

## WORKSHEET: CHAPTER 9

### ***HEALING THE PAST GOD'S WAY GOD IS LOVE***

#### **MEMORY VERSE**

I drew them with gentle cords, with bands of love,  
and I was to them as those who take the yoke from their neck.

Hosea 11:4

#### **DISCIPLINE OF PRAYER:**

Prayer catapults us onto the frontier of the spiritual life. It is original research in unexplored territory. Meditation introduces us to the inner life, fasting is an accompanying means, but it is the discipline of prayer itself that brings us into the deepest and highest work of the human spirit. . .the closer we come to the heartbeat of God the more we see our need and the more we desire to be conformed to Christ. . .In prayer, real prayer, we begin to think God's thoughts after Him: to desire things He desires, to love the things He loves. Progressively we are taught to see things from His point of view. Richard Foster on prayer, *Celebration of Discipline*

Use the ACTS model for your meditation / prayer time for the next several weeks. **Adoration** is praise and worship of who God is. **Confession** and repentance, as a daily component of your relationship with God, is an inventory of your heart - agreeing with God about your sin, being broken over your sin, asking God to forgive your willful sin and turning in repentance away from your sin. **Thanksgiving** is a daily gratitude for what God does in every area of your life. **Supplication** is your confession of need and utter dependence on God, for everything.

#### **A - ADORATION**

#### **C - CONFESSION**

#### **T - THANKSGIVING**

#### **S - SUPPLICATION**

Give ear to my words, O Lord; consider my groaning.  
Give attention to the sound of my cry, my King and my God,  
for to you do I pray. O Lord, in the morning you hear my voice;  
in the morning I prepare a sacrifice for you and watch.

Psalm 5:1 - 3

Read the following two passages:

PRAYER OF JUBILATION: Deuteronomy 32 (Moses)

PRAYER OF ADORATION AND TESTIMONY: 2 Samuel 22 (David)

Using those examples, journal your own testimony and make note of the ways in which you've experienced God in those moments in your life. Notice God's character, His promises kept, His provision just as Moses and David did. Write out who God is through each season of your life.