

## DAY 7

### **Sitting with the Lord of Lords - Some day every knee will bow to Him!**

What does it look like to live bowed down to the Lord? Do you feel you live this way most of the time?

Write a prayer to Him telling Him how you would like to live each day with Him.

### **Worship - Lift Him up in adoration!**

Write down words that come to your mind that show your admiration of Him:

### **Prayer Exercise - The "6" Minute Prayer**

I am not sure where this originated, but I have done this with my wife and it is very impactful. I would encourage you to use this exercise often when you pray together but I would emphasize even more praying together everyday if possible. Here are the steps to the "6" minute prayer.

1. Hold each other's hand and look your spouse in the eyes.
2. **First "2" Minutes** - Each of you pray for one minute thanking God for the other person and everything you appreciate about them.
3. **Second "2" Minutes** - Each of you pray for one minute confessing any sin you have committed against the other person. Then ask their forgiveness and tell them you desire to start fresh. (The sin may be an action, a spoken word, or an unfair judgment.)
4. **Third "2" Minutes** - Each of you pray for one minute for the others needs, areas they desire to grow in, and/or a blessing.

**Give each other a hug and express to one another how it made you feel. This is simply a way to pray specific words of encouragement to one another.**

You don't want to force the other person to pray if they don't want to. So take "3" minutes and pray for the other person and maybe they will want to pray eventually. Set your timers. Let's go!

### **A Life Changing Principle.**

**How we grow the quickest in the Lord is not by just reading our Bibles...  
but by applying what we are reading.**

**Think about it!**

## PRAYER

### The Power of a Righteous Man



## Connecting with God

"Do not be anxious about anything, **but in every situation**, by prayer and supplication, with thanksgiving, present your requests to God. 7 **And the peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6-7

**Week 3**

## DAY 1

**Confess | Learn | Adjust** - Describe how this daily habit helps you grow in the Lord and in your relationships with others!

### **Connection Passage - Mark 11:23-26**

Jesus said, "I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt in their heart but **believes** that what they say will happen, it will be done for them. 24 Therefore I tell you, whatever you ask for in prayer, **believe** that you have received it, and it will be yours. 25 **And when you stand praying**, if you hold anything against anyone, **forgive** them, so that your Father in heaven may forgive you your sins."

Read this passage twice, once to yourself and once aloud. Listen to what God wants to teach you about prayer...

God has given us the same "authority" that Jesus had, and we must use it in prayer. What are "3" mountains in your life that you need to command to leave? Have your R40 team praying, too!

- 1.
- 2.
- 3.

Write a **prayer of authority** that you can use to fight against temptation the next time it comes knocking at your door. Try to memorize this, and hide it in your heart. Write it on a 3X5 card, and carry it with you until you have it memorized.

### **The Challenge**

James 4:7 tells us to SUBMIT to God and RESIST the devil, then he will flee. Your challenge the next time sexual temptation arises is to **first** 1) SUBMIT yourself to God, and then 2) speak your **prayer of authority** to the devil. Scripture says the temptation WILL flee. Below, give God any **doubts** you may have about this scripture and ask Him to remove them from your life.

### **Building a relationship with the Father**

Spend time talking to God about the AUTHORITY you have in HIM and how it works!

## DAY 6

**Confess | Learn | Adjust** - Describe anything you have not dealt with this week, e.g., dishonesty, secrets, anger, frustrations, hatred, shame, lust, hurts, unforgiveness. Are there any action steps you need to take?

Share your greatest victory this week. Look for ways you didn't get defensive, trusted God to handle something, made calls before temptation struck, forgave, met with God, chose to be honest, etc.

Your "Top 3" - Write 3 ways your Recovery Work and devotional time spoke to you this week. It may be a recovery principle, a scripture, or something God is teaching you.

Share these with your R40 team each week!

- 1.
- 2.
- 3.

"We are growing spiritually when...

obedience to God becomes a joy instead of a duty."

## DAY 5

### **Confess Setbacks & Victories | Learn | Adjust**

Write down any victories you've had over the last 24 hours. Are you seeing any patterns as you reflect on how you lived the day before?

### **Connection Passage - Matthew 14:30**

This is a crazy prayer that Peter cried out when He took his eyes off Jesus after he stepped out of the boat. Think long and hard about these "3" little words from a tough, brave man that walked intimately with Jesus, one of His closest friends!

***"Lord, save me!"***

Start by praying Psalm 119:18, "***Open my eyes, that I may see wonderful things in your law.***" Finish with Psalm 119:11, "***I have hidden Your Word in my heart that I might not sin against You.***" Enjoy your time with HIM today!

Moses prayed a short prayer for Miriam to be healed when her skin turned leprous. He prayed in Numbers 12:13, "*My God please, heal her.*" He did!

God teaches us in Matthew 6:6-7 how long our prayers should be and the attitude of our hearts as we pray.

*"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. 7** And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their **many words.**"*

What's the most important thing you can learn from these scriptures on prayer today?

What is the #1 thing you have learned about prayer over the last few weeks?

### **Your Challenge**

Would you sell your salvation for a \$1,000,000,000? Do you treat this free gift from God lightly? How should we live for a GOD who was willing to be nailed to a cross by His creation in order that those He chose could spend eternity with HIM? Wow, I have to ask myself if I am truly grateful and if I show it by how I live. How about you? Think about it. The gospel should change us!

### **Get Quiet with God**

Pour out your heart to God and share your current hurts. Seek God's comfort in prayer. Let Him soothe your wounds. What is He saying to you?

