



## MATTHEW 6:9-13 WEEK 1

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 will divide the Lord's Prayer into 5 prayers and focus on a theme for each one.

This week our focus prayer is found in Verse 9, with a theme of **POSITION**.

**"OUR FATHER, WHO ART IN HEAVEN, HALLOWED BE THY NAME."**

### 1. Warm Up Part 1... Watch Video

This week, warm up for your workout with the **Matthew 6:9-13 Week 1 Warm Up Video**. You will find the video on our YouTube channel, Established Footsteps Ministry. It was also linked in the email that contained this workout.

**\*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**

### 2. Warm Up Part 2... Read, Copy, Highlight

Read the Lord's prayer out loud, copy it and highlight verse 9.

### 3. Position #1 - "Our Father..."

In a physical Pilates practice position is super important. The same is true for these spiritual workouts. In verse 9, the first position we see is relational... child / Father. We are children praying to our Heavenly Father. So, complete these exercises:

- Center yourself in the position of child/Father by journaling about:
  - The powerful implications of a healthy child/Father relationship and how they should affect prayer
  - How the dynamics of your relationship to your earthly father affect prayer to your Heavenly Father (positive and or negative)
- Balance yourself in the position of child/Father by praying about a need as a child would talk to her loving father

### 4. Position #2 - "...Who art in heaven..."

In verse 9, the second position we see is in regard to location... earth / heaven. We are on earth and God is in heaven. This means we operate in two different realms... earthly and heavenly. So, complete these exercises:

- Center yourself in this position by journaling about:
  - The differences between the dynamics of heaven versus earth
  - God's heavenly perspective versus your earthly perspective
  - How important it is to always be aware of this position as you pray
- Balance yourself humbly before the Lord in this position by praying about a situation in your life from the standpoint of this awareness, that God is in heaven and you are on earth

### 5. Position #3 - "...hallowed be Thy name."

In verse 9, the third position we see is in regard to character that is attached to one's name... broken / holy. We are broken humans with sin attached to the description of our character and God is perfectly holy in His. So, complete these exercises:

- Center yourself in this position by using the "List of God's Names" provided. Pick at least 7 names and:
  - Journal about what they mean
  - Journal about the implication they have as you pray
- Balance yourself humbly before the Lord in this position by praising God in prayer for the perfection of His character and thanking Him in prayer for the privilege of inviting you into relationship with Him

### 6. Pray the Scripture

Now that you have centered and balanced yourself in these 3 positions found in verse 9, go on a prayer walk.

Use this week's Scripture Prayer Image to help center and balance in these positions as you engage God in prayer.

