

## ACTION STEP

Make time this week for a quiet moment with God. Ask him to calm your thoughts and feelings.

Play a song of worship and then turn off your phone or anything that might distract you.

Then, do these six steps including the The Personal Assessment Tool.

## PRAYER

Ask how you can pray for one another this week. Then, close in prayer, mentioning each request and person before the Lord. This prayer of cleansing may help you...

*Heavenly Father, I admit that I don't like feeling like I need to confess. So, I'll start by confessing my own pride. It's hard to admit my sins. Lord, I know that I have plenty of areas in my own heart that need your presence, forgiveness and healing. Teach me to release these to you so that I can be cleansed in those areas, replacing my sinful desires with desires that please you instead. I admit that I chase after earthly substitutes for your goodness instead of being filled with you. Help me to make time to do these steps. Fill me with your love, forgiveness, and cleansing. Amen*

Finish by reciting The Lord's Prayer:

Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done,  
on earth as it is in heaven.  
Give us today our daily bread.  
And forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from the evil one.  
For Yours is the kingdom and the power  
and the glory forever.  
Amen." — Matthew 6:9-13 NIV

## LIFE AS IT WAS MEANT TO BE

Week 4: The Prayer of Cleansing  
For Small Group Meetings, October 5 - 11

## RECAP

**Our Father in heaven, hallowed be Your Name**

The prayer of connection — His Person

**Your kingdom come, your will be done...**

The prayer of surrender — His Plan

**Give us today our daily bread**

The Prayer of Dependence — His provision

## VIDEO NOTES

AMEN NIGHT: November 7 <sup>th</sup> — 7:00 PM Doors Open & Dessert at 6:30 RSVP at <a href="http://RockBrook.org/Upcoming">RockBrook.org/Upcoming</a>
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**“And forgive us our debts” — Matthew 6:12**

Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.  
Hebrews 12:1-2 NIV

People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.  
Proverbs 28:13 NLT

1. \_\_\_\_\_ every area of my life

Let us test and examine our ways. — Lamentations 3:40 NLT

*“Thoughts disentangle themselves  
when they pass through the lips and the fingertips.”*

**See The Personal Spiritual Assessment Tool**

*How badly do you want God's blessing on your life?*

2. \_\_\_\_\_ of every sin

Let us test and examine our ways.

Let us turn back to the Lord.

Let us lift our hearts and hands

to God in heaven and say,

“We have sinned and rebelled.”

— Lamentations 3:40-42 NLT

If we claim we have no sin, we are only fooling ourselves  
and not living in the truth. — 1 John 1:8 NLT

3. \_\_\_\_\_ to make restitution

Zacchaeus said, “If I have cheated anybody out of  
anything, I will pay back four times the amount.” 9 Jesus  
said to him, “Today salvation has come to this house...”

— Luke 19:8-9 (NIV)

4. \_\_\_\_\_ God’s forgiveness

“Let us come boldly to the throne of our gracious God.

There we will receive his mercy, and we will find grace to  
help us when we need it.” — Hebrews 4:16 (NLT)

If we confess our sins, he is faithful and just and will forgive  
us our sins and purify us from all unrighteousness.

— 1 John 1:9 NIV

No matter how deep the stain of your sins, I can take it out  
and make you as clean as freshly fallen snow.

— Isaiah 1:18 TLB

5. \_\_\_\_\_ my faults to a friend

But if we are living in the light, as God is in the light, then  
we have fellowship with each other, and the blood of Jesus,  
his Son, cleanses us from all sin. — 1 John 1:5-7 NLT

“Confess your sins to each other and pray for each other  
so that you may be healed.” — James 5:16a (NIV)

What happiness for those whose guilt has been forgiven!  
— Psalm 32:1 TLB

6. \_\_\_\_\_ these steps regularly

Let us draw near to God with a sincere heart and with the  
full assurance that faith brings, having our hearts sprinkled  
to cleanse us from a guilty conscience and having our  
bodies washed with pure water. <sup>23</sup> Let us hold  
unswervingly to the hope we profess, for he who promised  
is faithful. <sup>24</sup> And let us consider how we may spur one  
another on toward love and good deeds, <sup>25</sup> not giving up  
meeting together, as some are in the habit of doing, but  
encouraging one another—and all the more as you see the  
Day approaching. — Hebrews 10:22-25 NIV

## SCRIPTURE READING

Read Psalm 32

## KEY QUESTION

What stood out to you from this message, scripture reading,  
or weekend sermon on the prayer of cleansing?

*(It doesn't have to be a deep insight. It could simply be one or  
the points, an extra note taken, or something you remember/  
highlighted.)*

## DISCUSSION QUESTIONS

1. Is it difficult for you to admit that you are a sinner?
2. How do you feel knowing that God loves you so deeply  
and wants to help you? Do you struggle believing God will  
forgive you? Why or why not?
3. Has anyone in the group ever done these steps before, or  
used a tool like The Personal Spiritual Assessment? Is  
there any encouragement you might offer?