transformed
Becoming Christlike Women

Week 9 | How to Follow Jesus: Pray and Repent

We want to follow Jesus. We want to live a transformed life.

Psalm 139:23-24

Search me, O God, and know my heart!
Try me and know my thoughts!
And see if there be any grievous way in me,
and lead me in the way everlasting!

Big Idea:	The transformed life is rooted in ***prayer*** and ***repentance***.

I. Faith in Jesus brings a turning point that will ***transform your life***
   a. You have a new source of wisdom
   b. You have a new source of comfort
   c. You have a new relationship with the God of the universe

II. The transformed life is nourished through ***prayer and repentance***

III. ***Prayer is essential*** for a transformed life
   d. Prayer is the pathway to knowing God
   e. Prayer begins with listening, not with a list
   f. God speaks through His Word, the Bible

John R.W. Stott's daily prayer:

Father, I pray that *this day*, I may live in Your presence and
please You more and more.
Jesus, I pray that *this day*, I may deny myself, take up my cross,
and follow You.
Spirit, I pray that *this day*, You will fill me with Yourself,
and cause Your fruit to ripen in me: *[from Galatians 5:22-23]*
love, joy, peace
patience, kindness, goodness,
faithfulness, gentleness, self-control.

My personal pattern for prayer:

In response to my time in God's Word, I come before our Father with A.C.T.S.

Adoration – contemplate His glory, His good purposes, His steadfast love.

Confession – acknowledge how I (and all of us) have lived selfishly.

Thanksgiving – express gratitude for God's unfailing mercy and goodness

Supplication – ask God to teach me, heal me, and give me more of Him

IV. True repentance ***turns from sin to follow God***

g. Repentance is more than remorse; it includes a change of direction

h. Repentance is both an attitude of the heart and a choice of the will

Psalm 25:4-5

Make me to know your ways, O Lord;
teach me your paths.
Lead me in your truth and teach me,
for you are the God of my salvation;
for you I wait all the day long.



Discussion Questions

1. How has this lesson changed your understanding of prayer?

2. For most of us, our intentions are good, but we struggle with finding the time to devote to prayer. We're very busy. We encounter many voices telling us what we need to do. Here are some:

   You need to diet and lose 10 lb.
   You need to plan more healthy meals
   You need to exercise more
   You need to be fit
   You need to keep up with the news and be an informed voter
   You need to keep your Facebook and Instagram accounts up-to-date
   You need to go to all of your kids' games
   You need to go to school board meetings
   You need to be ***on*** the school board!
   You need to update your jewelry and accessories
   You need to decorate for Christmas
   You need to plan a spectacular Christmas party for the neighborhood

   We all struggle with voices like these. Many of them are very important, but perhaps these ***good*** things may be crowding out a ***better thing***—your time with God. What is your thinking about our problem of busy-ness? How do you deal with these voices?

3. Get into groups of 2. Share with one another any thoughts you have about making prayer a more established rhythm in your life. Pray for each other, that we may enjoy transformation in our lives through regular times of prayer.

Homework

Read Psalm 1. This short psalm contrasts two ways of life—a life that is continually nourished by God's Word compared to the life that follows the lifestyles of those who do not follow God. What are your takeaways from studying this psalm. How does it inspire you?


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