

PRAYING THE PATTERN

A GLIMPSE INTO THE ART OF PRAYER

DR. CASSIE LYNN
LOCKHART

IGNITE YOUR PRAYER LIFE ONCE AND FOR ALL

INCLUDES
INSPIRING
STUDY
QUESTIONS!

Finally, prayer made simple. Cultivate a deeper prayer life as you implement these five simple steps Jesus gave His disciples.

Praying The Pattern: Igniting Your Prayer Life Once and For All.
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About the Author

Hi! I'm Army veteran, Dr. Cassie Lynn Lockhart. I am on a mission to enhance the whole woman: mind, body and Spirit. I provide enrichment, motivation, and guidance through one on one sessions, group consultations, courses, books, events, seminars and speaking engagements. I am your sounding board, friend, confidant, sister, companion, and safe place of refuge. I founded and own **Cassie Lynn Ministries, LLC** and **Caslyn Essentials** where our mottos are *YOU Are Essential and Let Go and Let's Grow*. I believe that as we let go of all that hinders us, we will truly blossom and manifest the Essence or Essential that God has buried within each of us.

Allow me to build up and bring out the essential in you!



Praying The Pattern

Igniting Your Prayer Life Once and For All

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Igniting Your Prayer Life Once and For All

by Dr. Cassie Lynn Lockhart

table of contents

Introduction — 7

The Posture of Prayer — 9

Grosignment #1 — 10

Journal - pg 34

The Disciple's Prayer — 11

Grosignment #2 — 13

Journal - pg 36

#1 Worship — 14

Grosignment #3 — 16

Journal - pg 38

#2 Submission — 17

Grosignment #4 — 19

Journal - pg 40

#3 Provision — 20

Grosignment #5 — 21

Journal - pg 42

#4 Forgiveness — 22

Grosignment #6 — 25

Journal - pg 44

#5 Protection — 26

Grosignment #7 — 28

Journal - pg 46

Conclusion — 29

Grosignment #8 — 31

Journal - pg 48

Grosignment Journal — 32

Journal Instructions — 33

Introduction

I recall, once upon a time, the very thought of prayer caused me great anxiety. I felt prayer was for the elite or "super" saints who had that special relationship with God that I could never attain. That kind of devotion seemed so complex and often out of my grasp. Besides, I wasn't smart enough, or holy enough, for God to really care about what I had to say. *And* God was too busy running the world to listen to little ol' me.

Sound familiar? Well, those are all lies spoken from our old nature and the devil to keep us from communing with God. It doesn't matter who you are, what you have done or what you believe. He created *you* and he loves *you*. Understand, there is no replacement for your voice; God longs to hear *your* voice.

There are countless ways to pray just as there are countless numbers of people who feel that praying is something beyond their grasp. In the following pages, I will lay out "a" way to pray—one of many. Prayer is much easier than we make it. This is by no means a deep book. It's sound, practical and designed to remove the mystery that surrounds praying for those who are just stepping out, while challenging the more experienced *pray-er* to tighten up their prayer foundation. These (5) steps are nothing complex, but rather simple and just may inspire you to take your time with God to the next level.

Let's take a moment to pause and prepare to get the most out of our journey together by reviewing the structure of this book. Each section is broken down into two phases: the instruction phase and the application phase. The instruction phase is identified by an *ipad* and is where I share with you what God has shared with me. The application phase is identified by a *pencil* and is where you apply the information to yourself. Information cannot enhance us until we apply the wisdom within it to our personal life.

Throughout the text you will see *Grosignments* (Growth Assignments). The *Grosignments* are the application phase and give you opportunity to grow in God by "putting on" the principles learned. Please take the time to do each assignment before proceeding to the next chapter.

You can record your *Grosignments* in the Study Journal, another notebook, or by electronic means. It might be a good idea to store all of your assignments in one place, because you will need them again later. Now that the preliminaries are out of the way...let's start our journey.

My prayer journey started when I was very young. My parents taught me what is coined the *Lord's Prayer*. Like many of you who are reading this book, I grew up thinking that this passage of scripture commonly referred to as the Lord's Prayer was just that.

