



## MATTHEW 6:9-13 WEEK 4

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 4, our focus prayer is found in Verse 11, with a theme of **PARDON**.

**"AND FORGIVE US OUR DEBTS AS WE ALSO HAVE FORGIVEN OUR DEBTORS."**

**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.
- The three basic parts of asking for God's provision revealed in verse 11.

**2. Warmup Part 2... Read, Copy, Highlight** - Read the Lord's prayer out loud, copy it and highlight verse 12.

**\*Note:** When we work out physically, there are some exercises we know are just going to be downright hard. And let's be honest... sometimes, because we know that, we avoid those exercises. But our best approach would be to join in and give it all we have! Verse 12 of the Lord's prayer is kind of like that. We read it and know it is just plain hard to live out forgiveness. But let's not avoid forgiveness because it is hard, because forgiveness is definitely part of the Lord's prayer. As He has pardoned us, so we are to pardon others. So, this week, jump in with all you have. It may be hard, but it will be worth it!

### 3. The Pardon Principle

According to what principle in Matthew 6:12 is Jesus instructing us to pray and seek forgiveness of our sins from our Heavenly Father? As you consider this question, read Matthew 18:21-35 which paints a picture of His instruction in verse 12. Journal your answer and your thoughts about this principle.

### 4. Strength Training

Often when I am teaching Pilates, I use this phrase, *"if this is available to you" ...* and what I mean is, *"do this movement if your body is strong enough."* See physically we have to develop the strength to move in certain ways. But where does our strength come from to move in the way of forgiveness? It also has to be developed. On our own we'll be too certain of our rights, too aware of our hurts, and too convinced of all the reasons someone isn't worthy of forgiveness. But as we workout in verse 12, we can develop the strength to forgive by building our awareness of God's pardoning of us. So, let's workout:

- Spend some time journaling about your specific debts for which God has forgiven you.
- Ask God to search your heart and reveal specific things you are holding against others. Journal what He reveals.
- Compare your lists in light of verse 12 and then journal your response.

### 5. Endurance Training

As we workout in this verse, we have to remember that Jesus is showing us how to pray. So in this case, He is showing us that we can't be asking for forgiveness if we aren't willing to forgive. And it is not a one-time thing. Forgiveness is a way of life and it must always be considered alongside the truth of verse 12. So how do you make it a way of life? How do you live out forgiveness in a way that endures through every hardship, trial, struggle, and hurt? We train for it! So, let's train:

- Imagine what life experiences would be the hardest for you to forgive. Maybe you have already experienced them, maybe not. Either way, make a list in your journal of those things.
- Set each of those things alongside verse 12 and do the work ahead of time... training your heart and mind for an endurance of forgiveness in your life no matter what. Journal your thoughts.

### 6. Pray the Scripture

Now that you have centered and balanced yourself in His pardon, 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.

**\*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**