

# PART VI: Dependence

📅 Fecha @February 21, 2024

## LAST WEEK'S PRACTICE.

Last week's practice was divided into four. 1) Do LECTIO DIVINA 2) Pray 3) Do the strategy you chose to meditate on the word of God and 4) Memorize 1 Corinthians 9:24-27 in couples. And at the end of the day, put an X to the habit you were able to do, on the calendars

- Who would like to say the verse 1 Corinthians 9:24-27
- Who would like to share how this week's practice went? Which of the four parts was the "easiest", which was the most "difficult"?
- What was the biggest obstacle you had in doing this week's practice?
- Did you see any change or benefit in your life for the better, no matter how small, by doing this practice?
- What could you do this week to continue being intentional and persistent with these practices?

**Note: Remember that the calendar, memorizing the verse and the other practices are simply to help you be more intentional about being with Jesus. If at any time you feel like it's a straitjacket, and it's affecting you more than it's helping you, don't feel forced to do it. The goal is not to seek perfection, but to practice. Let the goal be to get closer to Jesus and not feel guilty**

## SUMMARY.

Dependency on something or someone means needing that person or something to get help. Praying is not something we should do as a religious rite, but rather it is a demonstration of our dependence on God. Taking time to pray is showing, with our actions, that we can't, but God can

- What did the Holy Spirit speak to you (or got your attention) about Sunday's teaching?

### **Matthew 6:5-8**

- What stands out to you most about this passage?
- What was Jesus trying to say to the people who were first hearing those words? And what is Jesus trying to say today, to you, personally, through these words?
- Our pastor said, **if you don't have a personal relationship with Jesus, then you are living a religion.** Honestly and without judging yourself, do you believe you are living a relationship with Jesus or a religion?

### **PRACTICE IN COMMUNITY.**

Our community is built around the idea of practicing Jesus. It is important to go to church on Sundays and listen to the teaching, but if you stay there it is not of much use. In the words of James, "Don't just listen to the word of God; They have to put it into practice. Otherwise, they are only deceiving themselves. (James 1:22)" That is why our goal should not be just to read the Bible, but to put it into practice

Today we are going to learn how to use The Lord's Prayer as a guide that Jesus left us to guide our prayer times. And, at when making this prayer, put all our dependence on him

1. **Put away your phones or any other distractions and get into a comfortable but alert position.**
2. **Invite the Holy Spirit to come...**
3. **Let's pray through the Lord's Prayer, like this...**

**Our Father...**

Take a moment and think about the idea of God as your Father, with good intentions toward you. If you want, imagine God in your mind. Imagine his face.

### **In Heaven...**

Take a moment to think about the idea that God is all around you. Consider that just as the air is always around us, so is God.

### **Hallowed by your name...**

Spend a few minutes simply sitting with the Father in joyful, grateful worship. You may want to sit quietly for a few moments or sing a chorus. Or say a list of things you are grateful for. Or praise God with specific things you love about him.

Now we are going to make expressions of praise and gratitude out loud to God, one at a time. (For example, "Father, thank you for your grace." "Father, thank you for loving me." "Father, thank you for forgiving me.")

### **Your kingdom come, your will be done, on earth as it is in heaven...**

Now we are going to pray and say, briefly and one at a time, that God's will be done in our state/church/Grupo evidencias/life.

Now, one at a time and in a short way, we are going to hand over to God specific things in our lives that we are struggling to control.

We are going to do it like this, "Your will be done in \_\_\_\_\_ (e.g. my sister's health, in the job I need, in my love relationship.)"

### **Give us each day our daily bread...**

Now let's take a few minutes to pray for specific needs and desires in our lives and that of our community.

This is also a good time to pray (shortly) for specific people in the group who need something: a job, healing, wisdom to make a decision, etc.

**Forgive our debts, as we also have forgiven our debtors...**

Let's take a few minutes in silence asking God for forgiveness for specific areas of your life.

**And lead us not into temptation, but deliver us from evil**

Now let's take a few minutes to pray silently against temptation (the word can also be translated as trouble) in your life.

Pray against specific sins....

Pray against any type of evil: spiritual (demonic) evil, human evil, natural evil, etc.

Pray against bad things in your life or community, and for God's blessing.

**THIS WEEK'S PRACTICE.**

Basically, this week's practice is to do exactly the same thing we just did, but in a personal way, in your home, or room. On the last page you can see the guide to the Lord's Prayer so you can use it in your prayer times. You can do it in two minutes or more than two hours, it's up to you. Go as fast or slow as you want and feel ready. And as you do, we will continue to fill the calendar with the three practices we are doing; Lectio Divina, today's (praying based on the Lord's Prayer), the strategy to meditate on the word of God, and we encourage you to continue memorizing the verse (if you have already learned it, you can try to memorize Deuteronomy 6:4-9 )

# THE LORD'S PRAYER

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Jesus gave us the Lord's Prayer, not as a something to repite, but as a model to follow when you pray.

## **"Our Father..."**

Take a moment and think about the idea of God as your Father, with good intentions towards you. If you want, imagine God in your mind. Imagine his face.

## **"In heaven..."**

Take a moment to think about the idea that God is all around you. Think that just as the air is always around us, so is God.

## **"Hallowed be your name..."**

Here we are going to express praise and gratitude out loud to God. For example, "Father, thank you for protecting me and my family." "Father, thank you for loving me." "Father, thank you for forgiving me."

## **"Your kingdom come, your will be done, on earth as it is in heaven..."**

Now we are going to pray and say that God's will be done in our school/church/life.

We are going to give to God specific things in our lives that we are with struggling with.

Like this, "Your will be done in \_\_\_\_\_ (ex: my sister's health, in a relationship, with a class I'm struggling with, with my anxiousness")

## **"Give us each day our daily bread..."**

Pray for the specific needs and desires in your life and our small group.

## **"Forgive our sins, for we also forgive who sins against us..."**

Ask God for forgiveness for specific areas of your life.

## **"And lead us not into temptation, but deliver us from evil."**

Pray against the temptation (the word can also be translated as trouble) in your life.

Pray against specific sins or against the bad things in your life, and for God's blessing.

**In the name of Jesus, amen.**