

# SPIRITUAL EXERCISES WORKOUT SHEET

## THE EXERCISE OF PRAYER

Choose a place in your home which you want to make your private place of prayer. If it helps you, arrange some visual aids there eg a cross, a candle, a picture, a map. Choose a programme: what time of day suits your lifestyle & personality? Choose a posture: sitting, standing, kneeling, lying, face-down. It may change according to what you are praying.

Set aside 10 minutes each day this week and pray through the Lord's Prayer as follows. If the Holy Spirit moves you to dwell on a certain portion, stay with it.

REMEMBER THE 2 GOLDEN RULES:

1. Take small steps and build up.
2. Be yourself

### OUR FATHER IN HEAVEN

1. Put aside problems concerning you at the moment.
2. Relax with your Father - as his child.
3. Talk to him freely and naturally about things he has done for you recently, and thank him.

### HALLOWED BE YOUR NAME

1. Choose a worship song to sing or praise God - in your own words or in tongues given by the Spirit.
2. Ask God to remind you of one of his Names e.g. Jehova Jireh (the Lord will provide), Jehova Shalom (the Lord our peace)
3. Allow him to remind you of people/places into which he would like you to pray his name, and do so trusting him to honour it.

### YOUR KINGDOM COME

Pray for the advance of God's kingdom in: (choose from the following)

1. 'Jerusalem': Your family, friends and church.
2. 'Judea': Your wider involvement eg school, college, work, neighbourhood
3. 'Samaria': the nation, or a conference or event
4. 'the ends of the earth': current world events/needs, for missions & missionaries, persecuted church.

### **YOUR WILL BE DONE ON EARTH AS IT IS IN HEAVEN**

1. Take time to reflect on & pray about the overall direction of your life.
2. Pray through the specific issues in which you are seeking God's will to be done.
3. Ask God to reveal any areas where you are resisting his will.
4. Act on what he says.

### **GIVE US THIS DAY OUR DAILY BREAD**

Ask God to provide for your

- a) physical needs (food, health, finance....)
- b) emotional needs (peace, joy, security in God's love....)
- c) spiritual needs ( closer walk with God, greater sensitivity to the Holy Spirit...)

### **FORGIVE US OUR SINS AS WE ALSO FORGIVE THOSE WHO SIN AGAINST US**

1. Ask the Holy Spirit to reveal to you anything about you which may have offended the Father.
2. Ask God to forgive you, and receive that forgiveness.
3. Ask the Holy Spirit to reveal to you if you are holding anything against any brother or sister.
4. Forgive anyone who comes to mind. Place the hurt/situation in the Father's hands to deal with.
5. Choose to put right today, as far as you are able, anything that you have done wrong.

### **LEAD US NOT INTO TEMPTATION BUT DELIVER US FROM EVIL**

Pray for deliverance today from the temptation to

- a) conform to the ways of the world
- b) allow your flesh to control your desires
- c) be sidetracked by the devil into unhelpful actions/discussions

### **FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOR EVER**

1. Remind yourself that God reigns over everything.
2. Begin the new day with boldness and expectancy- you are the son or daughter of the King!

Amended from: *Praying the Lord's Prayer* by Terry Virgo.  
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Lord Jesus, your disciples came to you and said, 'teach us how to pray'. We ask you to empower us to pray the kinds of prayers you would pray if you were in our shoes. In your name, Amen.