

Forgiven, Fearless, & Free

Navigating the River of Life: Salvation to Sanctification

Week 3 Study: Coming to Our Knees in the River of Life Forgiven to Pray in the Spirit

Washing in the water.

Coming to our knees in the River of Life begins with acknowledging the One who is life, the One who blesses us with forgiveness making the way for us to live fearless and free! The spiritual discipline this week is **Praising God through Prayer**.

Praising God for His attributes and character increases our faith and confidence in who He says He is. It is not a practice of thanking God for things He does for us, but admiring Him, boasting about Him. We may be thankful for His love and grace, mercy and faithfulness, but we also want to praise Him for these characteristics.

*It is good to praise the Lord and make music to your name, O Most High,
proclaiming your love in the morning and your faithfulness at night, to the
music of the ten-stringed lyre and the melody of the harp.*

Psalm 92:1-3 NIV

Make a practice of praising God's name twice a day, morning and evening. Write a prayer of praise using Psalm 92:1-3 focusing on His characteristics listed in this passage.

The Bible provides all the reasons we need to praise His name. Scripture is the only source we have to discover God's character. Praying the truth of who He is back to Him, from His Word, strengthens our faith.

As you go through the week look for reasons to praise Him. Take note of what it does to your heart and spirit. Turn your car radio or music app to praise music. But instead of just listening to it, sing it to the Lord in prayer. Praise His holy name!



Wading in the Word.

Wading in the Word, spending time in His truth, blesses us with the language needed to pray in the Spirit. Taking Scripture to heart can't fail to move us deeper into the River of Life.

Read each of the following passages and take note of what God reveals about **praying in the Spirit**. Look for the Who, What, When, Where, Why, and How of Spirit-led, Spirit-inspired prayer.

Ephesians 6:10-18

Jude 20-21

Romans 8:26-27

What does your research of praying in the Spirit reveal?

Who:

What:

When:

Where:

Why:

How:



Praise God.

As you close your time in His Word offer a prayer of praise based on the verses you read.

Go deeper into praise. Look up the chosen attribute you are praising Him for in the dictionary. Use the definition to deepen your understanding of who He is and praise His name with your newfound insight.



Remember your story.

During our session we closed with a prayer exercise to reflect and gather research on our current prayer life. Now, consider how you came to this place of prayer.

Who taught you to pray?

What stirs you to pray?

When, or at what points in your faith journey, has your prayer life been transformed?

Where did you begin praying? How many different places have been your prayer closet?

Why did you begin praying? How has your motivation to pray changed along the way?

How did God draw you into conversation with Him? Along your journey, how has God changed the conversation? changed you?

How do you want to pray in the future? Where do you want God to lead you in prayer? Why?



Praise God.

After reflecting on your story, offer God a prayer of praise for the attributes He has revealed about Himself throughout your life.

Go deeper into praise. Choose your favorite attribute of God, the one you see as having the greatest impact in your life. Look it up in a concordance. A concordance is an alphabetical list of words and their location in the Bible. There may be one in the back of your Bible in the reference section. Or go to BibleGateway.com and put the attribute in the search box. Choose the Bible translation you want and click. A list of verses containing that attribute will appear.

Read through a few of the verses. Look for different aspects of how this characteristic of God shows up in different places. Use what you find to praise Him further.



Discover God's story.

One of the incredible remarkable aspects of Jesus's character and work is the fact that He prays for us. He intercedes for His people (Hebrews 7:25).

Read Luke 22:31-34

What does Jesus tell Simon Peter about what is happening in the spirit realm?

What does Jesus tell Simon He has done? Why?

How does Simon respond to what Jesus revealed?

This conversation happened before Jesus's arrest in the garden of Gethsemane. Jesus is preparing Simon Peter for what he is about to experience.

What is your emotional response to how Jesus dealt with His knowledge of Satan demanding to "sift" Simon as wheat?

How might you have prayed if you had access to this knowledge?

What does this conversation reveal about God?

What does your reaction reveal about you?

Are you willing to come to a place where you surrender your desires for God's when it comes to your prayers?



Praise God.

Prayerfully praise God for what He revealed about Himself through His story.

Going deeper in praise. Make the prayer for Simon personal. Take up your grave clothes again, the strips where you wrote the sins that bind.

Praise Him for the story He is writing through the times Satan has demanded to rule in your life. Praise Him for the aspects of His character which were revealed in the “sifting.”

