PRAYER

Week 1 – Lesson 1: "Prayer" Wednesday, August 13, 2025

Objective:

The objective of this lesson is to cultivate a lifestyle of prayer and constant communication with the Father. In doing so, you will experience peace which surpasses all understanding and it will guard your heart and mind in Christ Jesus. You will have confidence when you go to your Father in prayer and be able to ask anything your heart desires and have peace in the "yes", "no" and "not yet" of His response.

What you will need:

- This lesson and your Bible
- Notebook or Journal
- Pen and Highlighters

Scripture:

Here are some scriptures on prayer; there are many more. Which one(s) speak to you? Write it in your journal/notebook and verse map it – break it down word for word until you can grasp what it means to you. God has an individual message for each of us, so I may interpret it differently, but that doesn't take away from what He is speaking to you! Search more scriptures on prayer if necessary!

Matthew 6:5-15
John 5:14
Philippians 4:6-7
Psalm 17
Roman 8:26-28
Jeremiah 29:11-13
Mark 11:22-26

Lesson: "Prayer"

When I sat down to start preparing for this lesson, I had a different topic in mind. When I began to put pen to paper, it didn't flow. I got on my knees and asked the Lord to show me what He wanted me to present to the women of Heart Posture for our first lesson. He immediately put on my heart, "Prayer".

Just like I needed to pray to know the direction He wanted me to take for this lesson, we need prayer to know what direction God desires to take us in our lives.

Imagine taking a trip to Portland, Oregon. (I chose that state because I want to go one day; have you seen the pics!? GORG!!!) Anywho, stay focused, Sis!
So you plan to take this trip to Oregon. You say all the things you want to do when you get out there, but you have no map or GPS to get you there. You are aimlessly on a journey to do all of these wonderful things once you get there, but will you ever make it without direction? And while you are traveling, how much have you missed out on by wasting time going East when you should have been going West!

Prayer is our compass.
It lets us know exactly where we are, where we should be going and ultimately, where we want to be. Without prayer and direction from the Father, we are aimlessly going about our every day life, missing out on God's very best for us because we took a wrong turn.

I don't know about you, but when I crossed over the 40 year line and spent years cultivating marriages that didn't pan out well, I have no more time to waste! I want to know the plans my Father has for me. I want to get on track with the design He has had for me since the very beginning of time. I don't want to miss out on anything, anymore!

Prayer is communication with God. When we want to have a serious conversation with someone about important things, we are mindful of the right time and place, correct? You want to make sure that you won't be interrupted and that it is a quiet place without distractions. This is the same for our prayer time with our Father.

Let's actively work this out…

Assignment

1. *Find a place in your home that can be set aside daily for you and God. It can be an empty closet turned into a prayer closet, a corner by the window…wherever! It just needs to be a place without distractions where no one else will go. It's just for your and God and you can leave all your study tools there if necessary.*

2. *If you start praying and you feel "congested" – like full of junk and its hard to get anything out – then journal. Write out all the junk and clear your pallet. Have worship on in the background to soften your heart.*

3. *P. R. A. Y. – this is the acronym for PRAY*

   P – Praise *(praise God for who He is in your life. "Thank you for being a provider or healer…" If this is difficult to name, study his attributes/character and call Him what He is to you*)

   R – Repent *(ask God to forgive you of anything that you have said or done to grieve His Heart or the Holy Spirit within you. Repent things you know and ask Him to reveal hidden sin so that you can repent)*

   A – Ask *(make your petitions to the Father. He wants to give us according to His will for our lives. Ask Him anything. He already knows our thoughts and the intents of our hearts, He just wants a relationship with us so that when we receive these things, we KNOW it comes from Him)*

   Y – Yield (*this is heart posture. To yield to His will, His Way, and His Timing. To say, "not my will be done, but yours". That way we are content if the answer is "yes", "no" or "wait". Ask Him to position your heart for His will, way, timing so that you can be in one accord with His plans for your life.*

4. *And pray at least twice a day. Not just "flash prayers" throughout the day – which I do all the time and is still good, but set aside time to pray intentionally with the Father in your designated spot.*

Let's put these things into action and see the difference it has made between now and when we meet in August!

Rooted
Heart Posture Women's Ministry Fellowship

"Rooted" - Lesson 1 - Prayer - August 13, 2025

Get your FREE copy of the book: ***"Keys to Powerful Prayer" by Stormie Omartian*** Today!

