



MATTHEW 6:9-13 WEEK 3

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 3, our focus prayer is found in Verse 11, with a theme of **PROVISION**.

"GIVE US THIS DAY OUR DAILY BREAD."

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.
- The three forms of prayer the Lord revealed in verse 10.

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

Read the Lord's prayer out loud, copy it and highlight verse 11.

***Note:** Sometimes in physical Pilates, we return to movements that may seem basic. But if we really give the time and energy to do them well, we are reminded there is nothing basic about them. As we consider verse 11, and the theme of God's provision, it can also seem quite basic. Most people think that is what prayer is generally about... asking God for our needs. But hopefully as our workout asks us some basic questions this week regarding, **"Give us this day our daily bread,"** God will take us way beyond basic and into the depths of His provision for us. So, consider the following questions against the backdrop of needs you have in your life that you are presently bringing to God in prayer.

3. WHO?

Jesus says to **"pray in this way... Give us this day our daily bread."** The question, **"WHO?"** would be, **"WHO are you asking for your needs?"** When Jesus tells us to pray, **"Give us this day our daily bread,"** I believe He was generally referring to our overall daily needs. He is encouraging us to bring our needs to our Father, seeking our provision from Him. But too often, we pray about our needs, but really reach out our expectations to someone else to meet those needs... our spouse, friend, doctor, pastor, boss etc. So... allow the Holy Spirit to ask you this basic question... and then honestly journal your answer.

4. WHICH?

Jesus says to **"pray in this way... Give us this day our daily bread"**. The question, **"WHICH?"** would be, **"WHICH day are you praying about?"** Several times the Bible encourages us to live in the moment, to not get caught up in what has been and not get anxious about what could be, but we are encouraged to focus on today. In that regard I believe Jesus added the words **"this day"** with great intentionality. So... allow the Holy Spirit to ask you this basic question... and then honestly journal your answer.

5. WHAT?

Jesus says to **"pray in this way... Give us this day our daily bread"**. The question, **"WHAT?"** would be, **"WHAT do you need?"** In other words, what are the needs that are pressing on your heart this day? Your loving Heavenly Father wants you to specifically bring Him your needs and expect Him to meet them. So... allow the Holy Spirit to ask you this basic question... and then honestly journal your answer.

6. Pray the Scripture

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

Use this week's Scripture Prayer Image to keep you centered and balanced in these basic Truths 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**