## DAY 2

**Confess | Learn | Adjust** - Daily seek God's heart for His love and His guidance.

### **Connection Passage - Luke 6:12**

*"One day Jesus went out to a mountainside to pray, and spent the night praying to God."*

It is interesting that every time Jesus had something important about to happen, HE got away by Himself to **pray**. In this passage, He is preparing to choose the twelve who will set the course of Christianity and forever change the world! How does the thought of Jesus **praying** to His Father all night challenge you? How could this change you?

Jesus gave us a **MODEL** of how to pray in Matthew 6:9-13. Think about each aspect of this model. Are there ways you want to adjust how you pray from Jesus' example?

**Our Father** - This is a very personal way to address God. God is not only holy, powerful, and majestic, but loving, concerned, and interested in what you are going through.

**Who art in heaven** - Recognizing HIS position of authority that HE is ruling from heaven.

**Hallowed be Your name** - Having an understanding of the honor HIS name demands. He is Creator, Savior, Lord, Almighty, all-knowing GOD!

**Your kingdom come** - This is a look forward to Jesus' return, the destruction of all evil, and the establishment of the new heaven and earth.

**Your will be done on earth as it is in heaven** - Wanting what God wants for your life. Trust.

**Give us today our daily bread** - Realizing God is your provider. Do you believe HE knows what's best for you? He loves you and knows your needs.

**Forgive us our debts, as we also forgive our debtors** - Give thanks to the sin-forgiver! He is your model. Not forgiving can hinder your prayers. Scrub your soul clean now - forgive!

**Lead us not into temptation** - God will help you during temptation. Take His way out!

**Deliver us from the evil one** - You have authority over Satan. Stand firm and resist him.

**AMEN** - Means you agree with what you or others have just prayed, literally, "So be it."

### **The Challenge**

Your challenge is to be all alone for an extended amount of time seeking God for a MAJOR BREAKTHROUGH in some area of your life. List a place below that you will take at least half of a day to SEEK GOD the way that Jesus did before the MAJOR EVENTS in His life.

**Location:**

**Length of time:**

**Possible date:**

**Reflect on what you feel God is trying to teach through the "Our Father Prayer"!**

## DAY 3

**Confess | Learn | Adjust** - Do you have anything good or bad from yesterday you need to **confess**. If so, what can you **learn** from it? Are there any **adjustments** you need to make?

### **Connection Passage - Psalm 51:1-2, 10-12, 16-17**

David prayed this prayer after Nathan the prophet approached him about his adulterous relationship with Bathsheba. As you read this prayer, ask yourself what you can learn from David about prayer.

*“Have mercy on me, O God, according to Your unfailing love; **according to** Your great compassion blot out my transgressions. 2 **Wash away** all my **iniquity** and cleanse me from my sin... 10 **Create** in me a pure heart, O God, and **renew** a steadfast spirit within me. 11 Do not cast me from Your presence or take Your Holy Spirit from me.*

*12 **Restore to me** the joy of Your salvation and **grant me** a willing spirit, to sustain me... You do not delight in sacrifice, or I would bring it; You do not take pleasure in burnt offerings. 17 **My sacrifice, O God, is a broken spirit; a broken and contrite heart** You, God, will not despise...”*

How did David’s prayer speak to you today? How could you implement those things into your own prayer life?

What does it mean to live life with a broken and contrite heart? How would living like this improve your life?

### **The Challenge**

In Psalm 51, there are some **key principles to staying pure and living an awesome life**.

- 1) Staying in God’s presence, constantly seeking His help for a heart change.
  - 2) Staying humble and repentant and honest.
  - 3) Asking God for a willing spirit that wants to obey God instead of having to obey God.
- Reflect on each of these individually. Then go back to the passage and find at least one more that would have a positive impact on your life. Write it below in your own words.

### **Spend Time with a Merciful God**

Talk with Him about how David became a “man after God’s own heart” after committing murder and adultery. Did David’s sin ultimately define him? Why?

## DAY 4

### **Confess Setbacks & Victories | Learn | Adjust**

On a scale from 1-10, how serious are you about living an obedient life to Christ? How consistently have you been seeking Him? Do you think this has anything to do with the level of joy you are experiencing in your life?

### **Connection Passage - Psalm 3**

David prayed this prayer as he fled from Absalom! David suffered the consequences of his sin even though He was God’s chosen king. He had problems just like we do! Learn from him today on how he turned to the Lord for help!

Start by praying Psalm 119:18. Finish with Psalm 119:11, *“I have hidden Your Word in my heart that I might not sin against You.”* Enjoy your time with HIM today!

*“Lord, how many are my foes! How many rise up against me! 2 Many are saying of me, “God will not deliver him.” 3 **But You, Lord, are a shield around me, my glory, the One who lifts my head high. 4 I call out to the Lord, and He answers me from His holy mountain. 5 I lie down and sleep; I wake again, because the Lord sustains me. 6 I will not fear though tens of thousands assail me on every side.***

*7 Arise, Lord! Deliver me, my God! Strike all my enemies on the jaw; break the teeth of the wicked. 8 **From the Lord comes deliverance. May Your blessings be on me and Your people.”***

Did David get mad at God when His son Absalom was trying to take over his Kingdom?

What did God impress on you as you read David’s prayer?

### **The Challenge**

How can you fully trust God with your life? What does that look like?

Talk to God about specific areas in your life that you need Him to intervene! Cry for help! He is listening. He will answer. Write down what you need Him to do. Then, **BELIEVE!**

### **Seek God**

Ask God to help you trust in HIM and HIS protection! Now listen...