

A Life of Prayer

*In him was **life** and the **life** was the light of men.*

John 1.4

Life of Prayer

Week 10: Life of Prayer

Week 11: When Life Hurts

Week 12: Review / Testimonies

Life of Prayer

Most important part of any
relationship:

Communication

Life of Prayer

Let's say there's a conflict between two people and you have this strong desire to explain how the other person has hurt you.

But the other person has the exact same desire: to express how you have hurt her...

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And now there's conflict about
how to resolve the conflict...

Sound familiar?

Life of Prayer

Both are thinking:

*“If you could just see things
from my point of view!”*

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A Good Communicator:

The ability to get you to see life from

my point of view...

or

The ability to humbly see life from

your point of view.

Life of Prayer

Strong Relationship: each person has a stronger desire to listen than to convince

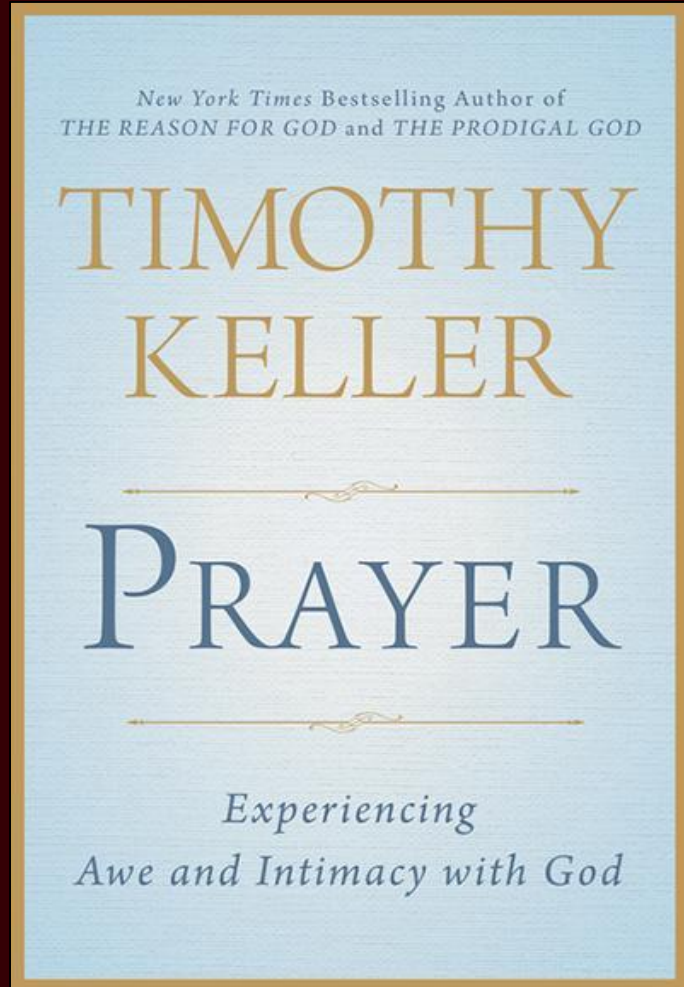
Weaker Relationship: each person has a stronger desire to convince than to listen

Life of Prayer

What does this have to do with prayer?

Everything!

Life of Prayer



Prayer

Tim Keller

Experiencing Awe and
Intimacy with God

Life of Prayer

Prayer

~Tim Keller~

(p.21)

“A rich, vibrant, consoling, hard-won prayer life is the one good that makes it possible to receive all other kinds of goods rightly and beneficially. [Paul] does not see prayer as merely a way to get things from God but as a way to get more of God himself.”

Life of Prayer

Prayer

~Tim Keller~

(p.22)

“If we give priority to the outer life, our inner life will be dark and scary. We will not know what to do with solitude. We will be deeply uncomfortable with self-examination, and we will have an increasing short attention span for any kind of reflection.”

