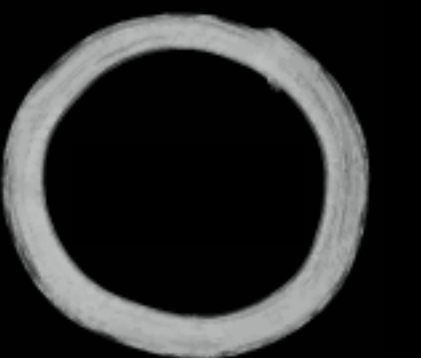


A thick, textured white ring, resembling a hand-drawn or brush-painted circle, is centered on a black background. Inside the ring, the text "teach us to pray" is written in a white, serif font.

teach us to pray

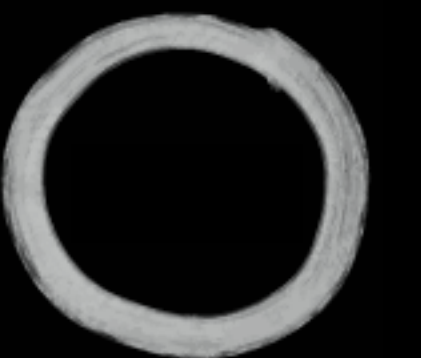
“Forgive us our debts, as we also have forgiven
our debtors.”

Matthew 6:12



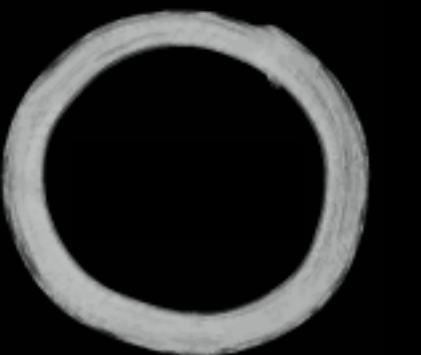
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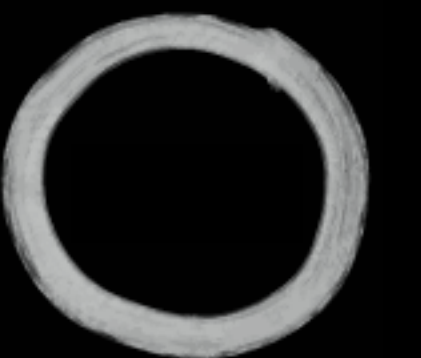
The saying is trustworthy and deserving of full acceptance, that Christ Jesus came into the world to save sinners.

1 Timothy 1:15



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Matthew 6:12



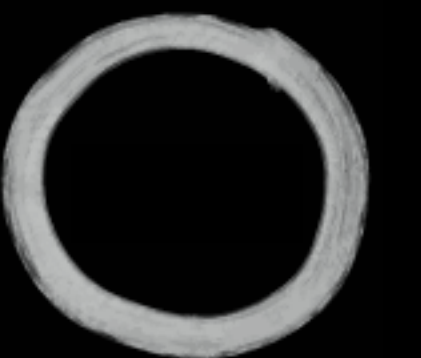
For the wages of sin is death.

Romans 6:23



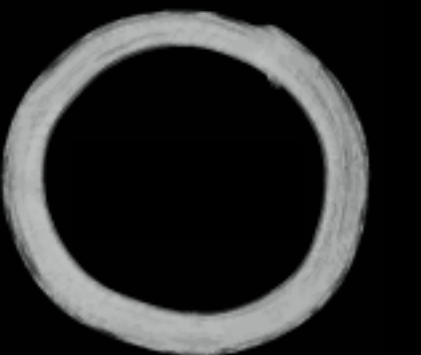
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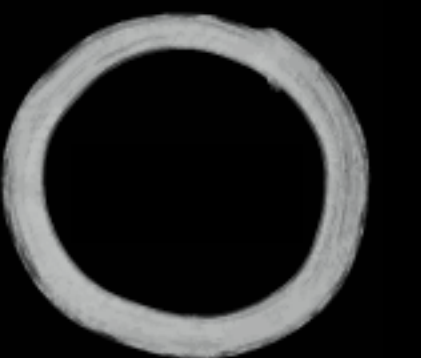
And you, who were dead in your trespasses and the uncircumcision of your flesh, God made alive together with him, having forgiven us all our trespasses, by canceling the record of debt that stood against us with its legal demands. This he set aside, nailing it to the cross.

