

BY HEART

When Scripture becomes second nature

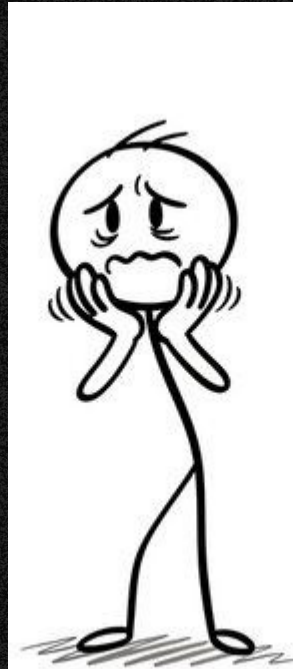
Psalm 4 | Page 769

Your responsive emotion has to be stronger (and about as fast) than your reactive one...

“But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit.” **Jude 1:20**

Quick Virtue:
Temperance
Late virtue:
Repentance

Faith
or
Responsive emotion



Fleshly
Or
Reactive emotion

How does prayer help?

How does prayer help us pursue God and
grow emotional virtues?

Will it ever be enough?

NIBO **1 Thessalonians 5:17** pray continually;

BGT **1 Thessalonians 5:17** ἀδιαλείπτως προσεύχεσθε,

ESV **1 Thessalonians 5:17** pray without ceasing,

NAS **1 Thessalonians 5:17** pray without ceasing;

Continually, constantly, consistently

NIBO **1 Thessalonians 5:17** pray **continually**;

ESV **1 Thessalonians 1:2** We give thanks to God always for all of you, **constantly** mentioning you in our prayers,

ESV **1 Thessalonians 2:13** And we also thank God **constantly** for this, that when you received the word of God, which you heard from us, you accepted it not as the word of men² but as what it really is, the word of God...”

NIBO **Romans 1:9** God, whom I serve with my whole heart in preaching the gospel of his Son, is my witness how **constantly** I remember you.

Not quitting

Luke 18:1-8

“Then Jesus told his disciples a parable to show them that they should **always pray and not give up.** He said: ‘In a certain town there was a judge who neither feared God nor cared about men. And there was a widow in that town who ***kept coming to him*** with the plea, “Grant me justice against my adversary.” For some time he refused. But finally, he said to himself, “Even though I don't fear God or care about men, yet because this widow ***keeps bothering me,*** I will see that she ***gets justice,*** so that she won't eventually wear me out with her coming!” And the Lord said, ‘Listen to what the unjust judge says. And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? I tell you, he will see that they get justice, and quickly. **However, when the Son of Man comes, will he find faith on the earth?”**

When he comes: you'll get justice, but will he find faith?

Don't babble.

Matthew 6:7-9

“And when you pray, **do not keep on babbling** like pagans, **for they think they will be heard because of their many words.** **Do not be like them,** for **your Father knows what you need before you ask him.** ‘This, then, is how you should pray: “Our Father in heaven...””

Prayer should not be nervous talk or babbling repetition. Talk to God like you would talk to a revered, powerful, willing, provident person. You would use fewer words than normal, not more. Fasting is a great way to express devotion for longer- and it does more good in you than nervous babbling.

(Don't be judgy about this with other Christians.)

The Spirit's help

Romans 8:26

"In the same way, the Spirit helps us in our weakness. **We do not know what we ought to pray** for, but the Spirit himself intercedes for us with groans that words cannot express."

God's help and expression isn't even verbal.

Putting it together:

Don't give up
(Don't quit on God)
Luke 18:18

Don't Babble
(He knows, just ask)
Matt 6:7-9

Remember consistently
(Don't forget about God)
1 Thess 5:17

Helping Groans
(God hears our pain & longing)
Romans 8:26




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Pray maturely and calmly
(Elevate and attune to God)
Ecc 5:1-4

Reverent Maturity

Ecclesiastes 5:1-4

“Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong. **Do not be quick** with your mouth, **do not be hasty in your heart** to utter anything before God. **God is in heaven and you are on earth, so let your words be few.** *As a dream comes when there are many cares, so the speech of a fool when there are many words.* When you make a vow to God, do not delay in fulfilling it. **He has no pleasure in fools; fulfil your vow.**”

A “fool” is a morally deficient person unwilling to grow wise.

Is this how
you pray?

(Like an anxiety dream)

Don't wallow in anxiety,
practice composure.