A prayer that Jesus had prayed and wanted us to pray. As a child, I remember reciting *The Lord's Prayer* each night before bed. And as a parent, I taught my own children to do the same. Back then, and even as I got older, each time I thought of praying, this was my go-to prayer. I

figured, if it was good enough for Jesus then it was good enough for me. I mean, after all, it was the *Lord's* prayer.

Little did I know that this famous prayer was not a prayer that God, or even Jesus, wanted me to constantly recite verbatim. Instead, it was a pattern, type, or template that Jesus used to teach his disciples key elements that they should include in their prayer time. I'm getting ahead of myself. We will discuss that later.

Let's start at the beginning.

"Information cannot enhance us until we apply the wisdom within it to our personal life."

□ The Posture of Prayer

Before we get into the actual prayer, let's take a look at Matthew 6 where we find some very important pre-prayer instructions. In verses 5-8, Jesus takes the time to tell us about—what I call—the *POP*, or the Posture Of Prayer.

“And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.”

Here we find Jesus comparing a Believer's approach to prayer to that of a non-Believer. Understand, God is less concerned about our natural posture in prayer and is primarily focused on the posture of our heart.

God is not impressed, nor is He moved by our ability to pray loud, long prayers with no substance or power. He is not impressed with us standing in front of others praying beautiful, or seemingly powerful, discourses as if we were an actor performing under an assumed character. Neither does it excite Him to hear us regurgitate other people's prayers that we consider *great sounding*. He is not looking for imposters, clones or imitators.

We are instructed to approach prayer sincerely, reverently, and in humility. We must always remember that God is *more* interested in the quality of our prayer, and not in the quantity. Priceless prayer comes from a place of humility, gratitude, and a broken and contrite heart toward Him. When we combine excellent quality with excellent quantity, our prayers are unstoppable.

David was one of the messiest Men of God. Did David have himself together? He most certainly did not! Yet his POP was impeccable, so much that he was said to be *a man after God's heart* (*Acts 13:22*). This is because David consistently approached God with a meek, humble, pliable heart, that was full of gratitude. He is an excellent example of a Man of God who understood the importance of quality and quantity in regard to his prayer life. The POP is the foundation on which we build our prayer time. If we have a weak foundation, we will have a weak prayer life. And a weak prayer life leads to a weak person.

“God is MORE interested in the quality of our prayer, and not in the quantity.”



Grosignment #1

Take some time to search yourself and meditate on your POP. Examine your motives and methods when it comes to prayer. Write down what you discover and make adjustments, as needed, to make sure your foundation is strong before you move on to the next section.

Refer to page 34.

□ The Disciple's Prayer

Now that we have a solid foundation and our POP is in proper alignment, let's go back to where we started, *The Lord's Prayer*. Personally, I tend to call it the *Disciple's Prayer*. As we examine it closer, I think you may come to embrace my point of view in light of Luke's recollection of the same event.

Although Luke does not mention the POP in his recording, he does give us insight on how the conversation of prayer initially started. Let's take a look at how all of this initially began.

Luke 11:1, "And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples."

Notice that Jesus did not initiate the topic of prayer with his disciples. Apparently, as Jesus was praying, his disciples were ear hustling (*aka*, listening or eavesdropping). At least this time, they weren't asleep (Matt 26:40). Nevertheless, His prayer had such an impact on one of them, that he was compelled to approach Jesus with a request for tutelage.

As a result, we are afforded an inside look into the classroom as Jesus teaches the disciples how to pray. Remember, the focus is to teach *them* a form of prayer. We are not given the impression that this is a prayer that Jesus literally prayed Himself (which would have made it *The Lord's Prayer*). Notice the verbiage in Luke 11:2, Jesus said "*When you pray...*" In Matthew 6:9, He said, "*After this manner therefore pray ye....*" Saints, this is the *Disciple's Prayer*!

I hope you are getting this.

Now, let's stretch ourselves and go a little deeper into the text. Why on Earth did that disciple mention John and his disciples? Jesus' disciples were aware that John had taught his disciples how to pray. Think for a minute. How did they know that John had taught his disciples how to pray? Had someone told them? Did they see John teaching them? Were they making an assumption? Had they heard his disciples praying?

