

# PRAYER PATH

## Purpose

The purpose of the Prayer Path is for you to have an opportunity to purposefully take time to draw closer to God. In the busyness of our lives we often find it difficult to take quality time to be alone with God. This is a time to be intimate with the Savior; a time to be refreshed; a time to be healed; time to take an inward journey that will lead to an outward journey so that what we receive from the Lord becomes something we give.

Take time at each section to list, reflect and fully participate in the guided activity.

Take time to talk with and listen to God.

Others may be around, but don't be concerned about them.

## Stage One: Preparing Yourself

Find a spot to sit and read the following:

God calls us to be with him that we might know him; that we might recognize who he is in his character and intense love for us. He says in Psalm 23 that he will make us lie down in green pastures, lead us beside still water and restore our soul. What does he want to say to you? Are you ready and willing to find out?

Place your hands on your knees with your palms open and facing down. This symbolizes that you are willing to release yourself into God's presence. Tell the Father that you release all you know of yourself to all you know of him at this moment.

After a period of time, place your palms on your knees, open and facing upward. Tell the Father that you are open to what he wants to reveal to you. Tell him you want to receive what he wants to give to you this day.

Now just listen. The Bible says if we seek him, we'll find him.

As you are ready, proceed to the next stage.

## Stage Two: Letting Go

Make your way to the pond.

Pick up a rock. As you hold the rock, think about the things that concern you. What are your worries? What are your fears? What are the things that burden your soul?

God says we are to cast our cares upon him because he cares for us (1 Peter 5:7)

Jesus calls all who are weary and burdened to come to him and he will give you rest for your souls. (Matthew 11:28-30)

When you are ready to release things to God, then release the rock into the water. Let it go and do not try and snatch it back.

Trust that God is sufficient to meet all of your needs. When you trust in God he will give you peace. God says that he will keep in perfect peace the mind that is solidly trusting in him. (Isaiah 26:3)

Let go. Let God be God in your life. Trust him and he'll give you a peace that passes all understanding. His peace will guard your heart and mind through Christ Jesus our Lord. (Philippians 4:7)

As you are ready, move to the next stage.

### **Stage Three: Releasing Hurts and Receiving Forgiveness**

Make your way to another spot of your choosing. A spot that is not close to anyone else. Have a seat.

Forgiveness – it can seem like an impossible thing. Humanly speaking, forgiveness is impossible. It is a supernatural activity.

Forgiveness must take place in your mind, your heart and your soul. Forgiveness is a choice.

There is a healing that comes from forgiveness. The Bible says that “by his stripes you were healed.” (Isaiah 53:5) Jesus was scourged with a whip and nailed to a cross so that you would be forgiven.

His blood covers all your transgressions.

God has said that “as far as the east is from the west, I will remember your sins no more.” (Psalm 103:12)

Acknowledge the hurts you've caused others. Ask for and claim God's forgiveness. (1 John 1:9)

Forgive yourself.

Now acknowledge sin you've committed that has impacted others. Acknowledge the hurt you have felt from other's sin against you. Ask God to help you to release those things and those people to him.

Ask him to help you to forgive as you have been forgiven. (Matthew 6:12)

As you are ready, move to the next stage.

### **Stage Four: Identifying Distractions**

Make your way to a spot where it appears there would be a lot of activity. Stand or have a seat.

What are the things that steer you off course and away from God? Your personal goals? Relationships? Satisfying your own desires? Desire for recognition? Need to be in control? In the space below, write down whatever the Spirit brings to mind.

God wants you to love him with “all” of your heart, soul, mind and strength. (Matthew 22:36-37) He is a jealous lover. He wants you to want him and no other.

Jesus prayed that we would be one with the Father as he and the Father were one. (John 17:21) That is quite a tight relationship!

Take time to ask God to show you the things that lead you away from him.

Now ask him to show you what you need to do to stay on his path of life. After you’ve done this, take a ride on the elevator or take a walk on the sidewalks while thinking about this stage.

As you feel ready, proceed to the next stage.

### **Stage Five: Praising God for His Creation and Your Place in it**

Find a spot where you can look out and see the things God has created.

The Bible says in Genesis 1:1, 31 and 2:1, “In the beginning God created the heaven and the earth. God saw all he had made, and it was very good. Thus all the heavens and the earth were completed in all their vast array.”

Look at the creation around you. Don’t just glance at it; really fix your gaze upon it. It didn’t just happen. It is the work of God. Look at its design. Consider its mystery. Wonder at its creativity.

With a spoken word, God created everything.....light, dark, sun, moon, stars, planets, water, trees, plants, birds, fish and every insect and animal.

Then God created human beings.

With his own hands God crafted man in his image. (Genesis 1:27) Man is God’s final masterpiece. The Bible says that you are fearfully and wonderfully made. (Psalm 139:14)

Max Lucado writes, *“Look to the canyons to see the Creator’s splendor. Touch the flowers and see his delicacy. Listen to the thunder and hear his power. But gaze on humanity – the zenith – and witness all three....and more.”*

Take time to praise God for his mighty works, for his awesome power and for his gentle hand.

Praise the One who created you by his own design and in his image.

Praise the One who individually created you, who intimately knows you and personally holds you in the palm of his hand.

Take some time and sing or hum "How Great Thou Art" and/or "God of Wonders."

As you are ready, proceed back to the next stage.

## **Stage 6: Leaving an Impression**

Make your way to beach/lake-shore. Have a seat.

How does your life affect the world around you?

What legacy will you leave behind?

How will you be remembered when the winds of time blow over?

Think for a moment about the impression others have had on you. A parent. A teacher. A friend. How is your life different because of them? Thank God for the good and lasting legacy they left with you.

Now take your hand and make a handprint in the sand.

What fingerprints are you leaving behind? How will people remember you?

What imprint are you leaving on the hearts and souls of your children? Your wife? Your husband? Your friends? Your Community Group? Your co-workers? Your neighbors?

Ask God to help you leave a legacy that points people to Him.

Thank God for the imprint he has left upon your life for all eternity.

As you are ready, take time to write below impressions and reflections: