

WEEK ONE: HOW'S YOUR HEARING?

Hear the story. See the King. Answer the call. Matthew 13:1–23

1. Is there an area where I know what God's Word says, but I'm resisting it?
2. When following Jesus becomes difficult, do I keep trusting Him or begin pulling away?
3. What worry, desire, or distraction is crowding Jesus out of my life?
4. What spiritual fruit is God currently producing in me?

WEEKLY CHALLENGE

Identify one clear truth from Matthew 13:1–23 that requires an act of obedience from you this week. Write it down and take one specific step to obey.

When Jesus' Word disagrees with you, which one moves?



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THIS PRAYER GUIDE USES THE **ACTS MODEL OF PRAYER.**

THE ACTS MODEL IS A SIMPLE WAY TO GUIDE OUR PRAYERS AND HELP US PRAY WITH GREATER BALANCE AND PURPOSE. ACTS STANDS FOR...

ADORATION

CONFESSION

THANKSGIVING

SUPPLICATION

WE BEGIN BY PRAISING GOD FOR WHO HE IS,

THEN HONESTLY CONFESS OUR SINS,

THANK HIM FOR HIS GRACE AND BLESSINGS,

AND FINALLY BRING OUR NEEDS AND THE NEEDS OF OTHERS BEFORE HIM.

IT IS NOT INTENDED TO BE A RIGID FORMULA, BUT A HELPFUL PATTERN THAT KEEPS PRAYER CENTERED ON GOD RATHER THAN FOCUSED ONLY ON OUR REQUESTS.





PRAYER GUIDE

WEEK ONE: HOW'S YOUR HEARING?

This week's focus... examining our hearts and how we receive god's word

OPENING REFLECTION

Before you begin, ask yourself honestly... when Jesus' word disagrees with me, which one moves? Take a moment to settle your heart and invite the holy spirit to speak to you through this prayer time.

SECTION 1: ADORATION - RECOGNIZING THE KING

Scripture Meditation

Read the following verses slowly, pausing after each to reflect on god's character...

- Matthew 13:3-9 - Jesus as the generous Sower
- Colossians 1:15-17 - Jesus as King and Creator
- Hebrews 4:12 - the power of God's Word

Guided Prayer Template

"Father, I adore you because you are a generous king who continues to sow your Word into hearts that don't deserve it. You are patient, persistent, and powerful. Your Word is living and active. Jesus, you are King over all creation, yet you came to serve and to save. Holy spirit, you are the one who awakens hearts and produces fruit in our lives. I worship you for your faithfulness and authority."



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SECTION 2: CONFESSION - EXAMINING OUR SOIL

Diagnostic Questions

Reflect honestly on which type of soil describes your current response to god's word:

1. ****Hard Soil**** - is there an area where Jesus has been speaking, but I've decided not to listen? A relationship I'm protecting? A habit I'm defending? A grudge I'm holding? A secret I'm keeping?
2. ****Rocky Soil**** - am I seeking the comfort of Jesus without the cost of following him? Do I want his forgiveness without repentance? Do I want his blessings without obedience? Do I abandon faith when difficulties come?
3. ****Thorny Soil**** - what is crowding Christ from the center of my life? Worries and fear about the future? Desire for wealth and security? Busyness and overscheduling? Comparison with others?

Guided Confession Prayer

"Lord, I confess that I have heard your word without truly listening. I have understood your truth without obeying it. I have agreed with scripture while refusing to surrender. Specifically, I confess *[name the area where you're resisting]*. I have allowed *[name the thorn or hardness]* to crowd out your authority in my life. I am sorry. I turn from this resistance and ask for your forgiveness through Jesus Christ."

Scripture For Confession

Psalms 139:23-24 - "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."

1 John 1:9 - "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 - "whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy."



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SECTION 3: THANKSGIVING - CELEBRATING GOD'S GRACE

What To Thank God For

- His persistent love in continuing to sow His Word
- Jesus' faithful obedience and substitutionary death
- The resurrection power that defeated sin and death
- The Holy Spirit's work to soften, awaken, and transform hearts
- Grace that makes our response possible

Guided Thanksgiving Prayer

"Thank you, Father, that the gospel is not weak or empty. Thank you that Jesus lived the faithful, obedient life I could never live. Thank you that he bore the judgment I deserve and rose again on the third day. Thank you that your grace doesn't just forgive my past - it transforms my present and secures my future. Thank you for the Holy Spirit who works to produce fruit in my life that I could never manufacture on my own."