The Bible is not clear on *how* they knew that John had taught his disciples, but one thing is for sure, they knew that John, his disciples, and Jesus prayed. They probably could have easily mimicked the prayers of John's disciples but were wise enough to know that they needed an effective method to develop a genuine prayer life of their own. God loves authenticity.

I have the utmost respect for the sole disciple whose heart was set on fire when he heard Jesus praying. He was bold enough to step up for all of the disciples and say, "Lord, *teach us to pray*". Notice, he did not ask Jesus to *tell* him what to say.

The word *teach* in the original language means to explain, expound on a thing, impart, or to instruct. If you recall, Jesus spoke in parables, analogies, and illustrative speeches to help the hearer gain a better understanding of His teachings. Jesus approached this teaching opportunity the same way that He always did.

In Matthew He said, *After this manner therefore pray ye...* In the original language “After this manner” is actually one word that means *in this way*, likewise, or *on this fashion*. So Jesus was literally saying when you pray, say something like this. He taught the disciples (and us) a pattern for prayer.

If you’re looking for a more effective way to pray you have come to the right place. We have a sure pattern in the Word of God that we can use to fuel our prayer time. Please understand I am NOT saying that it is wrong to literally quote the Disciple's...I mean, the Lord's Prayer or to disregard the pattern. I *am* challenging you to take your prayer life to the next level by stepping outside of the box of redundancy and familiarity, and cultivating a unique, spontaneous, intimate prayer life fueled by the pattern that Jesus left for us.

“Personally, I tend to call it the Disciple’s Prayer... Jesus said pray like this.”



Grosignment #2

Take the time to evaluate your prayer life. Is it dull, dry, or stagnant? Surround yourself with those who love to pray so that you can fan one another's flames. Consider joining an online prayer group, a prayer line, or attend prayer sessions at your local church so that you can stir up the prayer gift within you. No matter what level you find yourself, you can always go higher. In anticipation of the next chapter, do what the disciples did, and ask the Lord to teach you how to pray.

Refer to page 36.

□ # 1- Worship

Now that we have laid a solid foundation, let's start to investigate the pattern for our prayers. Simply put, a pattern is a guideline. Jesus gave the disciples a guideline or structure for prayer that we can also follow.

That being said, our prayer time does not need to be scripted, neither do we need to become overly concerned with always sticking to this structure. Remember, Jesus instructed the disciples to pray—*in this manner, similar to, or like this*. Let's dig a little more into our prayer.

“And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name.”

-Luke 11:2

The pattern starts out with worship and adoration. It is almost impossible to adore something without first identifying the object of your affection, therefore, Jesus makes it clear that He is speaking to His father in Heaven.

In every day conversation we address the person to whom we are speaking. So, remember, prayer is speaking/conversing/chopping it up with God. After Jesus identified the person to whom He was speaking, He went on to worship Him by speaking about the characteristics of His name. I want to take time to point out that there is a difference between praise and worship.

Praise is thanking someone for what they have done and is, typically, very superficial—like when you told that stranger thank you for holding the door open, for example. Was that intimate?

Worship is pointing out the value and very nature of a person or thing, while giving homage. It is extremely intimate. Worship denotes relationship or an investment into the object you feel is “worth” your affection. The same way you might feel about your favorite sports team or hobby. And because you value it, you spend your time and money representing, researching and supporting it. Don't get offended here. Take a deep breathe. Focus on the analogy and translate it to worshipping God, so when you come before the Father take time to tell Him what He means to you.

Make it personal. It's perfectly fine to give Him praise—and I do, every day. However, invest some time into knowing His character, qualities and attributes so that you will be able to worship Him in spirit and in truth. Worship is a matter of the heart.

Jesus made it apparent that this is a vital part of our communication with the Father as He made it the first thing we do. In fact, the Word of God says that God is seeking, or searching, for a worshipper (John 4:23). What better time to worship than at the beginning of our prayer?

“Worship is pointing out the value and very nature of a person or thing, while giving homage. It is extremely intimate.”



Grosignment #3

Take time to sit down and figure out who God is to you. Take out a clean piece of paper. At the top of the page, on the left, write PRAISE. On the top right, write WORSHIP. Now draw a line down the middle of the page and number the lines 1-10. On the *Praise* side write down (10) things for which you are grateful. Then, using what you have written on the *Praise* side, write down the character of God that corresponds to each number item on the *Worship* side.

