

## WEEK 1 — Prayer and Confession

### Day #2

*Pray as you can, not as you can't.*  
~ Dom Chapman

#### Silence

**Prayer:** *Lord, teach me how to pray.*

**Read:** *Psalm 145:17-21*

#### Reflect:

- What do these words say to you about the nature and heart of God?
- What do they reveal to you about the power of prayer?
- Do these words bring comfort or discomfort? Why?
- Do you have any desires and heart cries that you would like to bring to God?

#### Pray:

- Pray about your reflections and your desires. If there are promises or words in this text you are struggling to believe ask God to help you.
- Ask God to grow your prayer life.
- Throughout the day pray this scripture:

*Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.*  
(Psalm 139:23-24)

### NOTES

## WEEK 1 — Prayer and Confession

### Day #3

*Prayer is the place where we can be completely ourselves.*  
~ Roberta Bondi

#### Silence

**Prayer:** *Lord, teach me how to pray*

**Read:** *Luke 18:1-8*

#### Reflect:

- Do you relate to the persistent widow? In what way?
- What is Jesus trying to teach us about prayer through this story?
- If you were to incorporate this story into your prayer life – what difference, if any, would it make?
- What is one need that you continue to pray about over and over?

#### Pray:

- Talk with God about your reflections. Are you completely honest with God in your prayers? Why or why not? Do you ask God for the things you need and want?
- How is God inviting you to respond to this Scripture lesson? Ask God to grow your faith and to continue to teach you how to pray.
- Write down your requests and keep them with you throughout the day. Bring these requests to God daily throughout your Lenten journey.

### NOTES

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### Day #4

*The fundamental purpose of prayer is to deepen our intimacy with God.*  
~ Ruth Haley Barton

#### Silence

**Prayer:** *Lord, teach me how to pray.*

**Read:** *James 5:13-16*

#### Reflect:

- What do these verses teach us about prayer?
- What do these verses teach us about praying for others?
- How are you already practicing these words?
- What ways could you grow in your practice of prayer as it is described here?

#### Pray:

- Spend some time in prayer – and seek to put these verses into practice. Who can you pray for?
- If you would like additional reading, read Psalm 51. What sins do you need to confess? Confess these sins to God.
- Memorize this scripture and repeat throughout the day:

*Create in me a clean heart, O God.  
Renew a loyal spirit within me.*  
(Psalm 51:10)

### NOTES

## WEEK 1 — Prayer and Confession

### Day #5

*Prayer becomes not just something we do, one thing among others, but the very air we breathe.*  
~ Thomas Green

#### Silence

**Prayer:** *Lord, teach me how to pray.*

**Read:** *Deuteronomy 4:29, Jeremiah 29:12-14*

#### Reflect:

- What insight might these verses provide regarding the practice of prayer?
- What do these verses reveal to us about both the heart and activity of God?
- Do you believe God can be found?
- If you were to live as though these words are true, what impact might they have on your everyday life?

#### Pray:

- Talk with God about your reactions and reflections regarding these words of Scripture. Ask God to grant you eyes that see and ears that hear the voice of God in your life.
- Read the following words that Jesus said in the *Gospel of John*:  
*My sheep listen to my voice; I know them, and they follow me. (John 10:27)*
- Ask Jesus to reduce the other voices so you hear His voice the loudest.

### NOTES

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### Day #6

*Prayer is relationship.*  
~ David Benner

#### Silence

**Prayer:** *Lord, teach me how to pray*

**Read:** *Philippians 4:4-8*

#### Reflect:

- What are the instructions in this passage concerning prayer?
- What are the promises regarding prayer and God?
- Do you have any anxiety that you can lift up to God in prayer?
- Have you ever experienced the kind of peace that is promised? What was that experience like? What is preventing you from having it today?

#### Pray:

- Share with God all the fears and worries you are carrying and ask God to grant you peace. Ask for God to guide you in the things that you focus your mind on.
- Make a list of things you can focus on throughout the day that are true, and honorable, and right, and pure, and lovely, and admirable. Bring them with you to remind yourself to think about them.

### NOTES

## WEEK 1 — Prayer and Confession

### Day #1

*Prayer is all the ways in which we communicate and commune with God.*  
~ Ruth Haley Barton

#### Silence

**Prayer:** *Lord, teach me how to pray.*

**Read:** *Luke 11:1-4*

#### Reflect:

- What do Jesus' actions teach us about prayer?
- What do Jesus' words teach us about prayer?
- What requests are made in this prayer?
- What sins do you need to confess?
- Who do you need to forgive?
- Where are you being tempted?

#### Pray:

- Spend some time in prayer talking with God about your prayer life. How often do you pray? What do you pray about?
- Confess your sins to God. Be specific. If you are being tempted, talk to God about it. Read *1 Corinthians 10:13* if you are being tempted.
- Recite the *Lord's Prayer* several times throughout your day.

At the end of the day, reflect on what this experience was like and talk with God about it.

### NOTES