



LET US PRAY

LESSON 6 // HOW TO PRAY—PART 3

Big Idea: Jesus taught us that in prayer we open our lives to God's cleansing and let go of attitudes toward others that are hurtful and unhealthy. Prayer is a time for spiritual reflection and honest confession. It's also an opportunity to experience God's forgiveness and to extend His forgiveness to others—a key to living at peace with the Lord, ourselves and the people around us.

1 John 1:8 (NIV) *If we claim to be without sin, we deceive ourselves and the truth is not in us.*

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

2 Corinthians 7:10 (NIV) *Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.*

1 John 1:9 (NIV) *If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Proverbs 28:13 (NIV) *Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.*

Matthew 6:14-15 (NIV) *For if you forgive other people when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive others their sins, your Father will not forgive your sins.*

Start Talking:

How hard or easy is it for you to forgive others when they have hurt or wronged you? Why do you think this is the case?

Start Thinking:

Read 1 John 1:8 and Psalm 139:23-24. How can times of personal reflection and confession with God help keep you spiritually and relationally healthy?

Read 2 Corinthians 7:10. What is the difference between “godly sorrow” and “worldly sorrow”? How does godly sorrow open the way for God to work in your heart and life?

Read Proverbs 28:13 and 1 John 1:9. How important is it for us to receive and respond to God's mercy and forgiveness on a regular basis in our lives? What happens if we fail to do this?

Read Matthew 6:14-15. How do these verses speak to you about the importance and blessing of forgiving others?

Start Praying and Doing:

Memorize Psalm 139:23-24 and 1 John 1:9 and pray these verses each day this week. Pray that your heart would be open to God's cleansing work as you allow Him to search your heart and commit to confessing your sins to Him. Identify any unforgiveness you may have and forgive (release) that person because God in Christ has forgiven you (Ephesians 4:32).

Also, if it seems appropriate, talk and pray with someone you trust spiritually about this, especially if you're struggling with unforgiveness and/or some other sin in your life.