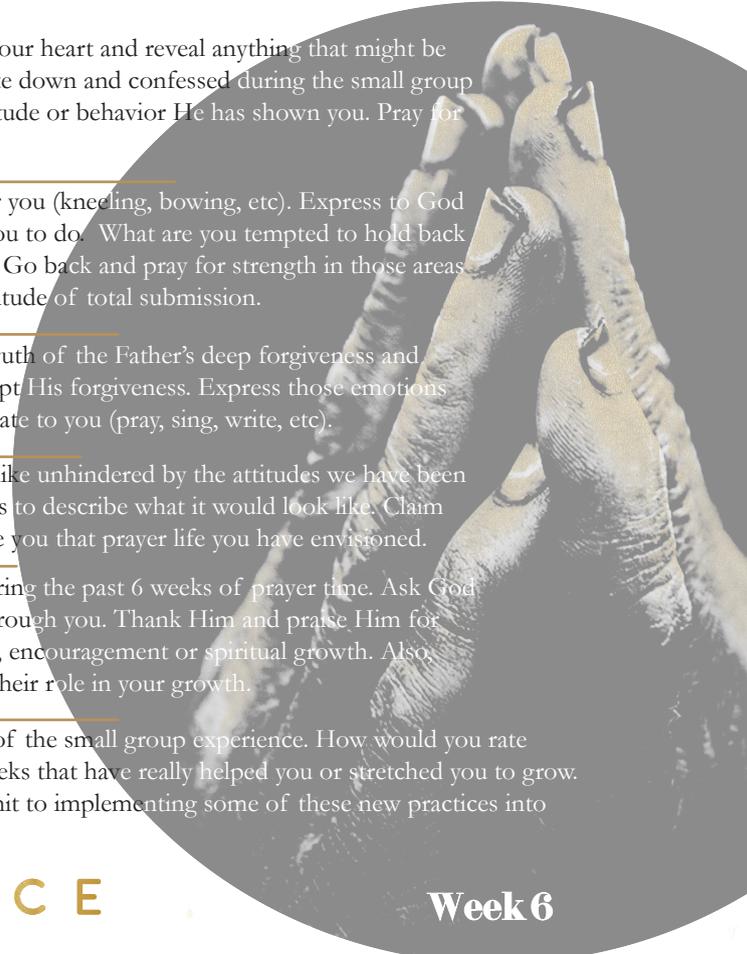


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- Day 1** Read Psalm 139:23-24. Pray for the Holy Spirit to search your heart and reveal anything that might be hindering your prayer life, including any attitudes you wrote down and confessed during the small group exercise. Agree with God by confessing any unwanted attitude or behavior He has shown you. Pray for His power to remove any of those obstacles.
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- Day 2** Get your body into a position that signifies submission for you (kneeling, bowing, etc). Express to God your willingness to follow Him in whatever He is asking you to do. What are you tempted to hold back or avoid? Write down anything that causes you to hesitate. Go back and pray for strength in those areas that are difficult. Take time to bring yourself to a heart attitude of total submission.
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- Day 3** Read 1 John 1:9. Spend a few minutes meditating on the truth of the Father's deep forgiveness and acceptance of you. Write down your emotions as you accept His forgiveness. Express those emotions to Him in whatever way seems most genuine and appropriate to you (pray, sing, write, etc).
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- Day 4** Read 1 John 5:4-5. Picture what your prayer life would be like unhindered by the attitudes we have been talking about the last few days. Write down some adjectives to describe what it would look like. Claim God's promise that you will overcome and ask Him to give you that prayer life you have envisioned.
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- Day 5** Take some time to review what you have written down during the past 6 weeks of prayer time. Ask God to reveal to you where He has been working in you and through you. Thank Him and praise Him for what you have seen Him do, whether it is answered prayer, encouragement or spiritual growth. Also, write a quick note of gratitude to your prayer partner for their role in your growth.
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- Day 6** Look back at your self-evaluation and goals from Week 1 of the small group experience. How would you rate yourself now? Identify 1 or 2 practices from the past 6 weeks that have really helped you or stretched you to grow. Thank God for how He has worked in your life and commit to implementing some of these new practices into your regular prayer life going forward.

G R A C E

Week 6