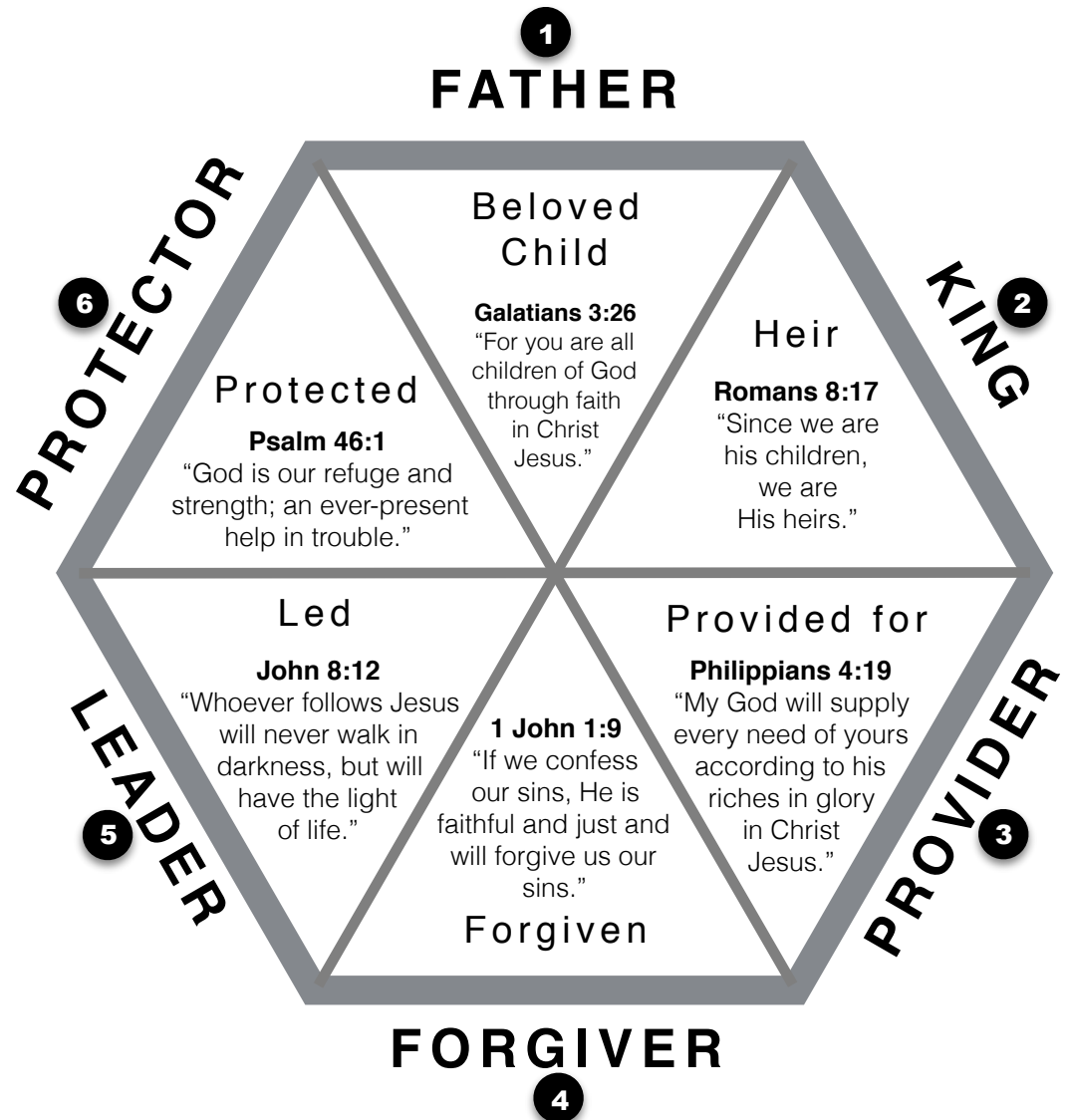


# Re-shaping One's Mind through Prayer

Learning to believe the WORD OF GOD as TRUTH — inviting the SPIRIT to redeem our mind according to the Word — instead of listening to the stories the world tells us.

## *The Lord's Prayer*

- 1 Our **Father**, which art in heaven,  
Hallowed be thy Name.
- 2 Thy **Kingdom** come.  
Thy will be done in earth,  
As it is in heaven.
- 3 **Give us** this day our daily bread.
- 4 And **forgive** us our trespasses,  
As we forgive them that trespass  
against us.
- 5 And **lead** us not into temptation,
- 6 But **deliver** us from evil.  
For thine is the kingdom,  
The power, and the glory,  
For ever and ever.  
Amen.