Life of Prayer

Prayer

~Tim Keller~

Even more seriously, our lives will lack integrity.
Outwardly we will need to project confidence, spiritual and emotional health and wholeness, while inwardly, we may be filled with self-doubt, anxieties, self-pity and old grudges. Yet we won't know how to go to the inner rooms of the heart, see clearly what is there, and deal with it."

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Sound familiar?

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Prayer

~Tim Keller~

(p.29)

“Prayer tunes your heart to God... When your heart has been tuned to God, your joy has an effect on those around you. You are not proud, cold, anxious or bored – you are self-forgetful, warm, profoundly at peace ...others will notice.

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So...how's your prayer life?

Are others noticing your profound
peace because of your intimacy
with God in private prayer?

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*What is the best one-word
definition of prayer?*

Love:

Commitment

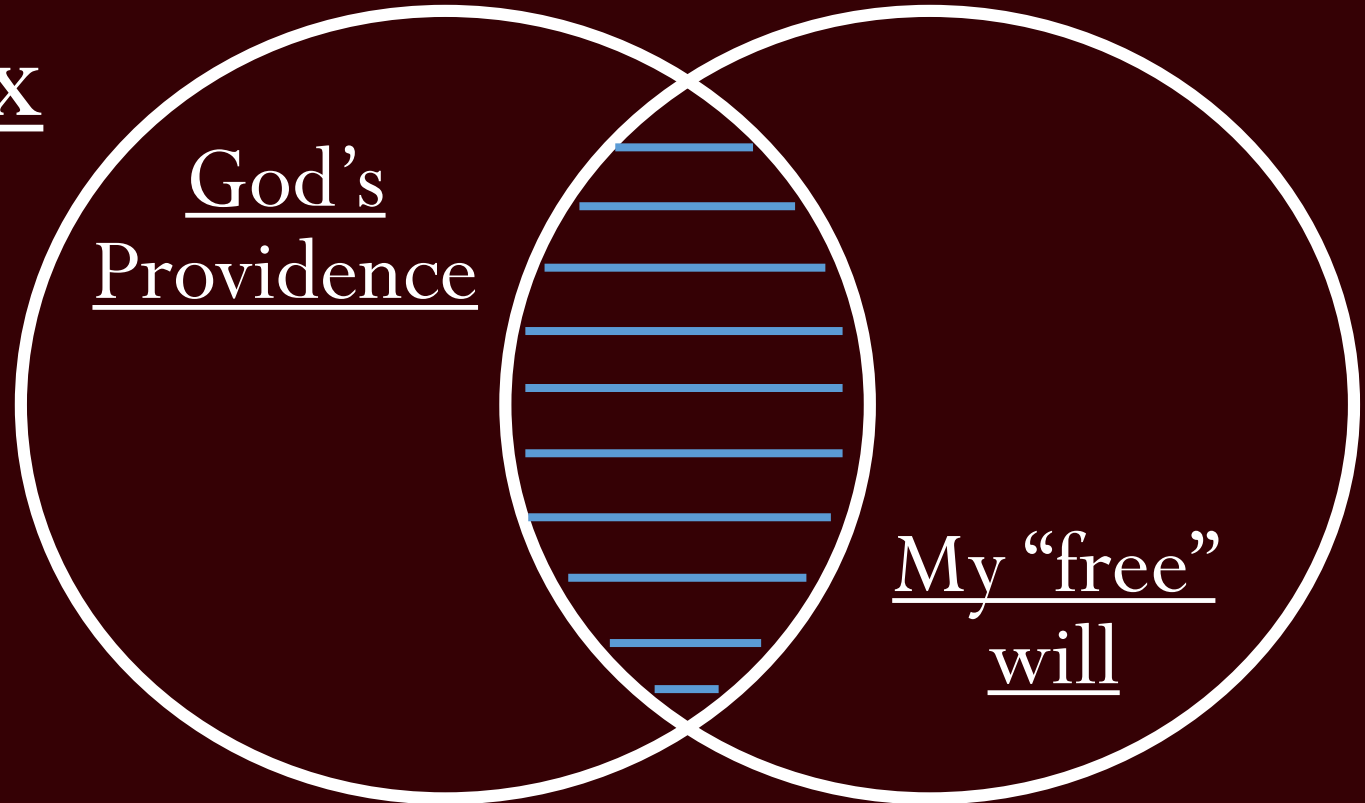
Prayer:

