



Discover

What is your life saying?

Your life speaks louder than your words

Matthew 6:6 (NIV)

6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

Matthew 6:6 (MSG)

6 "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

- What stands out for you from this verse?
- Why does this stand out for you?
- How are you doing with making time to 'go to your room, close the door and pray to your Father'?
- Share how you engage God in your secret place. Your story can be remarkably inspiring to someone else in the group.

For our life to speak louder than our words – we must obey these important words of Jesus. There is no fixed way to spend time alone with God, but it's helpful to combine Bible reading with prayer and to do so at a regular time each day. There are many excellent devotional resources, but you don't have to use anything at all. It's worth experimenting to see what works best for you. Here's a simple Bible focused pattern to engage God meaningfully in the secret place.

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021 975 1983

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How to have your time with God using the Lord's Prayer

Matthew 6:9-14 (NKJV)

9 In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. 10 Your kingdom come. Your will be done On earth as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, As we forgive our debtors. 13 And do not lead us into temptation But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

Our Father in heaven

Be still. Sit quietly and ask, "Where is the evidence of the Father's love in my life right now?" Give thanks.

Hallowed be your name

Read a Psalm or listen to a worship song.

Your kingdom come; your will be done.

What would it look like for God's kingdom to come in the three circles of your life today?

1. Pray for your own needs
2. Pray for your friends and family
3. Pray for the wider world (perhaps focusing on situations in the news).

Give us this day our daily bread

Using a Bible reading guide, if you find it helpful, read from a Gospel, a New Testament epistle, and then from the Old Testament. (*Bible in One Year* is a great tool) The emphasis here is on quality not quantity. When a phrase resonates with you, treat it as if God is starting a conversation by pausing to pray about it.

Forgive us our sins as we forgive others

Review the last 24 hours, allowing the Holy Spirit to challenge any sinful thoughts, words and deeds. Are there people to whom you need to apologise, or others you need to forgive?

Lead us not into temptation but deliver us from evil.

Pray protection for yourself and for those you love, especially in areas of vulnerability. If you are under spiritual attack, take authority, standing on relevant promises from the Bible.

For the kingdom, the power and the glory are yours...

Finish by listening to another worship song or returning to the psalm with which you started.



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