

## ROOTED IN THE GOSPEL: ABIDING PRAYER

### WHAT PRAYER IS

Psalm 1.1-6, 138.2

**When you know the mind of God - His character, desires, and His plan - then you will pray the mind of God.**

### A MODEL FOR PRAYER

When Jesus told us to "pray like this," He didn't mean to repeat it verbatim, but He gives us a model to incorporate specific elements for effective prayer. An easy way to remember this is using the acronym **P.R.A.Y.**

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

**Preach the Gospel to Yourself (or "Praise"):** Matthew 6.9, 10

John Calvin said, "The Word of God is not received as if it flits about in the top of the brain, but when it takes root in the depth of the heart." We must not settle for an informed mind without an engaged heart.

- Learn to meditate on the Scriptures (see tips in the Notes to the right)

**Repent:** Matthew 6.12

- Real repentance begins where blame-shifting stops.
- Real repentance comes when we are repenting not because of how it makes us feel, or the consequences we bear, but we realize the depth of sin against God.
- When you confess, tell him *why* you want to repent. Add in a Gospel promise to help you see where God's plan and truth is more satisfying and trustworthy.

**We change not be being told what to do,  
but by being told what Christ has done for us.**

**Ask:** Matthew 6.11-13

- When your heart is being filled with the Gospel first, your asking will be far more in line with God's desires.
- When you ask, like with repentance, tell Him "why" you are asking Him. This will help you discern *whose* will you are really praying for, and will help you to pray differently.

**When killing sin, prayer must not be our asking God to our will,  
but us aligning ourselves with God's will.**

**Yield with Thanksgiving:** Matthew 6.10

- If you can't say, "Your will be done," chances are you have what Augustine called "disordered love." Some kind of idol in your heart.

**Efficiency, multitasking, and busyness all kill intimacy.  
In short, you can't get to know God on the fly.**

-Paul Miller, A Praying Life

## 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?

### Prayer and Fasting

**Pray for a Focused Heart and Desire for Prayer.** Prayer, in many respects, could be considered "inefficient." You don't accomplish anything in prayer. You get nothing done. And in our society and mentality, that's doesn't bode well. Pray that your heart would be convinced of the TRUE efficiency of prayer, because you are placing things into the hands of the King of kinds to take care of. Trust that prayer is the MOST efficient thing you can do with your day!

## ARE YOU NEW HERE?

### WELCOME TO LIFE MISSION CHURCH!

We're so glad you joined us today! We'd LOVE for you to **fill out the green Connection Card** on your seat to let us know you were here today. You can drop it in the offering at the end of service or take it to one of our **teammates in a Green Shirt** at the **Connection Booth** outside - we'd love to give you some welcome information.

Feel free to **grab some food or coffee** out in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

### SERVING OPPORTUNITIES

If you've ever taken your child to one of our Kids on Mission classes, or enjoyed a cup of coffee after service, chances are there was a **faithful servant** behind each of those examples. By giving your time and talent on Sundays, you're **an essential part** of helping others meet Jesus, and serving is one of the **most fun & rewarding ways we experience community** with our church family! Fill out a connection card or visit the **Connection Booth** to learn about the serving opportunities available today.

### COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You'll **build friendships**, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won't regret it!

### GIVING

**Gospel-centered generosity** should never be fueled by obligation or guilt; it should be motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call Life Mission your Home, you can place your gift in the offering baskets at the end of service, give online at [lifemissionchurch.com/blog/give](http://lifemissionchurch.com/blog/give) or mail a check to our PO Box. **Thank you so much for your love & support!**

### KIDS ON MISSION

Our Kids are incredibly important to us! The Kids on Mission ministry has classrooms for **newborns - 6<sup>th</sup> grade** & is passionately overseen by **Audra Napolitano**. Please Visit [lifemissionchurch.com/blog/kids](http://lifemissionchurch.com/blog/kids) to read more about the vision and plan we have for our kids, including Pastor Jobey's heart and his walkthrough of our curriculum.

### JUNIOR HIGH & HIGH SCHOOL STUDENTS

Our Junior High students (**7<sup>th</sup> & 8<sup>th</sup> graders**) worship with the adults, and then head to their class for the rest of service. We challenge them to **dig deeper into what they learned on Sunday** throughout the week.

Our **High School students** stay in the adult service because we believe that it is critical for them to not "graduate the faith" when they graduate school. For questions on our student ministries, contact **Casey Barnes** at [hbarnes5@yahoo.com](mailto:hbarnes5@yahoo.com) or **John Hawthorne** at [hawthorne-john@hotmail.com](mailto:hawthorne-john@hotmail.com)



## SAVE.

Jesus was sent to save. We have been saved to be sent. We are sent into our community to share the Good News that Christ came to save us, and we hope to see many who find new life.