Alignment

Life of Prayer

The
convergence
of the paradox
of prayer

Alignment



Life of Prayer

Alignment

The
convergence
of the paradox
of prayer

both/and

not
either/or

God's
Providence

Your Father
knows what you
need – Mt. 6.8
(does this make
prayer unnecessary?)

prayer

You have not
because you ask
not – James 4.2
(does this make
prayer necessary?)

My "free"
will

Life of Prayer

Motives before Procedures

Always why before how

Life of Prayer

Why do you pray?

Possible motive #1:

to be seen

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Matthew 6.5

And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, **that they may be seen by others.**

Truly, I say to you, they have received their **reward.**

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Matthew 6.6

But when you pray,
go into your room and shut the door
and pray to your Father who is in secret.
And your Father who sees in secret
will reward you.

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Why do you pray?

Possible motive #2:

to convince

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Luke 18.9-14

He also told this parable to some who trusted in themselves that they were righteous, and treated others with contempt:

“Two men went up into the temple to pray, one a Pharisee and the other a tax collector.

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Luke 18.9-14

The Pharisee, standing by himself, prayed thus:
'God, I thank you that I am not like other men,
extortioners, unjust, adulterers, or even
like this tax collector. I fast twice a week;
I give tithes of all that I get.'

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Luke 18.9-14

But the tax collector, standing far off, would not even lift up his eyes to heaven, but beat his breast, saying, ‘God, be merciful to me, a sinner!’ I tell you, this man went down to his house justified, rather than the other.

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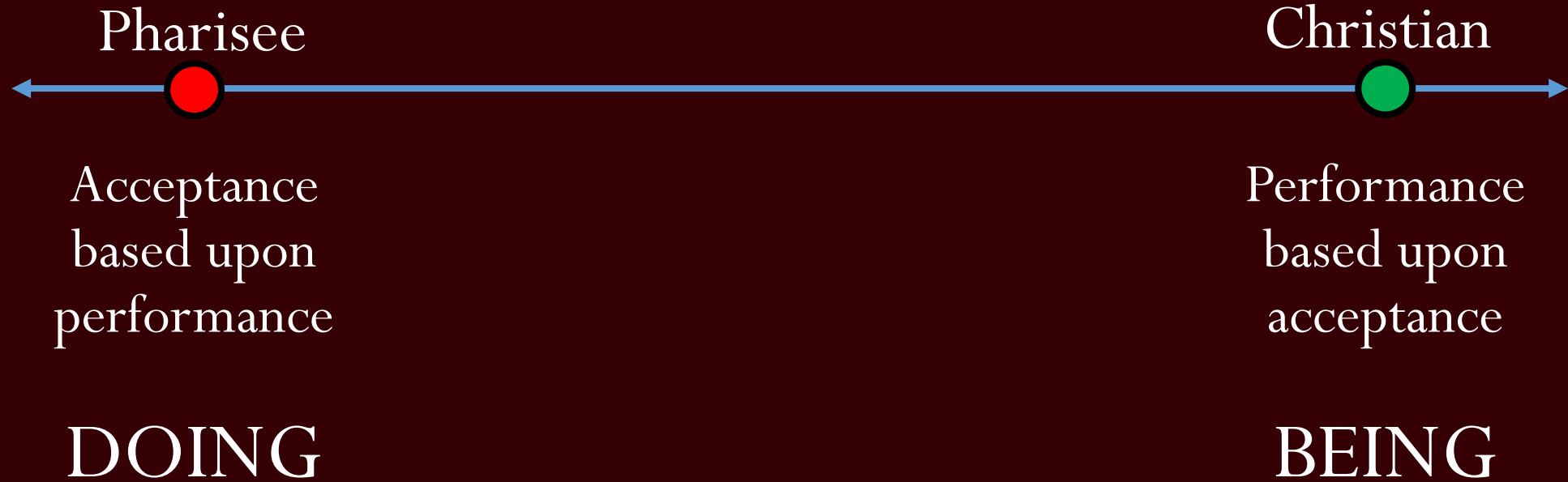
Luke 18.9-14

For everyone who exalts himself will be humbled, but the one who humbles himself will be exalted.”

