

SPIRITUAL HEALTH

INVEST. GROW. MATURE.



Punchline

Prayer is not a button to be pushed, it's a relationship to be pursued

-Carey Nieuwhof



**“This, then, is how you should pray:” “Our
Father in heaven**

Matthew 6: 9 NIV



**Hallowed be your name, your kingdom
come, your will be done, on earth as it is
in heaven**

Matthew 6: 10 NIV



Give us today our daily bread

Matthew 6: 11 NIV



**And forgive us our debts, as we also have
forgiven our debtors**

Matthew 6: 12 NIV



**And lead us not into temptation, but
deliver us from the evil one**

Matthew 6: 13 NIV



The Lord's Prayer

- ☐ God is our Father
- ☐ God's name is Holy
- ☐ The way God wants people to live what play out on earth
- ☐ We would be obedient to God



The Lord's Prayer

- ☐ Bread represents our needs
- ☐ Forgive as we are forgiven
- ☐ Help us in the midst of temptation and lead us away from evil



C  M P L I M E N T

Praise

- ☐ His goodness
- ☐ His justice
- ☐ His sovereignty
- ☐ Praise positions us appropriately



CONFESION

Repent

- ❑ Recognize our own sin
- ❑ Bringing sin to God is facing sin
- ❑ Confession leads us back to God
- ❑ Repentance opens our hearts to our need for God



A person with dark hair, wearing a red t-shirt, is holding a white rectangular sign in front of their face. The sign has the word "HELP" written on it in large, black, hand-drawn capital letters. The person's hands are visible, gripping the edges of the sign. The background is a plain, light-colored wall.

HELP

Ask

- ❑ Ask God to provide
- ❑ We need guidance and direction
- ❑ Ask of God on behalf of others
- ❑ Ask for forgiveness and to offer forgiveness





YIELD

Yield

- ❑ A spot for solitude in prayer
- ❑ Shut down the noise
- ❑ Just listen
- ❑ God's voice is often quiet and subtle



P. R. A. Y.

- Praise
- Repent
- Ask
- Yield

