

PAUSE • REJOICE



ASK • YIELD

⁹ “Our Father in heaven, hallowed be your name, ¹⁰ your kingdom come, your will be done, on earth as it is in heaven. ¹¹ Give us today our daily bread. ¹² And forgive us our debts, as we also have forgiven our debtors. ¹³ And lead us not into temptation, but deliver us from the evil one.”



MATTHEW 6:9-13 NIV

How to P.R.A.Y

- Pause



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- Pause

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- Yield



12 And forgive us our debts...

MATTHEW 6:12 NIV



9 If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

1 JOHN 1:9 NIV



¹⁶ Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results.



JAMES 5:16 NLT

What do I need to confess?



...as we also have forgiven our
debtors.

MATTHEW 6:12 NIV



¹⁴ For if you forgive other people when they sin against you, your heavenly Father will also forgive you. ¹⁵ But if you do not forgive others their sins, your Father will not forgive your sins.



MATTHEW 6:14-15 NIV

³¹ Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. ³² Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.



EPHESIANS 4:31-32 NIV

Who do I need to forgive?



¹³ And lead us not into temptation,

MATTHEW 6:13 NIV



¹³ Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. ¹⁴ But small is the gate and narrow the road that leads to life, and only a few find it.



MATTHEW 7:13-14 NIV

¹³ When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; ¹⁴ but each person is tempted when they are dragged away by their own evil desire and enticed. ¹⁵ Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.



JAMES 1:13-15 NIV

¹² So, if you think you are standing firm, be careful that you don't fall! ¹³ No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.



1 CORINTHIANS 10:12-13 NIV

Who am I following?



...but deliver us from the evil one.

MATTHEW 6:13 NIV



⁶ Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ Cast all your anxiety on him because he cares for you.



1 PETER 5:6-7 NIV

⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, standing firm in the faith, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

1 PETER 5:8-9 NIV

¹⁰ And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. ¹¹ To him be the power for ever and ever. Amen.



1 PETER 5:10-11 NIV

Is Christ real to me?



⁴¹ In the same way the chief priests, the teachers of the law and the elders mocked him. ⁴² “He saved others,” they said, “but he can’t save himself! He’s the king of Israel! Let him come down now from the cross, and we will believe in him. ⁴³ He trusts in God. Let God rescue him now if he wants him, for he said, ‘I am the Son of God.’”



MATTHEW 27:41-43 NIV

⁶ But I am a worm and not a man,
scorned by everyone, despised by the
people. ⁷ All who see me mock me; they
hurl insults, shaking their heads. ⁸ “He
trusts in the Lord,” they say, “let the
LORD rescue him. Let him deliver him,
since he delights in him.”

PSALM 22:6-8 NIV



YIELD:

- What do I need to confess?
- Who do I need to forgive?
- Who am I following?
- Is Christ real to me?



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- Rejoice

- Ask

- Yield



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