Why do you think the Pharisee felt the need to exalt himself before God?

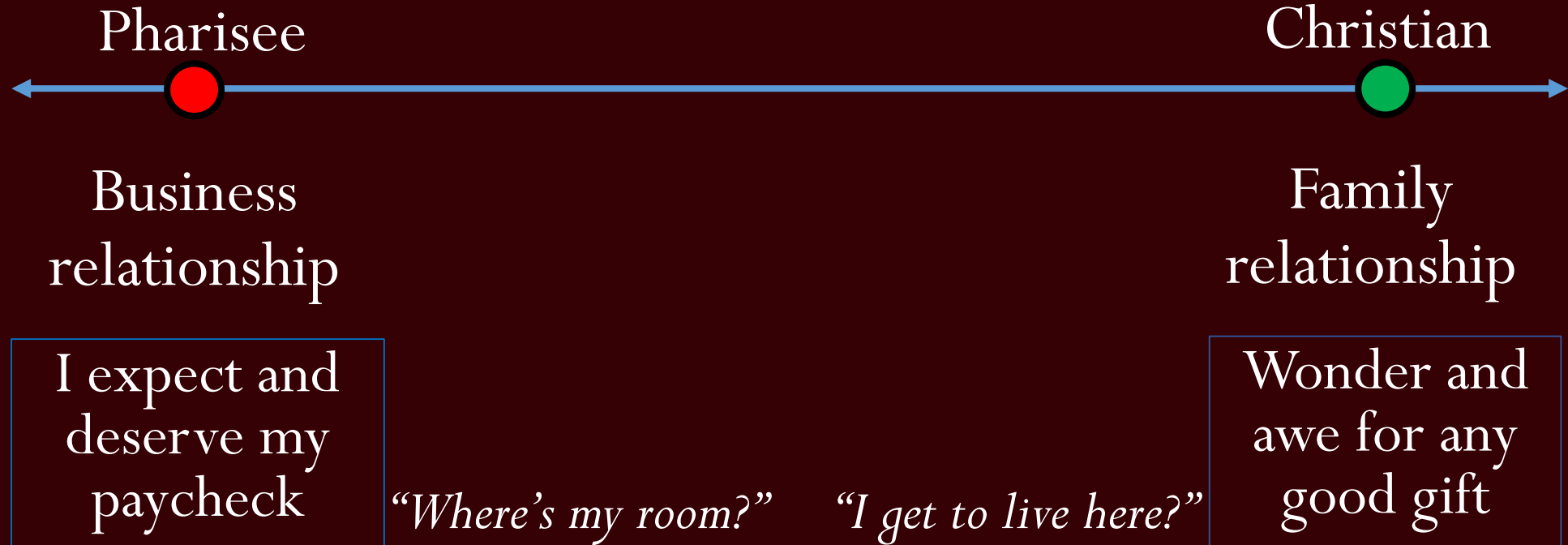
Life of Prayer

Why do you think the Pharisee felt the need to exalt himself before God?



Life of Prayer

Why do you think the Pharisee felt the need to exalt himself before God?



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Luke 11.11-13

What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion?

If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

(Lee detailing Cara Ann's car)

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Why do you pray?

Possible motive #3:

to communicate

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Communication

The ability to make
another see and hear
your point of view

vs.

The ability to see
and hear another's
point of view

One of the most awesome thoughts you will ever have:

The loving Creator of the Universe wants to
communicate with you!

Life of Prayer

Communication

The ability to make
another see and hear
your point of view

vs.

The ability to see
and hear another's
point of view

Should we spend all our time talking?
Is prayer meant to be monologue or dialogue?

