECT

- What are some bad things that you have done in your life that make you even more grateful for God's forgiveness?
- Are you willing to give God what is precious to you, just as the woman from the today's passage sacrificed the expensive oil for Christ? Name some things that are precious to you that you must continually submit to God

3. RESPOND

Go to YouTube.com and look up "Beautiful Exchange" (you can also follow this link: (<https://www.youtube.com/watch?v=r-bUZj1bkoE>).

Worship God with this song today, considering Verse 1 that says, "You were near though I was distant."

Pray this prayer:

God, thank you for exchanging the life of Your precious Son for my guilt and never-ending sin and debt. I ask You to forgive me of this today: (Name thing(s) that you need to ask forgiveness of). I am made even more grateful and more loving of You because of the grace You've given me in the areas that You have now forgiven me.

4. RECORD

Write down some things from your past that God has forgiven you of and helped you to stop doing. Rejoice in the Lord for His deliverance!

Friday, September 18th



1. READ

1 Peter 3:18.

2. REFLECT

- This passage is a reminder that it doesn't matter how many times you sin; Christ suffered *once* for sins, and that sacrifice cover every sin you have committed and will commit.

3. RESPOND

Go to YouTube.com and look up "This I Believe" (you can also follow this link: (<https://www.youtube.com/watch?v=X-m9sRRN9MA>)).

Worship God with this song today, considering Verse 2 that says, "suffered and crucified, forgiveness is in You."

Pray this prayer:

I believe in You, Jesus. I believe that You died once and for all and that the price of my sin is paid in You. I am secure knowing that forgiveness is in You and not in my own works. I repent of the following sins that I have committed: (Name the sins). I now lift my eyes to Heaven, where You sit enthroned forever, and give You my worship. May I walk in confidence as a blood-bought child of the resurrected Savior.

4. RECORD

Write down the different aspects of God that give you hope and security today.

Saturday, September 19th



1. READ

Matthew 18:21-35.

2. REFLECT

- Is there an end to how many times we should forgive someone? (see verse 22)
- How serious is God about us forgiving others as we ourselves have been forgiven?

3. RESPOND

Go to YouTube.com and look up "Forgiveness" (you can also follow this link: (<https://www.youtube.com/watch?v=h1Lu5udXEZI>)).

Worship God with this song today, considering the verse that says, "It's the opposite of how you feel when the pain they caused is just too real."

Pray this prayer:

God, I come to you today, reminded of the hurt that (name the person) has inflicted on my life. Though it empowers me to hold it over them and though it is unimaginable to forgive them for what they have done, I know that You forgave me, even though I was Your enemy. (Breath in, breath out) I breath in Your forgiveness; I breath out your forgiveness for others. (Repeat the process) I forgive them today. Help me to continually forgive, just as You have forgiven me.

4. RECORD

Write down the thing that the person did to you that you are now forgiving them of. Burn it, just as you burned the list you made of offenses you had done before God.

Sunday, September 20th



1. READ

Read John 20:27.

2. REFLECT

- Where are you still doubting God's provision?
- What area of your life do you need the hand of God to shape you like a potter does the clay?

3. RESPOND

Go to YouTube.com and look up "Rescue Michael Gungor" (you can also follow this link: (<https://www.youtube.com/watch?v=wki0aTIYZEI>)).

Worship God with this song today, considering the verse that says, "I need Your hand in mine, no one else will do."

Pray this prayer:

I need You, Jesus. I need Your hand in my life. There are none beside You that can provide what I need. You are my provision. You are my Savior! (Close your eyes and reach out your hand) I take hold of Your hand right now, my God, my friend and my Savior. Provide my needs today. Forgive me where I fall short of this connection that we have. Help me to forgive others as I walk in step with You. Help me to stop doubting and believe! I want to trust You with my entire life and keep my hand in Yours all day, every day.

4. RECORD

Write down the things about God's hand in your life that mean the most to you.