

## Praying and Confessing

**Suggested Reading:** Chapters 6 and 8 of *The Life You've Always Wanted* by John Ortberg

Chapter 6 – Interrupting Heaven: The Practice of Prayer

Chapter 8 – Life beyond Regret: The Practice of Confession

### **Week 3 Practice Exercise - The Practice of “Slowing”**

Using the chart below, think of places in your daily life where “Hurry Sickness” affects you. This week we challenge you to choose the unhurried alternative during a time when you would typically make the hurried response. Maybe this would look like choosing the slow lane in traffic or the longest line at the store. Maybe you take time to sit down and watch the sunset in real time, enjoying and celebrating in the artwork of God. What other places can you replace the hurried response with the unhurried option this week?

### **Personal Reflection Day 1**

Before COVID ever hit, America was experiencing a “hurry sickness” pandemic. Hurry lies behind much of the anger and frustration of modern life. It disrupts our life-giving connection with God and prevents us from receiving and giving the Father’s love. By practicing the discipline of slowing and solitude, we can create room to receive and celebrate Jesus’ joy.

<b>Symptoms of Hurry Sickness</b>	<b>Our Hurried Perspective</b>	<b>My unhurried Alternative</b>
Constantly speeding up daily activities	There aren’t enough hours in the day so we try to do things faster and become impatient when we have to wait.	
Multi-tasking	We do or think about more than one thing at a time, packing as much into our day as possible.	
Clutter	There isn’t time to put things back into their place or there is more stuff than places	
Tweets instead of Thinking	We trade wisdom for information. We think a little about a lot of things, but not a lot about the most important things	
Sunset Fatigue	By day’s end, we are too tired, drained, or preoccupied to receive love from the Father or give it to the people around us.	

### **Personal Study Day 2 – Interrupting Heaven**

Prayer is about more than changing the course of history. Prayer is about our relationship with God. Through prayer our human hearts are knit together with the heart of God.

- 1.) Read Genesis 18:16-33. Why does the LORD bring Abraham into his plans and listen to Abraham's prayers (vs17-19)?
- 2.) What difference did Abraham's persistent requests make?
- 3.) What can you learn about prayer from Abraham's actions?

### **Personal Study Day 3 – Intercessory Prayer**

- 1.) Read Nehemiah 1:4-11. Who is Nehemiah praying for?
- 2.) What is the result of Nehemiah's prayer?
- 3.) Do you believe your prayers have similar effects in people's lives? See James 5:17-18.

### **Personal Study Day 4 – Confession**

The Bible clearly states that God freely forgives our sins, but many of us struggle to live in the reality of that forgiveness. Confession is a gift to cure this. Confession is not something God has us do because God needs it. Rather, confession is a practice that when done wisely, will help us become the transformed people we long to be.

- 1.) What are the consequences of having a sinful nature according to the following verses:
  - a. Proverbs 5:22-23
  - b. Jeremiah 5:25
  - c. John 8:34
  - d. Romans 6:23
  - e. Romans 8:7-8
  - f. Galatians 5:19-21
  - g. James 1:13-15

### **Personal Study Day 5 – Coming Clean**

- 1.) Read 2 Samuel 11 through 2 Samuel 12:13. Why did David need Nathan to point out his sin?
- 2.) What ways has God convicted you of sin? What ways does God use in the Bible?
- 3.) What does God do when David confesses his sin? What does God not do?
- 4.) When have you come clean to God and another believer?