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Prayer is designed to get
our eyes off ourselves
and see life from
God's point of view...

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Since prayer is all about
communication,
we need to be better at
listening
rather than just talking.

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Mark 9.1-7

And he said to them, “Truly, I say to you, there are some standing here who will not taste death until they see the kingdom of God after it has come with power.” And after six days Jesus took with him Peter and James and John, and led them up a high mountain by themselves. And he was transfigured before them, and his clothes became radiant, intensely white, as no one on earth could bleach them.

Life of Prayer

Mark 9.1-7

And there appeared to them Elijah with Moses, and they were talking with Jesus. And Peter said to Jesus, “Rabbi, it is good that we are here. Let us make three tents, one for you and one for Moses and one for Elijah.” For he did not know what to say, for they were terrified. And a cloud overshadowed them, and a voice came out of the cloud, “This is my beloved Son; listen to him.”

Life of Prayer

What/Who are we listening to?

Life of Prayer

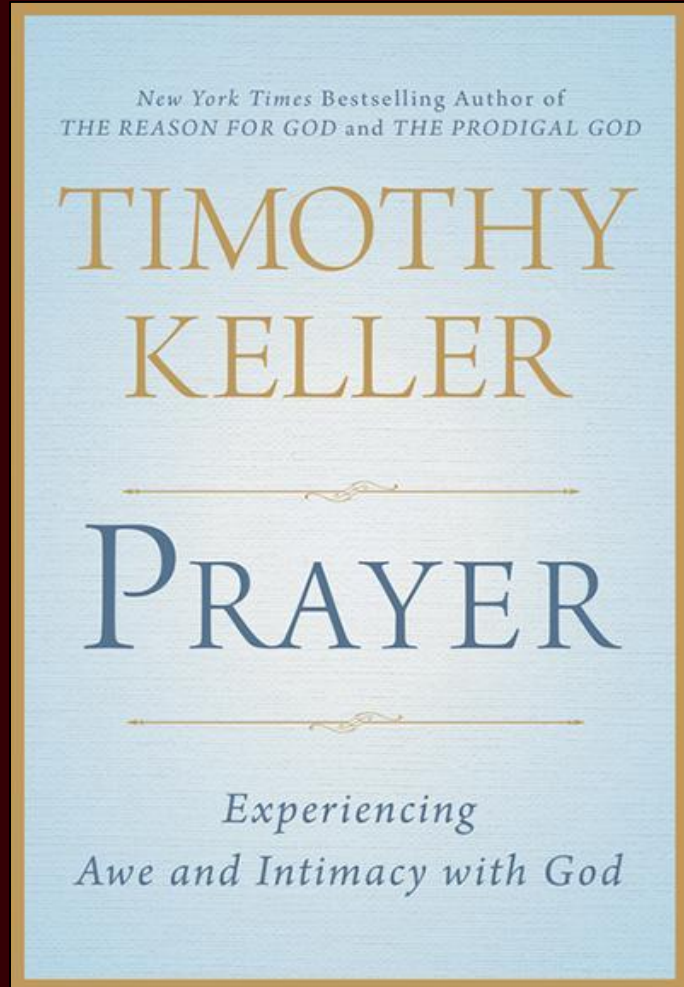
“*God told me...*”

Visions, dreams, impressions,
circumstances?

but in these last days he has spoken to us by his Son

Hebrews 1.2

Life of Prayer



Prayer

Tim Keller

p.63

George Whitefield

Life of Prayer

Word of God Speak

MercyMe

I'm finding myself - at a loss for words

And the funny thing is - it's okay

The last thing I need - is to be heard

But to hear - what You would say

Life of Prayer

Word of God Speak

MercyMe

Word of God speak - Would you pour down like rain

Washing my eyes to see - Your majesty

To be still and know - That you're in this place

Please let me stay and rest - In your holiness

Word of God speak

Life of Prayer

“I have loved you with an everlasting love.”

“Well done, good and faithful servant.”