Colossians 3:13-14

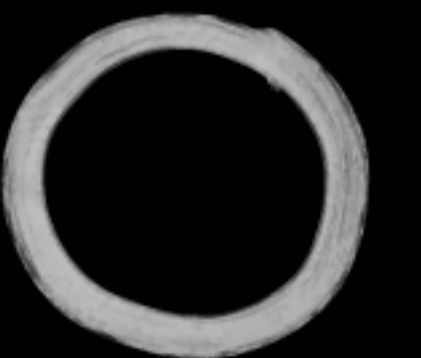


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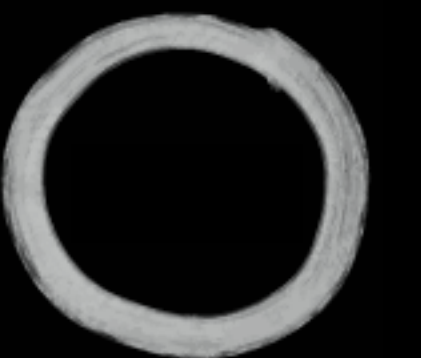


“The reason we pray ‘forgive us our debts’ is not because we’ve lost our state of grace and need to be re-saved. Justification is permanent. Rather, confessing our sin reminds us there’s more to salvation than being justified.



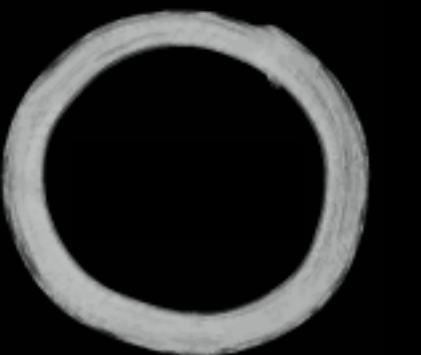
Salvation also involves being sanctified and treated as sons and daughters.”

- Justin Dillehay



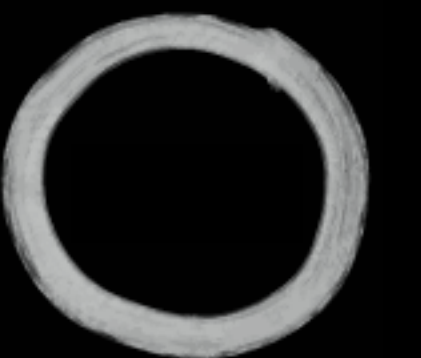
“Yes, my sins have all been paid for, once and for all, on the cross. But Jesus taught us to pray for forgiveness as part of our ongoing communion with God. We need a fresh understanding, a fresh experience, of His grace and His forgiveness every day.”

