

### Introduction: Relational intimacy requires intentionality

#### Review:

**Sacred rhythms** are spiritual practices that help cultivate, over the course of time, the life of Christ in the follower of Jesus.

**Prayer** is the pathway to experiencing intimacy with God.

### 5 Areas that develop intimacy with God

*This, then, is how you should pray:*

#### 1. Worship

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

Matthew 6:9

**Definition:** Worship is recognizing and responding  
appropriately to the \_\_\_\_\_ of God.

Ecclesiastes 5:2

#### **Practice:**

- Talk to God about God.
- Spend time simply thanking Him.
- Enjoy His creation.
- Put on worship music in your home or car.

### 2. Surrender

*Your Kingdom come, Your will be done,  
on earth as it is in heaven.*

Matthew 6:10

**Definition:** Surrender is giving God full and complete  
\_\_\_\_\_ of every area of your life.

Romans 12:1

**Practice:**

- Invite the King to take His rightful place in your heart and life.
- You may want to physically kneel or raise your hands.

### 3. Request

*Give us today our daily bread.*

Matthew 6:11

**Definition:** Request is asking God to give you what you  
\_\_\_\_\_ to make it through the day.

Psalms 5:3

**Practice:**

- Bring to God the needs and concerns you have today:  
spiritually, emotionally, physically, relationally, vocationally, financially.

### 4. Confession

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

Matthew 6:12

**Definition:** Confession is to \_\_\_\_\_ with God about your sin.

1 John 1:9

**Practice:**

- Ask the Spirit of God to show you any areas of unconfessed sin. Then respond by specifically owning what He reveals and asking for forgiveness.

### 5. Protection

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

Matthew 6:13

**Definition:** Protection is God's activity in your life to guard you from sin and the schemes of the enemy.

Ephesians 6:10-20

**Practice:**

- Pray for your spiritual protection and discernment to identify the attacks of the enemy.

1 Peter 5:8

### Discussion Questions:

1. What new insight did you learn from the Lord's prayer? How can you apply it to your life?
2. How do you experience intimacy with God in your prayer life?
3. Which of the 5 areas that develop intimacy with God are you growing in the most?
4. Which of the 5 areas that develop intimacy with God do you need to focus on this week? How specifically will you do that?