

# FINDING PEACE THROUGH PRAYER

Matthew 6.7-13 // January 10, 2021

## WHAT PRAYER IS (AND ISN'T)

**Prayer is about seeking God Himself.  
He is the good we seek, not His answer.**

-Kyle Strobel

Prayer is what enables us to have real relationship and intimacy with God. The Word is Him talking to us, prayer is us talking to Him. This is why Jesus told us to pray. Prayer is our lifeblood; we realize we are nothing without Him, and prayer is treating God as if He really is God.

**Prayer is finding the way to God and speaking with Him,  
whether your heart is empty or full.**

**No one can do that by himself. We need Jesus Christ to do that.**

-Dietrich Bonhoeffer

Jeremiah 17.7, 8

## PRAYING IN JESUS' NAME

**All speech is answering speech. When we learn to speak, we only are  
responding to what is spoken into us. When we pray, we are either  
responding to what we or our sin or the world is speaking into us, or  
we are responding to what the Lord is speaking into us.**

- Eugene Peterson

To speak to God with confidence, we must learn to pray. To go to God in confidence, we must go in Christ, trusting in our identity in Christ, not in the condemnation of our thoughts. We learn to speak to God by learning from His words, His vocabulary. You will pray in Jesus' Name in proportion to how much you have been spoken to by His Word. Why? Because He is, indeed, the Word of God. God's Word *is His language*.

**Prayer is continuing a conversation that God has started  
through His Word and His grace,  
which eventually becomes a full encounter with Him.**

-J.I. Packer

## A MODEL FOR PRAYER

(See tips in the Notes Section to the right, as well as the Community Group Homework on the back.)

**The cross is not an event to leave, nor a starting line,  
but it is the path itself.**

-Kyle Strobel

Romans 8.6

## NOTES:

### Helpful Ways to Meditate on Scripture

- **Personalize it:** Read it with yourself in mind, even inserting your name.
- **Paraphrase It:** Restate the text in your own words.
- **Pronounce It:** Re-read it, emphasizing a different word each time.

Ask these questions as you read:

- What do you learn about God and His character?
- What do you learn about human nature, character, and behavior?
- What do you learn about Christ and His salvation?
- What do you learn about life in the body of Christ?

Martin Luther encourages us to ask these questions as we go through the Word:

- Is There an Example to Follow?
- Is There a Command to Obey?
- Is There an Error to Avoid?
- Is There a Sin to Forsake?
- Is There a Promise to Claim?
- Is There a New Thought About God?

Additionally, here are some other practical tips and recommendations

- Praying out loud keeps you focused
- Getting awake. Take a shower, drink some coffee, play some background music.
- Starting small. Five minutes per day will help develop a dependent appetite.
- Being able to not be interrupted.
- Learning to pray the Scriptures.

### This Week's Scripture to Memorize:

**Isaiah 53:6**

All we like sheep have gone astray; we have turned—every one—to his own way; and the Lord has laid on him the iniquity of us all.

## ARE YOU NEW HERE?

### WELCOME TO LIFE MISSION!

We'd love for you to **fill out a Connection Card** so we can welcome you and answer any questions you may have. You can drop it in the offering basket during the service or take it to one of our teammates at the **Connection Booth** outside. Feel free to grab some coffee and snacks in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

### WHAT ABOUT THE KIDS?

Our childrens' ministry, which we call **Kids on Mission**, has classes for **newborns - 5th grade**. We have a great team of volunteers who have all been screened with background checks for extra security. Each week your child will get to **worship** with their class, followed by an **age-appropriate lesson** that points them towards Jesus and helps root them in the Word of God.

Visit our website to read more about the vision of Kids on Mission and a walkthrough of our curriculum. If you have any questions, email **Amber Willis at [amber@lifemission.tv](mailto:amber@lifemission.tv)**

### JUNIOR HIGH & HIGH SCHOOL

Our **6th - 8th graders** begin each Sunday by **worshipping with the adults** and then head to their classroom with their teacher and classmates for the rest of service. Visit our website to read more about our junior high ministry and a walkthrough of our curriculum.

Our **9th-12th graders stay in the service** with the adults because we believe that it is crucial for them to not "graduate the faith" when they graduate high school.

For more information about our Junior High & High School ministries, email **Tyler Willis at [tyler@lifemission.tv](mailto:tyler@lifemission.tv)**.



## Contact Us

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## COMMUNITY GROUP HOMEWORK

Before group starts, who can share the **Memory Verse**?

Read **Matthew 6.7-13**. What stands out in this passage, and what stuck out to you most from the sermon on Sunday?

What areas of your thoughts and speech don't reflect the thoughts and speech of Christ as much or as consistently as you would like? What can and should you do in order to see change? Will you do it?

### Your Life Mission

As we head into 2021, there are many who are looking for hope for a better year, but this is not guaranteed. But we do have hope to give. Which relationships or get-togethers might be in your future that you would like prayer for, to help them hopefully see their need for the Prince of Peace in their lives?

End the evening in a time of prayer, praying through the theme of the night using the **P.R.A.Y.** model with your group. Pray for these people you have mentioned and for your heart and plan as you pursue them in love.

- **Preaching the Gospel to Yourself** (Matthew 6.9, 10)
  - Always begin your time of prayer focusing on God's goodness, who He is, and what He has done for us. Pray truths from this week's text.
- **Repent and Confess** (Matthew 6.12)
  - Real repentance begins where blame-shifting stops. Your circumstances don't need to change, your heart needs to change. Confess any particular sin that prevents you from walking out what God calls us to in the text, or any other particular sin you are wanting to fight. Ask Him to help you have strength to repent and run towards Him.
- **Ask for Provision** (Matthew 6.11-13)
  - Ask God for new perspective and for the things that you need. Once our hearts are fixed on Him, we can ask Him to help us with our needs. When your heart is begin filled with the Gospel first, your asking will be far more in line with God's desires and will. Ask Him to work in the relationships in your life that you are hoping to share God's love with.
- **Yield with Thanksgiving** (Matthew 6.10)
  - End your prayer by giving God thanks for His faithfulness and ask Him to help you trust and yield to His work and ways.



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### SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School  
207 E Pennsylvania Ave, Escondido 92025

## GET TO KNOW MORE ABOUT US ONLINE

**LIFEMISSIONCHURCH.COM**