Praise	Worship
1. Helped me get a job	Provider
2. Healed me	Healer
3. Died for my sins	Redeemer

Look at the example above...notice the Praise side is for what He did, and the Worship side is for who He is.

Based on that example, if I wanted to *worship* Him I could say, "Lord, you are my provider, healer and redeemer." If I wanted to *praise* Him, I may say, "Thank you for helping me get a job, healing me, and dying for my sins."

Get it?

Refer to page 38.

□ # 2- Submission

Now that we have entered into words of adoration and clearly identified the object of our affection, it's time to move on to the next step. Jesus continued with this:

“Thy kingdom come. Thy will be done, as in heaven, so in earth.” -Luke 11:2b

After worship comes submission. Perhaps this is done because it's extremely challenging to submit to something in which you see no value. In order to humble ourselves and submit, we must first identify the worth of God in our lives. Worship softens the heart in preparation for obedience.

Here we see Jesus calling for Earth to come into alignment, or *submission*, to the Heavens. Another way to look at this is that Jesus was praying for Earth to have the same agenda as Heaven.

Additionally, we see Jesus only focusing on the will and agenda of the Father. Jesus allowed the Father's agenda to become His own agenda. He said, “*Thy kingdom*”. How does this translate to our prayer time? It's simple, we must submit our will and agenda to His. You can hear the agenda God has for you when you set yourself *and* your desires aside.

Psalm 37:4 talks about delighting ourselves in the Lord and giving us the desires of our heart. So many times we take this to mean that God will literally give us what we want.

It's time to dig deeper.

You see, when we submit, we open ourselves up for God to realign us. We allow Him to remove what is not productive and replace it with those things that are expedient.

True submission results in a restructured, reconditioned, resurfaced heart. When true submission comes, renewal is inevitable. When we submit and delight in Him, God places the desires *He* wants us to have within our heart. In other words, He gives us *what* to desire. Then we can be like Jesus and say, “*Thy kingdom*” because at that point our will and the Father's will have become one.

During our prayer time we must commit to being about His business both individually and corporately. Were you aware that you have a part to play in manifesting His kingdom here on Earth? Well, you do.

We must identify His plan and purpose in our life and diligently walk it out. Paul said it best in Philippians 3:12 when he announced that he was on a mission to find and walk out the thing that God created him to do. We must develop the same tenacity.

It is important for us not to forget to pray about God's corporate will for the body of Christ. Often we can clearly see God's corporate agenda for the Earth spelled out in His Word so there is little, to no, guess work. In these instances we can literally pray from the written Word itself.

“True submission results in a restructured, reconditioned, resurfaced heart. When true submission comes, renewal is inevitable.”



Grosignment #4

Personal-

Purpose in your heart that you want only the destiny the Father truly has for you. Like Paul, it's time for you to discover what God had in mind when He created you. Ask God to reveal to you His agenda for your life, humbly accept it and then submit it back to him. Also ask Him to reveal your gifts, callings and talents and teach you to use them wisely to enhance His agenda through you.

Corporate-

Search the scriptures and find at least two things that are the Father's corporate agenda here on Earth and begin to pray for them.

Refer to page 40.

□ # 3- Provision

Now that we have worshiped and submitted, we can move on to the next part of our prayer. Worship has prepared our heart, and submission has allowed us to realign our desires and agenda. It is time to wisely ask for provision. Jesus said it like this:

“Give us day by day our daily bread.” -Luke 11:3

I simply love that Jesus said our “daily” bread. At one time I thought that meant that we were only suppose to have meager means, not living in abundance or overflow, you know, just barely making it from one day to the next.

That interpretation may sound so humble and holy, but it does not necessarily align with any of the scriptures on abundance, wealth or prosperity. Didn’t the Word say that we are to prosper, even as our soul prospers? We are called to trust God to supply what we need each day.

Provision—God **provide** for the **vision**.

For example, if your vision is to live under a bridge and get meals at the food bank each week, God will supply that. Likewise, if your vision is to own a radio station, school or daycare for the Kingdom, and it requires you to have a \$100 million budget, God will supply that.

