



## WORKSHEET: I WILL ARISE AND GO TO JESUS

### Questions to Consider:

- Of the three Principles (dependence, boldness, and honesty about distress), which is the most familiar and comfortable for you in prayer? Which is the most unfamiliar or uncomfortable?
- Is there someone in your life whose prayers exemplify one of these Principles? What about their prayer stands out to you? How can you incorporate it, adjusted to your own personality, into your own prayer life?
- Take one of these Principles and journal about it or talk with a friend. Answer the following questions: Why do you want to grow in this aspect of prayer? Is there anything from your history that makes this Principle new or difficult? What passage(s) make you feel like this Principle of prayer is welcomed by God in your communication with Him? Finally, tell the Father all you have processed in answering these questions.

### Get Practical:

- Have you prayed the Lord's Prayer lately? Take some time to pray through it. Here are a few ideas:
  - Pray it out loud. If you are musical, sing it.
  - Write it out in your own words, line by line, and then pray it.
  - Pray it several times, each in a different translation.
  - Memorize it and attach praying it to another daily or weekly habit.
- Paul wrote his prayers for brothers and sisters in various churches. Take one of his prayers, and then
  - Call or chat with a friend, asking to alternate verses in praying it out loud together. It should take only 3-5 minutes!



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- Read through one of Paul's prayers, taking time to truly digest each phrase. In what ways do they challenge your assumptions about walking with Jesus or about prayer? In what ways are you encouraged?
- When we pray the psalms, we join in millenia of our believing predecessors.
  - Find a psalm that fits what you are going through in life. Listen to an audio version of it in multiple translations. Talk to God about whatever it brings up in your heart.
  - Do you find any language in the psalms uncomfortable? Express this discomfort to God in prayer, processing it with Him.
  - What psalm has stood you through happy or difficult times? Share with a friend how meaningful it has been to have been able to pray this psalm.