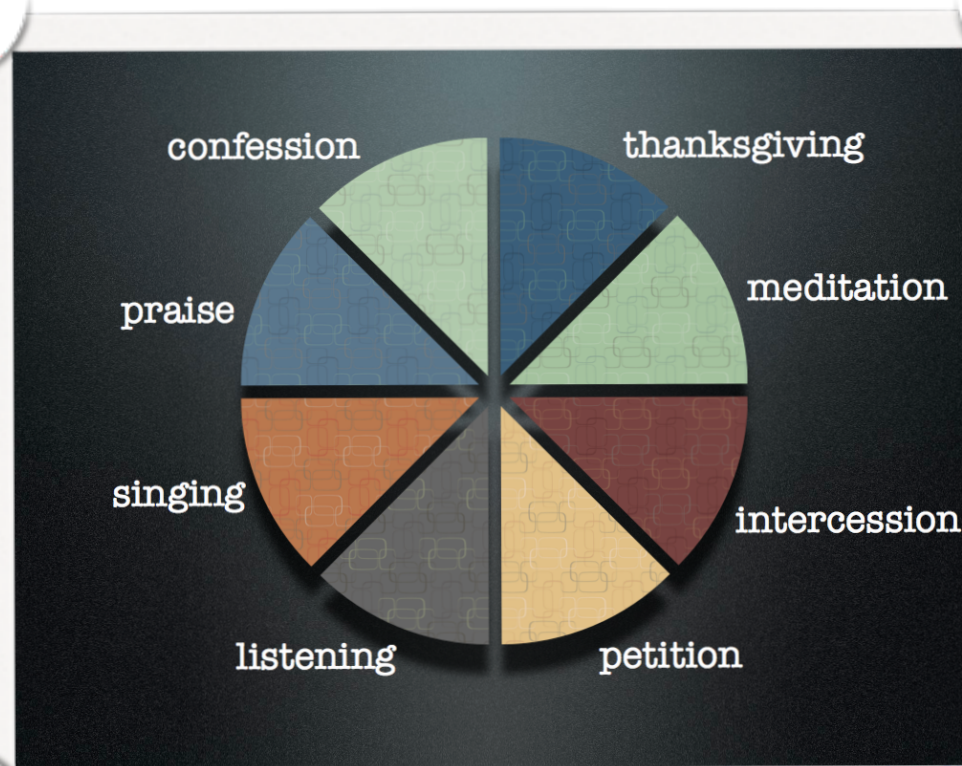
# HOW TO BRING BALANCE TO YOUR PRAYER LIFE

**2 CONFESSION:** It is very important to be honest with yourself and with God about the true nature of your soul. A person cannot and will not address troublesome issues in his/her character unless he/she is honest about those character flaws. Confess your sins to God for forgiveness and to others for healing (James 5:16).

**3 THANKSGIVING:** Different from “praise,” thanksgiving focuses on WHAT God has done for us. Count your blessings. It is important to spend time every day thinking about the good things that are a part of your life. This is much healthier than obsessing over and regretting what you do NOT have.

**1 PRAISE:** Praise involves recognizing the greatness and character of God, and then standing in reverent awe of WHO He is. Acts of praise remind you that He is God and you are NOT. Humble yourself before Him.

**8 SINGING:** Singing is a form of musical praise. Find a hymn book; or find the lyrics of songs that inspire you on the internet; or break out your phone or digital music device, and let the poetic ministry of good music to lead you into God’s presence.



**4 MEDITATION:** Meditation involves “contemplating important themes and concepts.” The Bible is a great tool to assist you in this. Select a passage, and mull on it. Chew it over and over. Make application to your life and think about it from every angle.

**5 INTERCESSION:** This is praying for others. Make a list of people. Categorize their needs. Leave space to record answers to your prayers.

**7 LISTENING:** Any relationship is unhealthy if one person does all the talking. Take time to become quiet in God’s presence. Don’t think that prayer means you must carry the full load. Slow down you brain’s motor .... and listen for the “still small voice.” Quietly wait for Him.

**6 PETITION:** It is appropriate to bring your own personal needs to God in prayer. Be honest with Him. Share your hurts, fears and frustrations. Caution: Make sure that this aspect of your prayer time does not get out of balance with the rest of your prayer time.