



## TRACK ONE

### ARMOR OF LIGHT PRAYER WALK: STOP#2 THE EXAMINATION ROOM

While the Grace Room is inviting and enjoyable, the next room in the cottage may feel uncomfortable and sterile... but it is *necessary*. Welcome to the **Examination Room**. Here you will take an honest, in-depth look at all the things that keep you from having a close relationship with God.

Consider your thoughts, words, and actions. Are there areas of unconfessed sin in your life? Ask God to show you sin that you may NOT be aware of and ask Him for help in repentance so that nothing stands in the way of deeper fellowship with Him. Remember, you're on this journey because you want a closer relationship with Him, right? Don't forget that God is holy and cannot be in the presence of sin. Spend this time, as difficult as it may be, confessing those things to God. It's a special time to be vulnerable before Him and trust Him to take away your sinful baggage....He already knows what it is anyways!

## TRACK TWO

### ARMOR OF LIGHT PRAYER WALK: STOP #2 THE EXAMINATION ROOM

As our relationship with God grows, one thing that we must do is to examine our life honestly, humbly, and consciously. We must be open to discovering things that are wrong in our life. Without diligent examination, it is easy for us to have blind spots —sins we overlook, problems we ignore, or any thoughts/behaviors we've been deceived into accepting as unserious or "not that bad."

We may try to hide from our sin, but we cannot hide our sin from God. He knows us too well. Sometimes we forget that! As you spend more time with God in your self-examination, you will be able to see more clearly when you are not in line with His desires for His children. When your sin is revealed, you must be willing to see it for what it is and ask God for forgiveness and for help. Continue asking God to show you the areas of your life that are offensive to Him—your blind spots—and any underlying reasons for those sins.

As you pray about this and examine yourself, God will bring things to mind. Don't miss these convictions. Write them down if that helps and ask God for clarity in what He is showing you.

Jesus has given us a model prayer to pray...with some helpful commentary:

Our Father in heaven,  
hallowed be Your name,  
Your kingdom come,  
Your will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our debts,  
as we forgive our debtors.  
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.  
For if you forgive men their trespasses,  
your heavenly Father will also forgive you.  
But if you do not forgive men their trespasses,  
neither will your Father forgive your trespasses. (Matthew 6:9-15)

Don't miss the emphasis Jesus places on forgiveness in His model prayer. We must be able to forgive in order to be forgiven. Are there any hurts or fears causing you to be bitter and unforgiving towards someone? If so, begin the conversation with Him by confessing those hurts and bitterness. As you walk to the next stop, remember that you always have God's grace. He will always stand steady beside you to forgive you and empower you to forgive others (as well as correct behaviors) as you move toward a deeper relationship with Him.