- RC Sproul



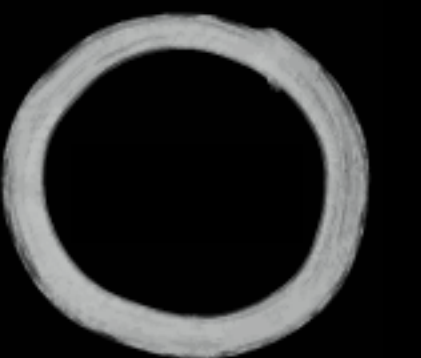
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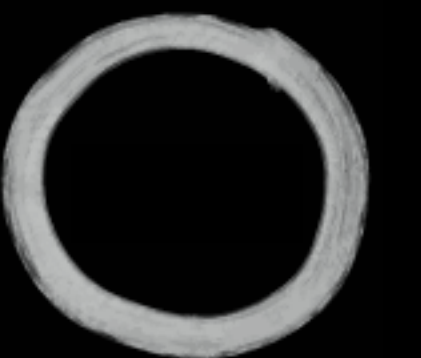
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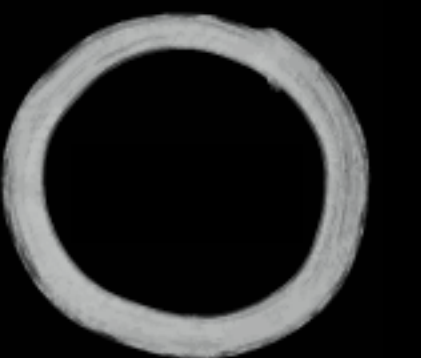
Then his master summoned him and said to him,
'You wicked servant! I forgave you all that debt
because you pleaded with me. And should not
you have had mercy on your fellow servant, as I
had mercy on you?'

Matthew 18:32-33

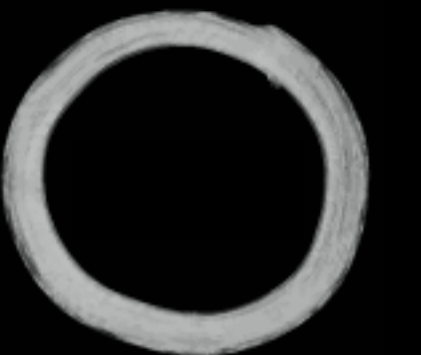


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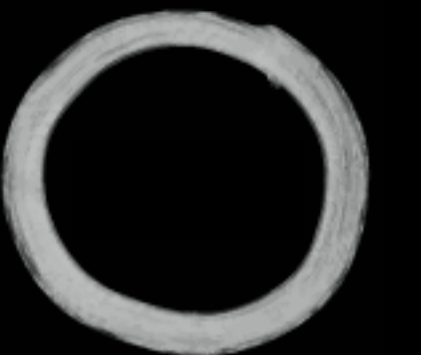


“Forgive us our Debts” in an invitation to
a daily practice of confessing our sins to
and asking forgiveness from
our heavenly Father.



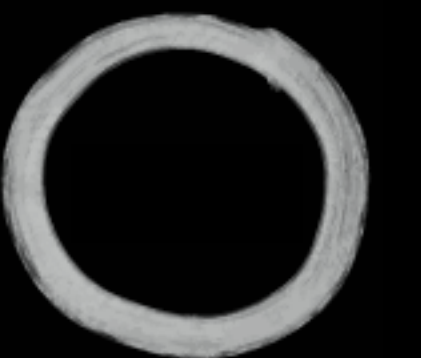
Practice of Examen:

A daily exercise of opening our hearts
and lives to God.



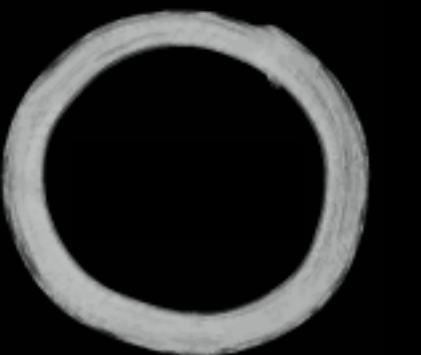
Search me, O God, and know my heart! Try me
and know my thoughts! And see if there be any
grievous way in me, and lead me in the way
everlasting!