*“You are my beloved Son; with you
I am well pleased.”*

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“Lord, teach us to pray.”

Life of Prayer

Matthew 6.9-13

Pray then like this:

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 also have forgiven our debtors.
And lead us not into temptation, but deliver us from evil.

Life of Prayer

Luke 11.1-4

Now Jesus was praying in a certain place, and when he finished, one of his disciples said to him,

“Lord, teach us to pray, as John taught his disciples.”

And he said to them, “When you pray, say:

“Father, hallowed be your name. Your kingdom come.

Give us each day our daily bread, and forgive us our sins, for we ourselves forgive everyone who is indebted to us.

And lead us not into temptation.”

Life of Prayer

Hallowed be your name

“Hallowed”:

sacred

ultimate

to set apart as holy

to treat with awe and respect

Life of Prayer

Hallowed be **your name**

“Your Name”:

Creator

King

Lord

Savior

Life of Prayer

“Your Name”:

Each name reflected a different aspect of God's character, so God's names were considered by the Jews to be just as holy as God Himself.

Names of God THE OLD TESTAMENT

| | |
|----------------------|-----------------------------|
| El Shaddai | Lord God Almighty |
| El Elyon | The Most High God |
| Adonai | Lord, Master |
| Yahweh | Lord, Jehovah |
| Jehovah Nissi | The Lord My Banner |
| Jehovah-Raah | The Lord My Shepherd |
| Jehovah Rapha | The Lord That Heals |
| Jehovah Shammah | The Lord Is There |
| Jehovah Tsidkenu | The Lord Our Righteousness |
| Jehovah Mekoddishkem | The Lord Who Sanctifies You |
| El Olam | The Everlasting God |
| Elohim | God |
| Qanna | Jealous |
| Jehovah Jireh | The Lord Will Provide |
| Jehovah Shalom | The Lord Is Peace |
| Jehovah Sabaoth | The Lord of Hosts |

Life of Prayer

“Your Name”:

Each name reflected a different aspect of God's character, so God's names were considered by the Jews to be just as holy as God Himself.

| | | | |
|--------------------------------|---------------------|------------------------------------|------------------|
| 1. Advocate | 1 John 2:1 | 29. The Word | John 1:1 |
| 2. Lamb of God | John 1:29 | 30. Chief Cornerstone | Ephesians 2:20 |
| 3. The Resurrection & the Life | John 11:25 | 31. Savior | John 4:42 |
| 4. Shepherd & Bishop of Souls | 1 Peter 2:25 | 32. Servant | Matthew 12:18 |
| 5. Judge | Acts 10:42 | 33. Author & Finisher of Our Faith | Hebrews 12:2 |
| 6. Lord of lords | 1 Timothy 6:15 | 34. The Almighty | Revelation 1:8 |
| 7. Man of Sorrows | Isaiah 53:3 | 35. Everlasting Father | Isaiah 9:6 |
| 8. Head of the Church | Ephesians 5:23 | 36. Shiloh | Genesis 49:10 |
| 9. Master | Matthew 8:19 | 37. Lion of the Tribe of Judah | Revelation 5:5 |
| 10. Faithful & True Witness | Revelation 3:14 | 38. I Am | John 8:58 |
| 11. Rock | 1 Corinthians 10:4 | 39. King of kings | 1 Timothy 6:15 |
| 12. High Priest | Hebrews 6:20 | 40. Prince of Peace | Isaiah 9:6 |
| 13. The Door | John 10:9 | 41. Bridegroom | Matthew 9:15 |
| 14. Living Water | John 4:10 | 42. Only Begotten Son | John 3:16 |
| 15. Bread of Life | John 6:35 | 43. Wonderful, Counselor | Isaiah 9:6 |
| 16. Rose of Sharon | Song of Solomon 2:1 | 44. Immanuel | Matthew 1:23 |
| 17. Alpha & Omega | Revelation 22:13 | 45. Son of Man | Matthew 20:28 |
| 18. True Vine | John 15:1 | 46. Son of God | Mark 1:1 |
| 19. Messiah | Daniel 9:25 | 47. Dayspring | Luke 1:78 |
| 20. Teacher | John 3:2 | 48. The Amen | Revelation 3:14 |
| 21. Holy One | Mark 1:24 | 49. The First & Last | Revelation 1:17 |
| 22. Mediator | 1 Timothy 2:5 | 50. King of Jews | Mark 15:26 |
| 23. The Beloved | Ephesians 1:6 | 51. Prophet | Matthew 21:11 |
| 24. The Branch | Isaiah 11:1 | 52. Redeemer | Job 19:25 |
| 25. Carpenter | Mark 6:13 | 53. Anchor | Hebrews 6:19 |
| 26. Good Shepherd | John 10:11 | 54. The Root of David | Revelation 5:5 |
| 27. Light of the World | John 8:12 | 55. Bright & Morning Star | Revelation 22:16 |
| 28. Image of the Invisible God | Colossians 1:15 | 56. The Way, the Truth, & the Life | John 14:6 |