Praise and Worship:

Repent:

Ask:

Yield:

Praise – Takes the focus away from ourselves and puts it entirely on Him. And that is always the best approach to begin prayer. This shows Him that we are trusting Him with our situation. When we call on His many names, we are instilling confidence that He is who He says He is. Study his attributes and His names. Find scriptures to support them and give Him an opportunity to reveal Himself to you in that area.

Worship – Softens the foundations of our heart to receive and accept. It clears the pallet of our hearts and minds from distractions so that we can tune into Heaven.
Worship is a choice. It requires an act of will. It is saying that no matter the current situation or the outcome – I choose to give you glory in it. I choose to exalt you above all else, because no matter what, you are worthy!

Repent and Surrender – John 9:31 says: "Now we know that God hearth not sinners: but if any man be a worshipper of God, and doeth his will, him he heareth.

Let's Read - Isaiah 1:10-20

Isaiah 29:13-14 - NLT

13 And so the Lord says,
"These people say they are mine.
They honor me with their lips,
but their hearts are far from me.
And their worship of me
is nothing but man-made rules learned by rote.
14 Because of this, I will once again astound these hypocrites
with amazing wonders.
The wisdom of the wise will pass away,
and the intelligence of the intelligent will disappear."

It is the goodness of God, His loving Kindness and tender mercies that draws all men to repentance.

Romans 2:4: "Don't you see how wonderfully kind, tolerant, and patient God is with you? Does this mean nothing to you? Can't you see that his kindness is intended to turn you from your sin?"

Imagine you pouring out into someone's life, just out of the kindness of your heart. And that person never says thank you. They never regard you as the one to help them get out of a bind. They continually take from you and then do things they know you are totally against. They apologize but never change their behavior.
You may still help them – show mercy – but would you stick your neck out for them in difficult time when it costs you more than it cost them?
Probably not, but Jesus has laid his life on the cross for such ungrateful people such as us. However, we cannot expect His very best if we are living contrary to God's Word.
Salvation is unconditional, yet the blessings are conditional on our obedience and surrender.

Although "Ask" is next in the acronym, I would like to skip to yield first.

Yield is heart posture. It is in line with surrendering to God's will, way, and timing. Yielding is giving over EVERY AREA of your life to His will, way and timing. Even if it's still hard to do. Even if you still want to do some of those things, but you know that they separate you from him or you know that you should be serving Him in a certain capacity, but just can't find your desire or motivation to commit. YIELD those areas over to him and invite him in to remove stumbling blocks, barriers; to prune what is dead and water what He wants to grow within you. YIELD daily. Ask Him daily to turn your affections from what is unpleasing to him to what is pleasing to him.

If you don't know exactly what "it" is, but know that there is something blocking you from intimacy with the Father, ask him to reveal what you need to yield over to him.

And lastly, when we yield to the Father, we give up our expectations on the outcome. We are free to have an expectation, but we yield to whatever the plan is that he has for our lives. We accept his yes, no and not yet. We accept his redirection and protection in how His plan for our lives play out.

Ask: John 14:13 -14 NLT

13 You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father. 14 Yes, ask me for anything in my name, and I will do it!

We have opened our hearts to God through praise and worship. The foundation of our hearts are soft. We have invited God into our prayer, hearts and mind by surrendering. We have been washed by the blood of Jesus Christ through our repentance. We have yielded our lives, our actions, and our service to God's will, way and timing. And now we are ready to ask and receive.

We are in a place to boldly come before our Father, with Confidence and ask whatsoever our heart desires and trust that He hears us and will answer us according to His will!

We ask for our needs, wants and desires.
We ask on behalf of your loved ones, family, friends, coworkers.

We ask for deliverance, healing...

Ask him for anything and trust Him to see you through to the other side. Be patient in the answer. Be accepting in his response, even if its not what you wanted at first, because He knows what is best for us.

- Think of how we know our children and what would be a better choice for them due to our view of the whole picture or understanding of them. They want to choose a path or relationship that we KNOW isn't best for them. If we could, we'd make that choice for them. This is what we are surrendering over to God. To make the right choice for our life even if it means not getting what we once prayed for.

IN CLOSING:
Let's pray to the Father our prayer of surrender and inviting Him into every area of our life.

WAR JOURNALS:
We will give you the opportunity to purchase a war journal starter kit. At the end of each Rooted Class, you will receive a random envelope to add to a section of your war journal.

NEWS:

- *Check your emails Monday, August 18 for September's Rooted Lesson.
- The NEW Calvary Hill Apparel & More is focusing on the "MORE" and is expected to reopen in October 2025 with MORE to help you cultivate your relationship with the Lord, including novelty gifts for special events and funeral gifts.