Psalm 139:23-24



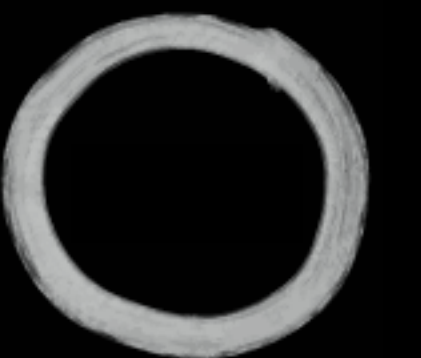
Practice of Examen:

A daily exercise of opening our hearts
and lives to God.



“To confess your sins to God is not to tell him anything he doesn’t already know. Until you confess them, however, they are the abyss between you. When you confess them, they become the bridge.”

- Frederick Beuchner

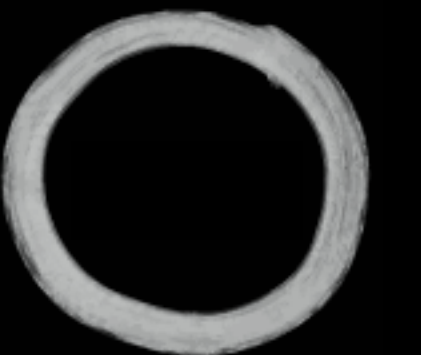


Steps to Examen:



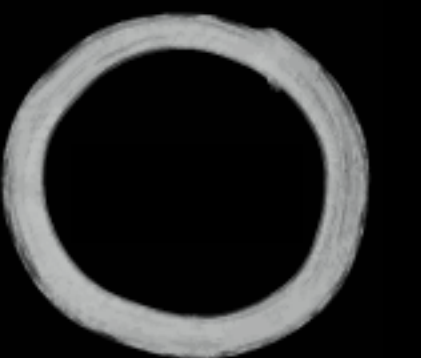
Steps to Examen:

1. Seek Silence and Solitude



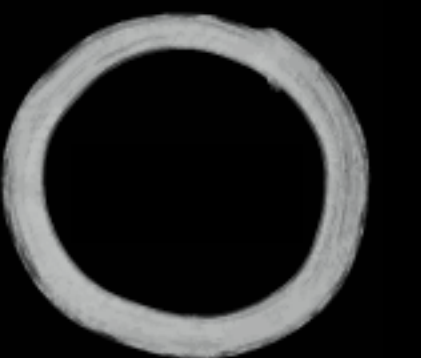
Steps to Examen:

1. Seek Silence and Solitude
2. Invite God



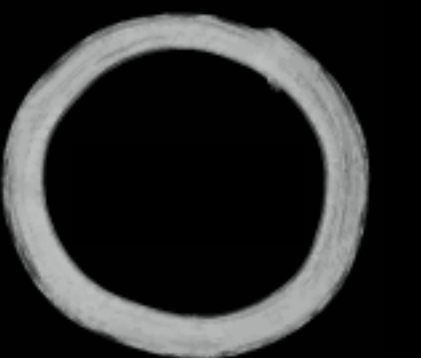
Steps to Examen:

1. Seek Silence and Solitude
2. Invite God
3. Identify + Name Your Sins



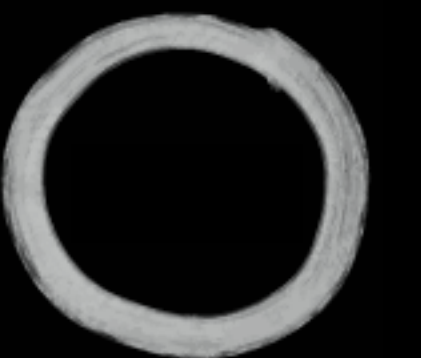
Steps to Examen:

1. Seek Silence and Solitude
2. Invite God
3. Identify + Name Your Sins
4. Confess + Repent to God



Steps to Examen:

1. Seek Silence and Solitude
2. Invite God
3. Identify + Name Your Sins
4. Confess + Repent to God
5. Receive God's Forgiveness and Welcome



PRACTICE OF EXAMEN

Psalm 32:1-5