Life of Prayer

What “name” does God want us to use as we commune with Him in prayer?

Our **Father**

Life of Prayer

Our Father

Why is this significant?

Alignment

I gladly place myself under your protective care.

From what?

From asking for the wrong things or asking with selfish motives.

Life of Prayer

Our Father

Why is this significant?

Alignment

Prayer is asking God to align my heart with His.

Prayer is the desire to see clearly from God's point of view.

We tend to think that by our sincerity or our performance,
we can help God see things from our point of view.

Life of Prayer

Alignment

Each of the following need alignment to work properly:
I should not think I am skilled enough to align any of these myself.

Spine - Chiropractor

New Tires - Mechanic

Space Telescope - Astronaut

Broken Bone - Physician

The Heart – my Father

Life of Prayer

Alignment

When we pray, we must start with our Father and then...

Meditate on what that means – spend plenty of time listening

Adore God – for who He is and what He has done

Confess and forsake sin – reflection: the sin behind the sin

Thankfulness – “good, bad and ugly”

Supplication – is it: “not your will, but mine, be done”?

Life of Prayer

Luke 22.39-44

And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. And when he came to the place, he said to them, “Pray that you may not enter into temptation.” And he withdrew from them about a stone’s throw, and knelt down and prayed, saying,

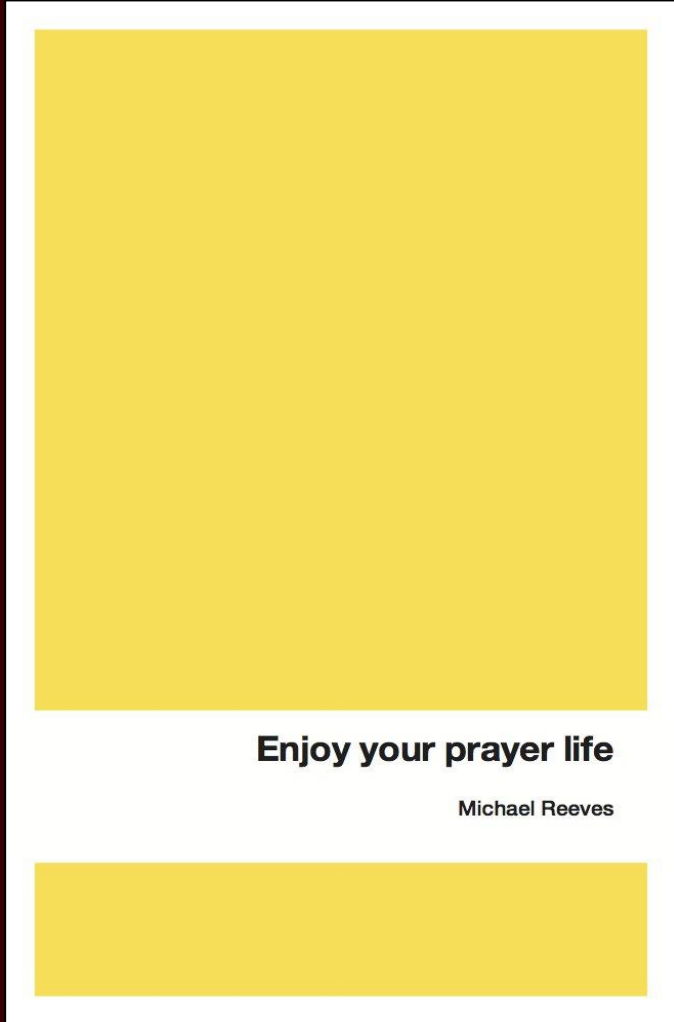
Life of Prayer

Luke 22.39-44

“Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.”
And there appeared to him an angel from heaven, strengthening him. And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

Life of Prayer

Enjoy your
prayer life
Michael Reeves



Enjoy your prayer life

Michael Reeves

Life of Prayer

Enjoy your prayer life

~Michael Reeves~

(p.26)

“To know you are a beloved child of God protects you from thinking of prayer as a ladder to God or an exercise by which you work your way into His favor.”

Life of Prayer

Enjoy your prayer life

~Michael Reeves~

(p.32)

“Prayer is enjoying that the Father really is our Father.

But what does it mean that God is a Father? First, it means He is eternally begetting the Son. Always He is **giving life to** and **lavishing His love** on His Son. So, as Father, He is the source of all life, love, and blessing.

Life of Prayer

Enjoy your prayer life

~Michael Reeves~

(p.33)

