

Dear heavenly Father, I thank you for the riches of your kindness and patience, which have led me to repentance. I confess that I have not extended that same patience and kindness to others who have offended me, but instead I have harbored bitterness and resentment. I pray that during this time of self-examination, you would bring to mind only those people whom I have not forgiven in order that I may do so. I also pray that if I have offended others, you would bring to mind only those people from whom I need to seek forgiveness and the extent to which I need to seek it. I pray this in the name of Jesus Christ. Amen.

Be prepared to write down names as they come to mind. At the top of your paper, draw a cross. This is to remind you that only through the Cross of Jesus, is forgiveness legally and morally right. Also, it reminds you that God has forgiven each of these people and therefore, you can too!

3. For each person on your list, pray: *Lord, I forgive _____ for these _____ (offenses)*. Don't say, "Lord, help me to forgive." Because he is already helping you! And don't say, "Lord, I want to forgive these people, but..." That simply bypasses your responsibility. Keep praying until all the remembered pain and hurt has been dealt with.

Thursday

Please read Matthew 6:13 and James 1:13-18. Why would Jesus ask God to lead not into temptation when James says God does not tempt anyone? You could perhaps summarize this prayer as, "Keep me out of trouble". I believe it's requesting that God deal with our sin at its very roots, rather than wait until sin grows and bears fruit. This calls for self-examination: Tell God exactly the areas of weakness where you would like to be delivered, and kept out of trouble, today.

Friday

Please read Luke 11:1-13. Here Jesus gives a pattern for prayer almost exactly like the Lord's Prayer we've been studying in Matthew 6. Repetition like this was a familiar way first-century rabbis taught. How has your study changed the way you pray this prayer? Now read further: What is the point of the story Jesus tells next (see verses 9,10)? Basically, Jesus is saying that we want answers to prayer, we should pray! Why don't we ask God more often for what we need? What reminder does Jesus give in verses 11-13? *Thank your Father for his good gifts to you.*

Saturday

Please read John 8:12-30 to prepare yourself for worship tomorrow and sharing in the Lord's Supper.

Ask God to prepare your heart for tomorrow so that you can worship him in Spirit and truth as you come together with your brothers and sisters. Pray that both of our Sunday services will clearly show God's grace and truth to all who attend.



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Praying Like Jesus 3

Message by Rick McRostie on Sunday, January 25, 2015

Jesus teaches us how to pray

Don't make it a show

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." Matthew 6:5-6

Don't make it a formula

"And when you pray, do not keep babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him." Matthew 6:7-8

"Pray, then, in this way... (NASB)

Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one." Matthew 6:9-13

1. Praise

"Our Father in heaven, hallowed be your name...." Matthew 6:9

God is a caring Father

God is a consistent Father

God is a close Father

God is a capable Father

2. Purpose

"Your kingdom come, your will be done on earth as it is in heaven." Matthew 6:10

God made me to know him **God made me to be like him**

God made me to serve him **God made me to be with him forever**

3. Provision

"Give us today our daily bread." Matthew 6:11

Ask for God's help

Remember God's resources

Trust God's timing

4. Pardon

"Forgive us our debts..." Matthew 6:12

God forgives instantly, completely, repeatedly, and freely

5.

“...as we also have forgiven our debtors.” Matthew 6:12b

“...for we also forgive everyone who sins against us.” Luke 11:4b

From the cross: “Jesus said, ‘Father, forgive them, for they do not know what they are doing.’” Luke 23:34a

Why forgive?

→ Because _____

“Be even tempered, content with second place, quick to forgive an offense. Forgive as quickly and completely as the Master forgave you.”

Colossians 3:13 (The Message)

“For if you forgive men when they sin against you, your heavenly Father will also forgive you. But if you do not forgive men their sins, your Father will not forgive your sins.” Matthew 6:14-15

→ Because _____

How do I forgive?

“And when you stand praying, if you hold anything against anyone, forgive him...” Mark 11:25a

“But I tell you: love your enemies and pray for those who persecute you.” Matthew 5:44

6.

“And lead us not into temptation, but deliver us from the evil one.” Matthew 6:13

The 3 tests of temptation:

The physical needs test: “You _____ it!”

“After fasting forty days and forty nights, he was hungry. The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’” Matthew 4:2-3

The presumption test: “You won’t _____!”

“Then the devil took him to the holy city and had him stand on the highest point of the temple. ‘If you are the Son of God,’ he said, ‘throw yourself down. For it is written: ‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’” Matthew 4:5-6

The prosperity test: “You _____!”

“Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ‘All this I will give you,’ he said, ‘if you will bow down and worship me.’” Matthew 4:8-9

“Jesus said to him, ‘Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’” Matthew 4:10 (Also see Matthew 16:26)

How to overcome temptation: To resist the tempter you _____ your attention.

“The Spirit who is in you is more powerful than the spirit who is in those who belong to the world.” 1 John 4:4

Daily Meditations

Daily Bible studies and questions for reflection on Sunday’s topic.

This week’s memory verse:

“Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.” Ephesians 4:32

Monday

Read Colossians 3:12-14. How would you define forgiveness? How do you reconcile the concept of forgiveness with biblical justice? Is forgiveness easy or hard for you? What are the dangers of withholding forgiveness? Are there any prerequisites to forgiveness?

Thank God that he has totally forgiven you. Ask him to help you “clothe yourself with compassion, kindness, humility, gentleness, and patience.”

Tuesday

Read Matthew 18:21-35. Why do you think Peter asked Jesus about how many times he should forgive? What does Jesus mean when he says to forgive seventy-seven times? How would you describe the attitude of the servant toward the one who had wronged him? From verse 35—do we forgive others so God will forgive us or does God forgive us so that we will have a forgiving attitude towards others? Pray that you will have a forgiving attitude in your interactions with others—especially your loved ones.

Wednesday

In his book, *Bondage Breaker*, Neil Anderson gives three specific steps to help you move towards total forgiveness:

1. Acknowledge the hurt, anger, and resentment that you feel from past offenses against you.
2. Pray the following prayer and ask God to bring to mind those you need to forgive.