



MATTHEW 6:9-13 WEEK 2

ENGAGE YOUR SOUL (YOUR MIND, WILL AND EMOTIONS)

IN THE FOLLOWING EXERCISES THIS WEEK

As we **Center and Balance** ourselves in Prayer this month, we are dividing the Lord's Prayer into 5 prayers and a theme focus for each one.

For week 2, our focus prayer is found in Verse 10, with a theme of **PURPOSE**.

"THY KINGDOM COME THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN."

1. Warm Up Part 1... Review

This week warm up for your workout by reviewing the three positions of prayer the Lord revealed in verse 9.

2. Warmup Part 2... Read, Copy, Highlight

Read the Lord's prayer out loud, copy it and highlight verse 10.

***Note:** In a physical Pilates practice, we often have to shift our form to best accomplish our purpose. Even a simple shift can make all the difference. The same is true as we practice Soul Pilates. Many times our prayers are purposed upon building our own "kingdoms" and accomplishing our own "will" ...we pray about what we want to build, to see happen and come to be in our lives. But **"this way"** of prayer Jesus describes shifts us from self-centeredness to humility so we can live in His purpose.

3. Humility Shift #1

Jesus says to **"pray in this way... Thy kingdom come"**. Is this your typical form of prayer? Praying for His kingdom to come in your life, in the lives of others, and in the world? One way to shift your form is to consider Romans 14:17 where the Bible describes the kingdom of God as **"righteousness, peace and joy"**. In this passage, Paul is speaking to people who had gotten the kingdom purpose all mixed up... and we do the same. Journal the following to humble your prayers in the proper form.

- Make a list of righteous things the Lord would like to build in your life, in the lives of your family and in the world.
- Make a list of the places in your life, the lives of your family, and the in the world that are in need of peace.
- Make a list of the places in your life and the lives of your family and in the world that are in need of joy.

Now shift your prayers to pray with purpose about these kingdom things in humble form... **"Thy kingdom come"**

4. Humility Shift #2

Jesus says to **"pray in this way... Thy will be done"**. Is this your typical form of prayer? Praying for His will to be done in your life, in the lives of others, in the world? Often, we pray about our own will and then add on this line... **"if it be Your will."** While that is not exactly wrong, I do believe a shift toward humility more closely lines up our purpose with The Lord's Prayer. Complete the following in your journal to form your prayers in humility.

- List the top five things you pray about on a regular basis.
- List the top five things you know the Lord would like to see you purposed to accomplished in your life.
- We find the will of the Lord in His Word. List at least 10 things from the Word that you know are His will.

Now keeping all of this in mind, shift the purpose of your prayers as needed in humility... **"Thy will be done"**

5. Fill in the Blank... **"On _____ as it is in heaven"**

As we pray in this way, **"on earth as it is in heaven"** let's get specific. Where on the earth do you need to see the purposes of God in His kingdom and will brought forth? Make a list of each place. Maybe it is in your home, your workplace, your heart, or a specific friendship. Let your list be as long as needed as you fill in this blank, **"On _____ as it is in heaven"**

6. Pray the Scripture

Now that you have centered and balanced yourself in His purposes, go on a prayer walk.

Use this week's Scripture Prayer Image to keep you centered and balanced in humility as you engage God in prayer. Feel free to use last weeks Scripture Prayer Image as well.

***Remember in the practice of prayer...praying out loud is really beneficial...**

***Remember in the practice of prayer... pray for yourself, for others, and for the world**

