



# THE INTIMATE GOD

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## CHAPTER 4 EXERCISES

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### Prayer

#### **EXERCISE ONE**

##### **Stillness**

Begin with a time of stillness. As you quiet your heart through spiritual breathing, ask yourself, Where am I? Where is my heart today?

Now welcome Jesus into that space. Feel free to use your imagination to envision Him being with you.

##### **Prayer**

Pray through the first three areas of the Lord's Prayer.

*Presence: Our Father in heaven*

As we transition from stillness to the Lord's Prayer, intentionally envision God as your loving Father. He delights in you. He is so grateful to be with you right now. Enjoy being in His love. Feel free to imagine His love surrounding you.

Take a few moments to also envision God being in heaven on His throne. Nothing is too difficult for Him.

Imagine in your mind that as you approach His throne in prayer, He stops whatever He is doing, and He looks at you and says, *“My child, I am here for you. I am listening to you. It is so good to be together.”*

Enjoy His loving and powerful presence with you.

**Praise:** *Hallowed be Your name.*

Take some time to reflect on who Jesus is. What names or attributes come to mind? (compassionate, loving, holy, Savior, etc.). Express praise to Him for each of these attributes or names that comes to mind.

Take some time to reflect on a specific blessing God has provided for you. As you think about that blessing, allow your mind to savor it, to enjoy it.

Now thank God specifically for those blessings.

**Purpose:** *Your kingdom come, Your will be done, on earth as it is in heaven.*

What needs/situations/areas break your heart? Where do you long to see God's kingdom come? Make a list of those things.

Take a moment and ask God to move powerfully in each of those areas. Ask for His kingdom, His rule, to come into each situation.

After doing that, ask God, *“Is there anything You want me to do to bring Your kingdom into any of these situations?”* Stop and listen.

Close your time in prayer.

## **EXERCISE TWO**

### **Stillness**

Begin with the practice of stillness as described in Exercise One.

### **Prayer**

Pray through the next three areas of the Lord's Prayer.

*Provision: Give us this day our daily bread.*

Think of a personal need that you have, maybe something you have never prayed about because it has felt too trivial to bring to God. Take a few moments and bring that to God in prayer. Tell Him what you long for and need. Rest in the truth that He hears you and sees you.

*Pardon: Forgive my sins as I forgive those who have sinned against me.*

Ask the Holy Spirit, *"Is there any sin I need to confess to You?"* For each sin He brings to mind, confess and repent of it. Ask for His forgiveness and cleansing.

Think for a moment about how God has completely forgiven that sin. It is forgotten by Him, completely washed away. It no longer defines you. You no longer have to carry the guilt of that sin.

Ask the Holy Spirit, *"Is there anyone I need to forgive? Is there anyone I am harboring bitterness toward?"*

If someone comes to mind, prayerfully walk through the steps of forgiveness:

**A—Acknowledge the hurt.** Forgiveness is not minimizing or ignoring what happened. It is acknowledging to God the hurt. For example, *“God, when my father called me a loser, it hurt me deeply. I felt rejected, alone, etc.”* Be specific.

**B—Bring it to the cross.** In this step, we bring this offense to the cross, where Jesus died for sin, and we leave it there. For example, *“Jesus, I bring this offense to the cross. I don’t want to carry it any longer. I choose to let go of my right to retaliate. I forgive this person.”*

**C—Confess any sinful responses you have had.** Even though we were the ones who were hurt, we often respond to this hurt in sinful ways. We need to confess that to Jesus. For example, *“Jesus, I ask for forgiveness for the hatred and bitterness I have held against this person, or, I confess the lie I embraced that I would never amount to anything.”*

Receive Jesus’ forgiveness for these sins, renounce any lies you have believed, and break any past vows you have made in response to this hurt.

Now pray God’s blessing upon the person you have forgiven.

Thank God for His forgiveness.

**Protection:** *Lead me not into temptation, but deliver me from the evil one.*

Pray for strength to resist temptations that you face—and not just the obvious ones. How about the temptation to shade the truth in conversations in order to look better in the eyes of your boss, or the temptation to binge-watch television shows late into the night, which squeezes out your time for God? Let the Spirit reveal areas of temptation for you.

Pray for the protection of Jesus over your life, your relationships, your church, etc.

### **EXERCISE THREE**

#### **Stillness**

Begin with a time of stillness.

#### **Prayer**

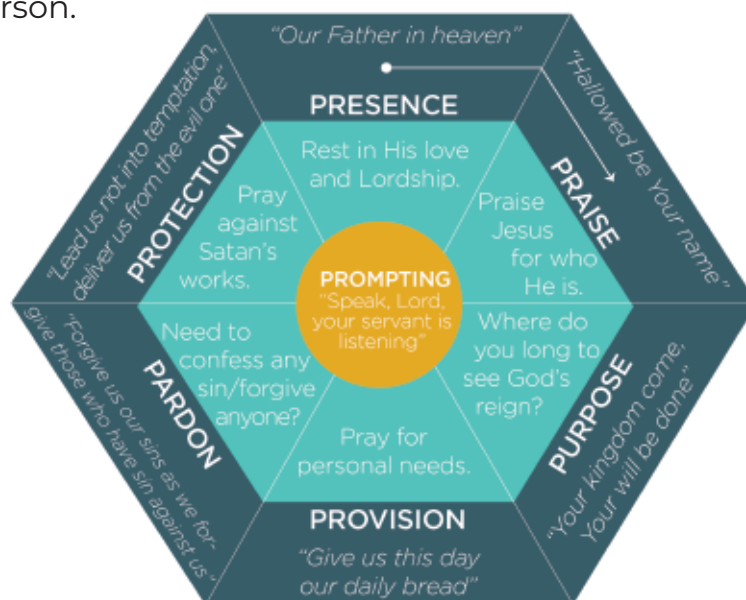
Pray through each of these areas (see the previous two exercises for more detail on these):

- Presence
- Praise
- Purpose
- Provision
- Pardon
- Protection

You have just prayed through the Lord's Prayer!

### **EXTRA EXERCISE**

Use the diagram below to teach someone (your spouse, your children, a friend, your small group) how to pray through the Lord's Prayer. Go through each of the six areas, explain them, and then pray through them with this person.



**RECOMMENDED RESOURCES FOR FURTHER EXPLORATION**

*Moving Mountains: Praying with Passion, Confidence, and Authority*, by John Eldredge

*A Praying Life: Connecting with God in a Distracting World*, by Paul Miller