



# The Well

an ordinary place  
where extraordinary  
things happen

[STSA.CHURCH/THEWELL](https://STSA.CHURCH/THEWELL)



# Daily Structured Prayer

## SUMMER PACKING LIST - PART 1

**In any area of life, growth requires consistency.**

**And consistency requires discipline.**

"Finally, my brethren, be strong in the Lord and in the power of His might. Put on the whole armor of God, that you may be able to stand against the wiles of the devil. For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places. Therefore, take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand." Ephesians 6:10-13



## Discipline #1: Daily Structured Prayer

SET TIMES ( \_\_\_\_\_ TO PRAY )

SET WORDS ( \_\_\_\_\_ TO PRAY )

*see Exodus 29:38-42*

**Structured prayer provides \_\_\_\_\_**

**and \_\_\_\_\_.**

"Spontaneous prayer is possible in two situations: either at moments when we have become vividly aware of God...or when we become suddenly aware of the deathly danger in which we are when we come to God. Now if we imagine that we can sustain spontaneous prayer throughout our life, we are in childish delusion. Spontaneous prayer must gush out of our souls, we cannot simply turn on a tap and get it out. It comes from the depth of our soul, from either wonder or distress, but it does not come from the middle situation in which we are neither overwhelmed by the divine presence nor overwhelmed with a sense of who we are and the position in which we are. So at those moments to try to use a spontaneous prayer is a completely illusory exercise."  
Anthony Bloom, Beginning to Pray.

**Structured prayer allows you to focus on the \_\_\_\_\_,  
not the \_\_\_\_\_.**

“O God, You are my God, earnestly I seek you; my soul thirsts for You, my body longs for You. In a dry and weary land where there is no water.” First hour prayer, Psalm 62

**5x5 Agpeya Challenge: 5 minutes/day, 5 days/week**

“But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.” 2 Corinthians 3:18

**We overestimate what prayer will do in the short term (day).  
We underestimate what it will do in the long term  
(week/month/year).**



**scan  
here!**

**Agpeya Guide**

**Answer key:** *when, what, consistency, balance, meaning, words*

# Sitting With Jesus

## SUMMER PACKING LIST - PART 2

**Sitting with Jesus is the only way to be \_\_\_\_\_ by Jesus.**

"Then He said to His disciples, "***Make them sit down*** in groups of fifty." And they did so, and made them all sit down. Then He took the five loaves and the two fish, and looking up to heaven, He blessed and broke them, and gave them to the disciples to set before the multitude. ***So they all ate and were filled***, and twelve baskets of the leftover fragments were taken up by them." Luke 9:14-17

"All of humanity's problems stem from man's inability to sit quietly in a room alone."  
Blaise Pascal

**It's how I \_\_\_\_\_ like Christ**

"But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord."  
2 Corinthians 3:18

**It's how I am \_\_\_\_\_ by the Spirit**

"But the anointing which you have received from Him abides in you, and you do not need that anyone teach you; but as the same anointing teaches you concerning all things, and is true, and is not a lie, and just as it has taught you, you will abide in Him."  
1 John 2:27

**It's how I am \_\_\_\_\_ by the Father**

"This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success." Joshua 1:8

# What I Need to Sit With Jesus:

1. A SPECIFIC \_\_\_\_\_

3. A SPECIFIC \_\_\_\_\_

2. A SPECIFIC \_\_\_\_\_

4. A SPECIFIC \_\_\_\_\_

“According to your faith, let it be to you.” Matthew 9:29

“O God, you are my God; **earnestly I seek you**; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.” Psalm 63:1

“And you will seek Me and find Me, when you search for Me **with all your heart.**”  
Jeremiah 29:13

**“Behold, I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me.” Revelation 3:20**



**Quiet Time Guide**

# Confession

## SUMMER PACKING LIST - PART 3

**In any area of life, growth requires consistency.  
And consistency requires discipline.**

**Confession is where we receive the \_\_\_\_\_  
\_\_\_\_\_ of Christ today.**

"Then Jesus went about all the cities and villages, teaching in their synagogues, preaching the gospel of the kingdom, and healing every sickness and every disease among the people." Matthew 9:35

"When the sun was setting, all those who had any that were sick with various diseases brought them to Him; and He laid His hands on every one of them and healed them." Luke 4:40

"As the Father has sent Me, I also send you." And when He had said this, He breathed on them, and said to them, "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them." John 20:21-23

**What's hidden can never be healed.**



## A Five-Step Plan for Confession

### 1. \_\_\_\_\_ thoroughly

"Search me, O God, and know my heart; try me, and know my anxieties; and see if there is any wicked way in me, and lead me in the way everlasting." Psalm 139:23-24

### 2. \_\_\_\_\_ sincerely

"Now I rejoice, not that you were made sorry, but that your sorrow led to repentance. For you were made sorry in a godly manner, that you might suffer loss from us in nothing. For godly sorrow produces repentance leading to salvation, not to be regretted; but the sorrow of the world produces death." 2 Corinthians 7:9-10

### 3. \_\_\_\_\_ **practically**

"Therefore bear fruits worthy of repentance." Matthew 3:8

### 4. \_\_\_\_\_ **immediately**

"Today, if you will hear His voice, do not harden your hearts as in the rebellion, in the day of trial in the wilderness, where your fathers tested Me, tried Me, and saw My works forty years. Therefore I was angry with that generation... I swore in My wrath, 'They shall not enter My rest.' " Hebrews 3:7-11

### 5. \_\_\_\_\_ **joyfully**

"I say to you that likewise there will be more joy in heaven over one sinner who repents than over ninety-nine just persons who need no repentance." Luke 15:7

**"The Mystery of Confession is where the Holy Spirit takes the action of our Lord Jesus Christ on the cross and applies it to the sin of the individual."**

H.G. Bishop Benyameen



**scan here!**

**Confession Guide**

# Welcome

*Whether you're just visiting or looking to stay, it's great to have you with us!*

## COFFEE'S ON US

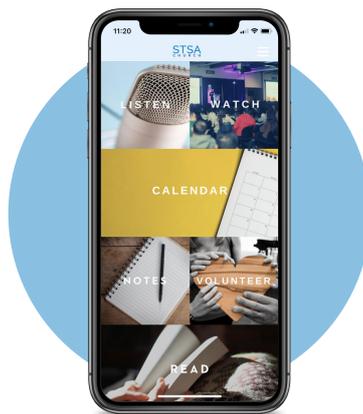
Enjoy a hot cup of coffee and snacks.

## WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other and pick up your welcome gift.

## FILL YOUR BUCKET

The Well and Sunday school runs for one hour with an inspiring message.



## EVERYTHING IN ONE SPOT

CHECK OUT OUR STSA CHURCH APP



- Sign up for Groups and Events
- Catch up on Sermons & The Well
- Calendar, Notes, and more!

## Contact



/STSACHURCH



@STSACHURCH



INFORMATION@STSA.CHURCH



WWW.STSA.CHURCH