God is concerned about our natural AND spiritual needs. Often when we pray, we forget to ask God to supply our spiritual needs. Please don’t neglect your spiritual needs as they often far outweigh your natural needs.

Although our Father knows what we have need of, we still need to petition Him in faith—knowing that He hears us and will respond in favor—when we ask according to His will.

“Please don’t neglect your spiritual needs as they often far outweigh your natural needs.”



Grosignment #5

What do you have need of from the Father?

Take time to write down (5) spiritual needs and (5) natural needs. Now, it's time for you to identify if you've done *your* part in acquiring what you need. For example, if you need provision, have you applied for employment? If not, identify and write down your part. Look at your list, does it line up with the Word/Will of God for your life? How will obtaining these things benefit you or the kingdom? Do you trust God to supply these needs?

Remember to ask in faith and remain in faith until you see the manifestation of your request.

Refer to page 42.

□ # 4- Forgiveness

We have worshipped, submitted and asked God to supply our physical and spiritual needs. Worship has reminded us exactly why our God is worthy of our submission. He is a loving and caring God who delights in supplying all of our needs. The more we worship, submit and accept our dependency on God, the more dependent we become on Him—while unlocking compassion for others. At this point we can see past our own needs and are capable of examining ourselves and forgiving others. Jesus said this:

“And forgive us our sins; for we also forgive every one that is indebted to us.” -Luke 11:4

Forgive means to send forth, to let go or put aside. Sin simply means to miss the mark. We are all in need of forgiveness. Initially, we need forgiveness for the fallen state of man that we acquired by default (thanks to Adam and Eve). However, forgiveness does not end there.

As we build our relationship with God, He will reveal to us the specific areas of our life that we need to ask for His forgiveness. This will vary from week to week, day to day, and moment to moment. The process of us constantly acknowledging *our* need for forgiveness should give us compassion to forgive those we feel have wronged us as well.

Think about it for a minute.

We want God to understand our frailty and accept our constant shortcomings, but we don't want to extend the same grace to others...? Often, we don't realize that not only does un-forgiveness hold us in bondage, but it can also open the door to sickness, disease and premature death. You see, when we don't forgive, we actually hold that person and their actions in a prison within our heart.

Being the *good warden* that we are, we now feel a sense of responsibility to properly care for our new inmate. How do we care for them? We nurture them by constantly rehearsing the negative situations that have occurred. We replay that disappointment, that rejection, that hurt and pain over and over in our mind, thereby keeping our prisoner nice and healthy. It's like putting money on their books. We don't even realize that we will do almost anything to keep them alive and well, while our well-being deteriorates in the meantime.

When we really think about it, we have nothing to gain and everything to lose by not forgiving.

There is a traumatic exchange that takes place when we harbor un-forgiveness in our heart. We receive bitterness, hatred and bondage, while giving up joy, love and peace. In addition, we may also find ourselves plagued with new and mysterious illnesses.

We primarily hurt ourselves by holding onto offense. I'll list a few of the various types of offenders below:

1. Perpetrators who are unaware of the true damage that they have caused, and walk around in blissful ignorance.
2. Those who are fully aware of the damage they caused, and proceed on with their life not giving a second thought to their victim—intending to offend again, if given the opportunity.
3. And finally, those who willingly acknowledge the damage they have caused, and seek out their victims for forgiveness. These perpetrators are genuinely sorry and want to make things right.

Everyone deserves the same forgiveness. I know, I can hear some of you now, so let me say this: No, I don't know what they did to you. Yes, it may have been wrong and you may not have deserved it, and extending forgiveness may be challenging, but remember it is not about them. It's all about you being healed and free, with a sound mind and pure heart before God.

Personally, I have consistently been wronged in my life and have chosen to forgive. It wasn't always easy for me to forgive, but I also know I have wronged others and I pray they have chosen to forgive me.

True forgiveness is not forgetting, God did not wire our brains that way. If you forget the incident, then you forget the lesson learned and are susceptible to future repeats.

Forgiveness is a command. Forgiveness is a choice. Forgiveness is freedom.

It is an intentional shift that takes place in your heart where you choose to no longer fellowship with the offense—you push it away and let it go. You set the prisoner free, stop putting money on the books and end the all-expense paid vacations with them taking up residence in your heart and mind. No, you don't have to do anything drastic like, kicking it with the offender...