Scripture For Thanksgiving

Romans 6:9-10 - "for we know that Christ, being raised from the dead, will never die again. death no longer has dominion over him."

2 Corinthians 9:15 - "thanks be to God for his inexpressible gift!"

Philippians 4:4-7 - rejoice and give thanks in all circumstances



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SECTION 4: SUPPLICATION - BRINGING OUR REQUESTS

Prayer Focus Areas

1. For softened hearts

"break up what has become hard in my heart"

"remove the callousness caused by repeated resistance"

"heal the hurt that has hardened me toward you"

Scripture: Isaiah 57:15 - "For this is what the high and exalted One says—he who lives forever, whose name is holy: 'I live in a high and holy place, but also with the one who is contrite and lowly in spirit, to revive the spirit of the lowly and to revive the heart of the contrite.'"

2. For deepened roots

"help me put down roots through prayer, scripture, worship, and church fellowship"

"give me endurance when faith is tested"

"strengthen my trust in you during difficult seasons"

Scripture: Colossians 2:7 - "rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness."

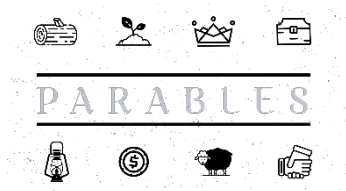
3. For a fruitful life

"remove what is crowding Christ from the center of my life"

"help me identify what needs to be removed, reduced, or placed beneath your authority"

"produce in me: growing love for Jesus, hatred of sin, concern for others, humility, and desire to obey"

Scripture: John 15:5 - "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing."



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4. For clear obedience

"show me one clear truth from your word that requires an act of obedience from me"

"give me courage to act on what you're calling me to do"

"help me answer your call with repentance, faith, and obedience"

Scripture: James 1:22-25 - "do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in a mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues in this - not forgetting what they have heard, but doing it - they will be blessed in what they do."

Guided Supplication Prayer

"Father, I bring before you the condition of my heart. *[speak your specific prayer requests]*. I ask you to work in me what i cannot work in myself. By your Spirit, help me repent from resistance, believe in Jesus as my Savior and King, endure through difficulties, and bear fruit that glorifies you. Help me to hear your voice and answer your call. I ask this in the name and power of Jesus Christ."

Personal Requests

Take a moment to write or mentally note your personal prayer requests:

area of hardness to confess:

shallow faith that needs deepening:

thorns crowding out Christ:

one clear truth requiring obedience:

other requests:



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JOURNALING PROMPTS

After your prayer time, consider journaling your responses to these prompts:

Reflection Questions

1. ****Soil Assessment:**** which type of soil most accurately describes my current response to God's Word - hard, rocky, thorny, or good? What evidence supports this assessment?
2. ****Resistance Recognition:**** what specific area is Jesus addressing in my life right now that I've been resisting? Why am I resistant?
3. ****Crowding Inventory:**** what is currently crowding Christ from the center of my life? What needs to be removed or reduced?
4. ****Fruit Evaluation:**** what fruit has the Holy Spirit been growing in me recently? Where do I see growth in love, holiness, humility, or obedience?
5. ****Obedience Action:**** what is one clear truth from the Parable of the Sower that requires an act of obedience from me this week? What will that look like practically?
6. ****Gospel Renewal:**** how does the gospel - Jesus' faithful life, substitutionary death, and powerful resurrection - address my specific struggle or resistance?

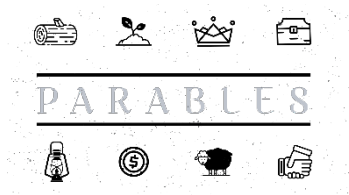
Journaling Template

"today, the Holy Spirit revealed to me...

I need to confess...

God is calling me to...

This week, I will demonstrate faith by..."



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CLOSING PRAYER

"Father, thank you for meeting with me in this prayer time. By your Spirit, help me not just to hear these truths but to receive them, hold to them, and allow them to transform my life. Make me good soil that receives your Word and bears fruit. Help me answer your call with genuine repentance, deep faith, and faithful obedience. In the name of Jesus, amen."

THIS WEEK'S CHALLENGE

Identify one clear truth from the Parable of the Sower that requires an act of obedience from you.

Share this commitment with a trusted believer, pastor, or accountability partner. Return to this prayer guide later to journal about how God worked in you through obedience.

HEAR THE STORY.

SEE THE KING.

ANSWER THE CALL.

