

Cultivate Reflection Guide

How to Pray: Forgive Us Our Sin
Pastor Jeff Whye | July 9-10, 2022

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If there's one thing that seasoned Christians and new Christians can relate to, it's the struggle with prayer. What are we supposed to say to the God who created the universe? Does he really hear us? What if we get the words wrong? As a church, we'll explore these questions and more as we learn how to pray.

Our Reflection Guide is a tool to help you grow spiritually wise, relationally kind and emotionally healthy. Use it to start a REAL conversation in community or to cultivate God's word into your life through personal bible study. Choose the questions that encourage you to reflect and respond to what we're learning. Pair it with your bible, a journal or any resource that helps you learn. *It's not about getting through the content, but getting the content through you!*

Read: [1 John 1:8](#) and [Romans 10:9](#)

Reflect: As you reflect on the weekend message, what most encouraged, instructed or challenged you? Is there a truth, promise or instruction you want to cultivate into your life and carry with you?

Respond:

1. The bible is clear: we are all sinners. How does that truth resonate with you? Do you recognize sin in your life, or do you wrestle with the idea that you too are a sinner?
2. Jesus invites us to **daily ask** for forgiveness of our sins. How could cultivating this practice into your life help you grow spiritually [you and God] and relationally [you and others]? If this is your practice, how has it deepened your faith and healed your relationships?
3. [Read Mark 7:21-23](#). Sin is anything that **opposes God** and **pulls us away** from His best for us. Take a look at your life – your daily rhythms, routines and relationships. Consider your external responses [words/actions] as well as your internal processes [motives/thoughts/feelings].

- Is there anything in your life that is OR has the potential to pull you away from God's best for you? These could even be "little things" that trigger you toward sinful behaviors or thoughts.

If you believe you're living on target, ask God to show you any blind spots you're missing. If you want a challenge, invite someone you trust to speak truth into your life.

- Confess right now. Admit the temptation, confront the sin and ask God to forgive you. He can and He will!
- What changes or adjustments could you make to untangle yourself from that temptation or sin? Be specific: I need to stop _____ and instead _____ [make amends, read God's word, pray before I act, worship God's goodness, get into healthy community, serve others, ask for help and accountability].

Prayer: *Lord, I confess that I'm a sinner. Help me to remember that my sinful choices not only affect me, they also impact my relationship with you and with others. Father, forgive me and create in me a new heart that desires to honor you with my words, actions, motives and thoughts. Give me the strength to confess daily, the faith to believe you will forgive me and the courage to turn to you when I'm tempted so that you can show me the way out. Amen.*

Dig Deeper Opportunity

[Read James 4:17](#). We can sometimes forget that sin isn't just doing what we shouldn't, it's NOT DOING what we should. As your go about your week, ask God to draw close and make you aware of His presence. Make note of the ways you might be ignoring or even excusing thoughts, behaviors or actions that you should not be. Then, keep short accounts – quickly acknowledge, confess and redirect SO THAT you choose God's way.