Although, I do think it's wise to ask God if there *should* be future dealings with the offender for their redemption.

You know you have successfully "let it go" when you think about an offense and the offender and no longer feel negative emotions (or that "sourness" in the pit of your stomach). Forgiveness is a matter of your heart being pure before God.

God wants us to extend the same grace to others that He has extended, and continues to extend, to us. We are not infallible creatures and should not expect others to be either. Even if we don't like to admit it, we have hurt others too. And I can guarantee that most of us would like forgiveness from those we have hurt.

Think about it.

How many times have you asked someone to stop living in the past, or to just let something go? Jesus set an unbeatable example by forgiving all of mankind for all of their sins. If He can forgive us for all that we have done and will do, by golly, we can set aside our pride and forgive too.

“Forgiveness is a command. Forgiveness is a choice. Forgiveness is freedom.”



Grosignment #6

Sometimes it can be easy for us to forgive others, but we can struggle with forgiving ourselves. Do a self-check. Are there any areas in your life that you have not forgiven yourself? Dig deep, and really think it through. It's time for you to set yourself free. The definition of *forgive* is to send forth, put away, let go or lay aside.

I remember once having a hard time forgiving myself for a sin I had committed. I confided in my Pastor during that time and these were his words, "Daughter, don't nurse it or rehearse it, just disperse it." These words were truly steps toward forgiving.

After you free yourself, move forward and begin to release others you have held in bondage. Letting it go does not excuse the offense or make the pain disappear—it may take time to work through the emotional damage. With God's help, the offense will become nothing more than a memory, but without the painful emotions attached to it. It may very well become part of your testimony.

Refer to page 44.

□ # 5- Protection

Wow, we have been through some major transformations on our prayer journey. Hopefully, it is more clear to you now how our entire relationship with God shifts using this simple pattern. Forgiveness has put us in a better place to hear from God.

How many times have you been motivated by un-forgiveness to say or do something that you know God was not pleased with? Hence, the reason it is imperative that we keep our emotions in check and flow out of the fruit of the Spirit so that our flesh does not lead us astray.

In steps 1-4 we have discovered some amazing things about ourselves, about God, and others. Now let's put the icing on this cake and look at our final step: Protection. Jesus said it like this:

“And lead us not into temptation; but deliver us from evil.” -Luke 11:4b

The traditional interpretation of this text is that Jesus is teaching us to ask God to keep bad people and bad things away from us, basically to keep us safe. Yes, that is true and most of us have perfected that request. Remember, our goal is to stretch, so, here we go again. Dig deeper. Are there any other implications here? Maybe...

God will never lead us astray or entice us to sin. The Word clearly explains to us that it is our own lusts that carry us into sin. Although we take ourselves into sin with the aid of lust, if we look to Him, we would see the way of escape that He has already prepared for us.

Let's dissect the scripture a bit. The word *lead* means to carry inward. Is it possible that, since we are drawn away and tempted by our lustful desires, the phrase “Lead us not into temptation” could also mean *We don't want to carry sinful desires within us...* or *Don't allow sinful desires to be within us...?*

The word *deliver* means to draw to one's self or to rescue. And *evil* means bad, diseased or blind. So, could the phrase “But deliver us from evil” also mean, *Draw me to you so that I can see clearly and be made whole...* or perhaps, *Rescue me from my evil, diseased and blind state...?*

These views take our prayer request to a whole new level. We stop focusing on the evil and sin around us and zero in on what is lurking **inside** of us.

Staying with that mode of thought, we find ourselves asking God to help us transition from our wrong thoughts, desires, and feelings to His righteous thoughts, desires and feelings (Romans 12:1-2). As we offer up the works of the flesh in exchange for the fruit of the Spirit, we are delivered from the works of our flesh.

Deliverance is not always a one-time occurrence, and may not happen immediately. Often we must diligently pursue deliverance. Through prayer and acting on the Word of God our minds can be made new. Our goal is to have the mind of Christ (1 Cor 2:16).