“It’s when you don’t feel needy (and so when you don’t pray much) that you lose your grip on reality and think or act in an unchristian manner. In fact, as you grow as a Christian, you should feel not more self-sufficient but ever more needy.”

Life of Prayer

Imagine having a planned, deliberate,
intentionally extended time
of intimate communion with God.

(Anna - XTAWG for STP at SMS)

Life of Prayer

When I Don't Desire God

~John Piper~

(p.165)

This is the central method of prayer that I believe most earnest Christians have discovered: “to meditate on the word of God...turning all, as I go, into prayer.”

Someone may ask, “How can I spend an hour in prayer? I’m done asking for what I need in five or ten minutes.”

Life of Prayer

When I Don't Desire God

~John Piper~

(p.165)

I answer: Take a passage of Scripture, and start reading it slowly. After each sentence, pause and go back and turn what you read into prayer.

In this way, you can pray as long as you read.
You may pray all day.

Life of Prayer

Psalm 103 - Activity

Bless the LORD, O my soul,
and all that is within me,
bless his holy name!

Bless the LORD, O my soul,
and forget not all his benefits,
who forgives all your iniquity,
who heals all your diseases,

who redeems your life from
the pit,

who crowns you with steadfast
love and mercy,

who satisfies you with good so
that your youth is renewed
like the eagle's.

Life of Prayer

Psalm 103 - Activity

Let us pray in response to God's Word!

Life of Prayer

Psalm 103.8

The LORD is merciful and gracious,
slow to anger
and abounding in steadfast love.

Life of Prayer

Psalm 103.19

The LORD has established his throne
in the heavens,
and his kingdom rules over all.

Life of Prayer

Tim Keller

The Gospel Coalition 2016 Women's Conference

Prayer in the Psalms: Discovering How to Pray

<https://www.youtube.com/watch?v=QgwzuFG5LCk>

Prayer for Life

Questions for discussion:

Do you have a slow, deliberate prayer life or is it rushed and focused only on your needs?

Prayer for Life

Questions for discussion:

What changes do you feel the Holy Spirit is prompting you to make as you commune with your Father?

Prayer for Life

Ephesians 3.14-19

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith —

Prayer for Life

Ephesians 3.14-19

that you, being rooted and grounded in love,
may have strength to comprehend with all the saints
what is the breadth and length and height and depth,
and to know the love of Christ
that surpasses knowledge,
that you may be filled with all the fullness of God.

A Life of Prayer

*In him was **life** and the **life** was the light of men.*

John 1.4