

**Prayer: Upward, Inward, Outward**  
**Ways to Pray Inward – Please and Sorry**  
**Matthew 6:11-12**

God wants us to humbly and honestly bring our requests to him and ask for forgiveness for our sins.

**1. Upward, inward, and outward prayer**

Matthew 6:9-12

**2. Ask for what you need**

- Give (Colossians 1:16-17)
- “Us”
- This day
  - Forgiveness
  - Contentment
  - Trust
  - No worries
- Daily bread (John 6:35)

**3. Be intentional as you ask**

Philippians 4:5b-6; 2 Corinthians 10:5

- Who is my “us”?
- What am I praying for us? Is that in line with God’s kingdom and will? (Matthew 6:33)
- Why am I praying this? What are my motivations? (Psalm 139:23-24)

**4. Ask for forgiveness and forgive others**

James 4:2b-3; Luke 11:4; Romans 6:23

**Ways to Pray Inward – Please and Sorry**  
**Reflection Questions**

1. Who is my “us”?
2. What specifically am I praying? Does it line up with God’s Kingdom and will? What does God want me to pray for this person or this situation?
3. Why am I praying this? What are my motivations?
4. Does God want to encourage me that my prayers and desires are pleasing to him?
5. Is there anything God wants me to confess and ask him to forgive?
6. Is there anyone he wants me to forgive as he has forgiven me?