

MEN'S LIFE BLOOMINGTON & GOD @ WORK

Tuesday, January 24, 2022

Fresh Air Prayer | Matthew 6:9-13

Overview: Prayer is one of universal things that most everybody does but few understand. I'm amazed at how often people pray and cry out to God. You see this in the Reader's Digest "Drama in Real Life" articles. You know those stories where the car fell off a ten story building and broke through the ice and a dog from two counties away came and pulled the car to the shore with his leash. People who previously only used God's name in vain call out in a desperate prayer asking to be saved. Yet with something so universal, why is it so hard to do on a regular basis. Our prayer is that today's session will help to "breathe a breath of fresh air into your prayer life."

Why I Picked This Verse: 1) Short notice 2) A growing topic of interest; 3) Yesterday's sermon topic.

Video: Core 52 Video: <https://vimeo.com/332470805>

Segment Questions: (References are on back)

- What are some of the words that you would use to describe your experience with prayer?
- On a continuum with the left being "I find it hard" and the right being "Prayer is easy" where would you place yourself? How much or how often do you say your placement on the scale changes. What is it that makes prayer hard?
- Is there something that someone said or a message you heard that has helped you feel more comfortable with your prayer life?

Read the Lord's Prayer

- Why do you think Jesus gave this model to pray?
- What is the significance of this prayer model being addressed to "Our Father..."
- You can use these five "P's" to pray through the Lord's prayer: Praise, Priorities, Provision, Pardon, Protection. Which verse corresponds to each P-word?
- Is the idea that prayer is "Talking to God" too simple?

Model's In Prayer

- What are other models for prayer that you have heard of?*
- Are there any that you have effectively used?
- How do you feel about journaling and how could that be helpful in prayer?
 - ACTS (adoration, confession, thanksgiving, supplication)
 - Left hand who to Pray for | Right hand What to pray for
 - God to Me, Me to God, God at Work
 - The "Pause App" or other Apps

Action Questions:

- To become more of a man of prayer means you only need to take one step in that direction. What is one step you can use to help you get moving?

Closing Personal Prayer: Recite the Lord's Prayer together to close.

Introduction

Imagine how strong your relationship with God could be if you had a proven strategy behind your prayer life. Pastor Rick Warren shares his own personal prayer strategy based on the Lord's Prayer. He uses it to plan, schedule, and keep a running conversation with God that's as natural as breathing. There are seven keys to praying throughout the day that will bring you closer to God and help you face any problem with spiritual confidence. Get ready to turn your scheduled prayers into habitual conversations with your heavenly Father.

DEVELOPING 2 HABITS

- KEEP A RUNNING CONVERSATION WITH GOD | "Pray on every occasion, as the Spirit leads."
Ephesians 6:18 (TEV) "Never stop praying! (Pray all the time!)" 1 Thessalonians 5:17 (GW)
- SCHEDULE PRAYER TIMES THROUGHOUT MY DAY | "Seven times a day I praise you!" Psalm 119:164 (NIV)

A DAILY SCHEDULE BUILT ON THE LORD'S PRAYER

- AWAKEN WITH GRATITUDE(THANKSGIVING): Jesus said, ". . .Your Father knows what you need before you ask him. So then, this is how you should pray: 'Our Father in heaven' . . ." *Matthew 6:8-9*
"Never stop praying! (Pray all the time!)" 1 Thessalonians 5:17 (GW)
Action Idea: Write down things that you are thankful for using each letter of the alphabet.
- BLESS GOD'S NAME AT BREAKFAST (PRAISE): "Hallowed be your name . . ." *Matthew 6:9b*
"Every day I will bless your name, and praise it forever and ever!" Psalm 145:2
Action Idea: Write out the names of God on 3x5 card and review one each day at breakfast.
- AT MIDMORNING, REMEMBER WHAT MATTERS MOST (DEDICATION) "May your kingdom come, and may your will be done, on earth as it is in heaven." *Matthew 6:10* I align myself with God's purpose and plans for my life. "If you seek first God's kingdom and his righteousness, all the other things will be given to you as well." *Matthew 6:33*
- LIST MY NEEDS AT LUNCH (PETITION) "Give us today our daily bread." *Matthew 6:11* I ask for anything I need. Jesus: "You can ask for anything in my name" John.14:13 (NLT) I ask for what other people need too (Intercession) "I'd be sinning against the Lord if I failed to pray for you." 1 Sam12:23
Action Idea: Record a pray list in a place you can regularly review and pray through.
- ASK FOR FORGIVENESS IN THE AFTERNOON (CONFESSION) "Forgive us our sins as we forgive those who sin against us." *Matthew 6:12* I admit my sins and I forgive others who've frustrated me. "I confessed my sins to you and didn't try to hide them . . . Then you forgave me and now all my guilt is gone!" *Psalm 32:5*
- ASK GOD TO HELP ME MAKE WISE DECISIONS (PROTECTION) "And lead us not into temptation but deliver us from the evil one." *Matthew 6:13*
- END MY DAY WITH AN ENCOURAGING TRUTH (BENEDICTION)
"For yours is the kingdom, and the power, and the glory, forever! Amen!" *Matthew 6:13c (NAS)*
Action Idea: Go through the alphabet reviewing one attribute of God for each letter.

The Lord's Prayer: Our Father in heaven, may your name be kept holy. May your Kingdom come soon. May your will be done on earth, as it is in heaven. Give us today the food we need, and forgive us our sins, as we have forgiven those who sin against us. And don't let us yield to temptation but rescue us from the evil one. For yours is the kingdom, and the power, and the glory, forever! Amen!