



ROOTED

Week 5

A Reflective Prayer to Prompt Your Own Prayers

Below are prayer prompts we suggest you use instead of the *Rooted* Prayer on page 107. You do not pray these things once and then you're done. You pray this way often. And as you learn these prayers, they become part of your "prayer without ceasing." Freedom rarely happens instantaneously. It is a process of growing free from the lies and partial truths, the outright deceptions, the misguidance and distortions, and even the insanity of a fallen world.

Pray these prayers slowly, add your own words, exchange ideas that are there with your own. As you pray, listen, reflect, discern. The prayers are general, but you should pay attention to specifics that are true for you. Specifics described in *Rooted* pages 107–109 will be helpful. Use these prayer prompts daily.

Jesus, I live surrounded by hundreds of messages that bombard my heart and my mind. It is so hard to escape all the voices that are imprinting their beliefs on me. I know I have listened and have bought into those messages, even when I didn't want to, and even when I didn't know it was happening.

They have shaped my sense of who I am. It never works. I feel so inadequate, so unloved. Jesus, I need you, and I want you and only you to tell me who I really am. I belong to you. I confess that I am your friend, your servant, your follower, a part of your family. And you are my God, my Savior, and my Lord.

These voices have defined what life is all about, and what the good life is, and what I need to do to get that kind of life. And I have gone after that.

I know there is a way that seems right, but in the end it only leads to destruction. Jesus, I confess that you are the Way and the Truth and the Life. And I want your life and your way and your truth.

Sometimes these voices and messages have been so wrong. I know they are wrong, but I do not resist them. I know they are not your will for my life. The more I hear these messages, the more I allow them into my life. They become my habits and routines. They are automatic. I now believe and do these things and don't even realize I am following them and doing them. I am stuck. I am trapped. I feel guilty. I feel ashamed.

I have allowed the world to shape my emotions, my values, my priorities, my preferences, my decisions, my relationships, my character, my soul . . . into something and someone that is not who you want me to be. I know you forgive me, but I need you to free me and change me. I need you to break these footholds and strongholds of unbelief and disobedience and sin! I confess all my sins and my weaknesses.

*Enlighten the eyes of my heart about . . .
(whatever comes to mind).*

*Renew my thinking and believing about . . .
(whatever stirs in you to mention).*

*Create in me a new spirit about . . .
(any area of life that needs transformation).*

And now I surrender to your grace and love, but also to your holiness and truth. Fill me with your Holy Spirit.

You can turn to Matthew 6:9-13 and pray the Lord's Prayer.