## EQUIP.

We want to equip those very people in the Word so that they can continue to grow as disciples of Christ. From our preschool to our adults, our passion is to see everyone equipped in the Gospel to live a life of freedom and joy.

## SEND.

Lastly, we then want to see those equipped people sent into their community and world. From schools and playgrounds, to families and work places, we want to see people who are spiritual leaders in their life, showing people the truth of Christ's Good News.

## CONTACT US:

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Twitter: @YourLifeMission  
[YouTube.com/LifeMissionTV](https://www.youtube.com/LifeMissionTV)

## COMMUNITY GROUP HOMEWORK

Read **Psalm 1**. What stuck out to you in these verses or was the most impactful from the message on Sunday? \_\_\_\_\_

When it comes to the main four elements of the Lord's Prayer (**Matthew 6:5-15**, Praise/Praising the Gospel to Yourself, Repentance, Asking, and Yielding with Thanks), which do you normally start your prayers with? Does it depend on what you are praying for? \_\_\_\_\_

Read **John 3:16-17, 1 Peter 2:24, Romans 3:23-24, 2 Corinthians 5:21, Romans 5:8, Romans 6:23, 1 Corinthians 15:1-3, 1 Peter 3:18, 1 Timothy 1:15 and Ephesians 2:4-10**. How does simply starting with recounting the truths and promises of God change the way you go to God in prayer? How does starting your prayers with the reminder of the Gospel change what you ask for? Or how you repent? \_\_\_\_\_

Read **Matthew 3:8, Acts 3:19, Romans 2:4, Revelation 2:5, Revelation 3:3**. Explain in your own words, the difference between confession in prayer and repentance in action. \_\_\_\_\_

Read **Philippians 4:6, Matthew 7:7, John 16:24 and Ephesians 6:18-20**. What do you usually ask God for in prayer? How does starting with the Gospel change what you ask for? \_\_\_\_\_

Read **Matthew 6:10, Psalms 95:2-3, 2 Corinthians 4:15-16, Psalms 100:4, Jeremiah 33:11, Colossians 3:17 and 1 Thessalonians 5:18**. Do you have a time in your prayers where you just simply thank God for who He is, then just wait and mediate quietly? \_\_\_\_\_

For most of us, prayer goes against the grain of our daily routine. Like the quote in your notes, "efficiency, multi-tasking and busyness all kill intimacy." How is your prayer life? Are you spending quiet time in prayer before the Lord? How has the message on Sunday or this study changed your view of the importance of prayer? \_\_\_\_\_

If your prayer life is suffering, what practical steps can you take so that you can spend more time with your Abba, Father? \_\_\_\_\_

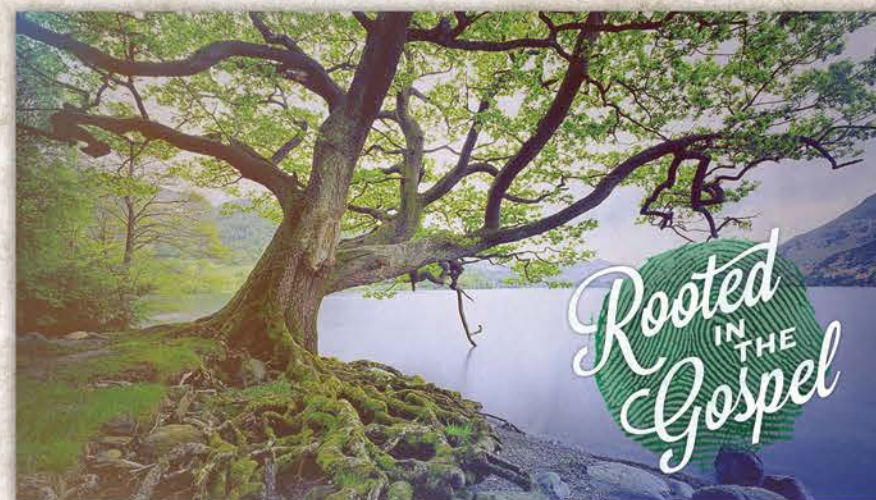
**If you haven't yet, go to [www.lifemissionchurch.com](http://www.lifemissionchurch.com) to read about our Two Year Bible Reading Plan and Prayer Journal. There are a number of resources to help you store the Word in your heart and to meditate upon it. Committing to this together as a group if you don't already have a solid reading and meditating habit will be an incredible blessing to you.**



**LIFE MISSION**  
C H U R C H

**Pastor Jobey McGinty**  
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**Equipping a Gospel-Centered Community in the Word of God,  
To Live Out a Gospel-Centered Life Mission to the Glory of God.**



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Psalm 1.1-6, 138.2 // January 11, 2015

### 9AM & 11AM SERVICES

Life Mission Church Meets at Light & Life Christian School  
1816 Oak Hill Drive, Escondido 92027



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