At one point in my life I thought it was impossible for me to have the mind of Christ but then I remembered the Apostle Paul saying that we *have* the mind of Christ. I found that the

more I prayed, fasted and applied the Word, the more my desires, thoughts and attitude changed. We develop a new mind by consistently taking off that old sinful nature and walking into the newness of life that Christ has freely given us (Rom 6:4).

Once we discard our old, sinful and counter-productive ways, we must be determined to never pick them up again—counting them as if dead (Rom 6:2). When we live such a life, we are under God’s shadow and that affords us great protection (Ps 91).

“Through prayer and acting on the Word of God our minds can be made new. Our goal is to have the mind of Christ.”



Grosignment #7

We all need protection. Sometimes we are so busy seeking protection from the enemy we forget we are constantly causing our own self to stumble. First and foremost, we need protection from ourself. We should ask God to help our thinking processes. Ask Him to shift us away from any thinking that does not line up with His Word, and potentially cause undo trials and tribulations to come into our life. Pray for the discipline to overcome self-sabotaging thoughts, behaviors and habits so that we can consistently dominate the works of our flesh and flourish in the fruit of the Spirit.

Refer to page 46.

□ Conclusion

Can you believe that we made it to the end of the prayer? This prayer ends just like any other conversation that we would normally have. I recall ending a conversation with a friend-girl of mine like this:

“Umm-hum, yeah, I see what you are saying and I totally agree. Yep, you’re right. Okay, Sis, I gotta go. Talk to you soon. I love you. Bye.”

Likewise, Jesus ended His prayer by summing up God’s authority and agreeing with the Father. Jesus closed with this in Matthew 6:19b, *“For thine is the kingdom, and the power and the glory, forever. Amen.”* He reaffirmed that God is in control and that He was in agreement with God’s will. Amen means I agree, so be it, or it is so. Personally, I am very particular about what I say *Amen* to. I refuse to throw out an Amen on something that is not in alignment with God’s will, or Word, because I understand the power of agreement. Amen signifies the completion of this particular conversation with God, at least on our part. Most successful conversations are dialogues and not monologues, so we must remember to incorporate time for God to respond to us.

Let’s do a quick recap of the (5) simple steps in our pattern of prayer.

1. **Worship** - Remind God of His value to you
2. **Submit** - Set yourself aside to be used of God for His assignment, purpose and will
3. **Provision** - Ask God to naturally and spiritually provide for the vision that He has given you
4. **Forgiveness** - Free yourself and others by letting go of all offenses
5. **Protection** - Ask God to protect you from others and your own sinful nature, desires and thoughts.

Jesus gave us a perfect play by play (for you sports fans) pattern to help us form an effective prayer life with Him. Although we may not stick to the pattern each and every time we commune with Him, it is a good place to start. Over time, as your relationship with God strengthens and grows, you may develop your own pattern. Most likely it will include all of these elements, and possibly more, although it may not be in the same order.

The most important thing is not that you follow a pattern, but that you develop a daily process of talking to the Father. The more time you spend with Him, the more time you will want to spend with Him. He longs to hear your voice and is waiting to commune with you. Your spiritual development depends on your relationship and obedience to the Lord.

I pray that you were challenged, inspired and provoked to go to the next level in your prayer life. May the Father set a fire in your heart that will consume the things that keep you

from consistently fellowshiping with Him. May your desire for the presence and glory of God be ignited and never be quenched, in Jesus' name I pray. Amen.

“The most important thing is not that you follow a pattern, but that you develop a daily process of talking to the Father.”



Grosignment #8

If you are reading this, you have made it to your final Grosignment. This one is the best one of all. Gather your responses to Grosignments 3-7, then put them in order and read them aloud. When you get to the end say, "Amen!"

Refer to page 48.

Congratulations, you just prayed a prayer using the pattern for the Disciple's Prayer!

The Grosignments



Journal Instructions

These study questions are a companion to Praying the Pattern. Please take the time to do each assignment in order *after* reading the corresponding chapter and *prior* to proceeding to the next chapter.

You can print this journal out and record your responses in the spaces provided or you may choose to record your entries in your own notebook or by electronic means.

The most important thing is that you take the time to complete each Grosignment as thoroughly, transparently and as honestly as possible. The only wrong answer is no answer at all. Remember, wise application of information is the key to proper growth. That's all for now.

Let go and Let's Grow...In Jesus' Name!