How do you learn to pray
with maturity and calm?

Short Answer:

**By Praying
& with practice**

Scripture has a treasury of prayer

1. Apostolic prayers in the Epistles

(Eph 1:15-23, 3:14-21, Phil 1:3-11, Col 1:3-14, 1 Thess 3:9-13, 5:23-24, 2 Thess 1:11-12, Rom 15:5-6, 2 Cor 13:7-9, 14)

2. Truth about God and his will everywhere (Phil 2:3-11, 4:4-7, 2 Peter 1:3-11, etc.)

3. Psalter- 150 poem, song prayers.

Review!!!!

Prayer breakdown: types and times

Kinds/contexts of prayer

1. **Corporate**- together prayer in worship or small groups
2. **Life Rhythm Prayer**- morning, evening, meals, holy days
3. **Personal Prayers**- “Let’s pray right now! Lord Jesus...”
4. **Resetting prayers**- remembering and realizing the truth
5. **Devotional Prayers**- unrushed, to grow in love and depth
6. **Authority prayers** – “spiritual warfare” prayer

Different contexts favor different amounts of composed vs. spontaneous prayer.

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Morning and Evenings

The more disordered
your personality, the
more you need rhythms.

2-3 minutes

Morning- preparing for the day and asking for help.

Evening- assessing and receiving grace.

Morning:

Thanks, prayer (psalm, scripture or collect), short prayer for aid.

Evening:

Thanks, examen, prayer (P, S, or C), short prayer of thanks.

Example: Morning

One sentence prayer of thanks

The next psalm or memorized or marked scripture (Gal 2:20)

Short prayer

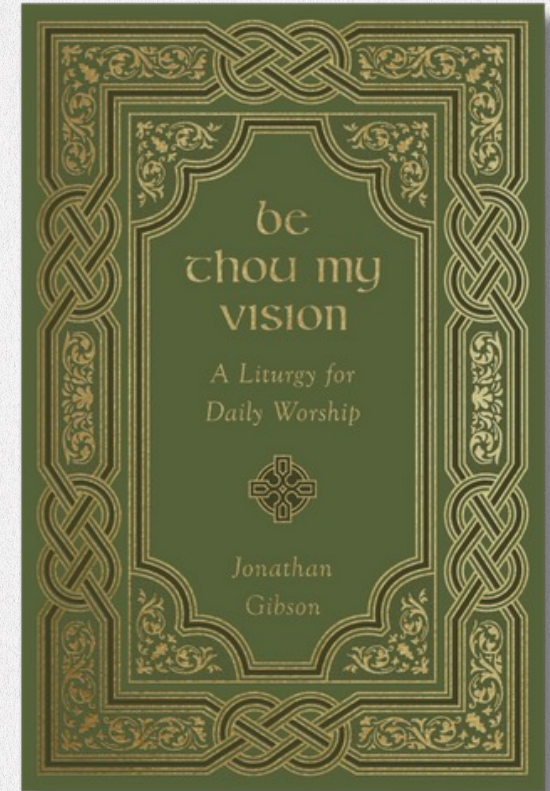
(And be done)

Interior act: Acknowledgement, composure, and calm

Morning Goal: Clarity, calm, resolve

Evening Goal: Clarity, calm, resignation

Possible tool:



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A time of prayer designed to built (mental) mastery of the truth and to grow (emotional) devotion to God.

Review!!!!

Prayer breakdown: Components

Components of Devotional Prayer:

1. **Silence and solitude**- aloneness for God.
2. **Faith**- profession of faith and recognition of God.
3. **Guidance**- truths/content to work on and in.
4. **Meditation**- something for your soul to consider.
5. **Expression**- talk to God and yourself in God's presence.
6. **Openness**- desire to see and hear in our soul.

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This is where Scripture comes in.

My devotional Prayer time: (12-30 min)

1. **Intro prayer** verse (ex Isa 66:2b) and Lord's Prayer- until I mean it all. (< 1 min)
2. **Pray 1 or more familiar summery passages-** ex. 2 Peter 1:3ff (< 1 min) (memorize verses for prayer)
3. **Read and pray:** NT, next psalm- **pray both** (~ 3-10 min)
4. **Stewardship and kingdom prayers-** Family, leadership, networks, situations (~4-12 min)
5. **3-5 list items-** those I'm drawn to, but haven't prayed for in a bit. (~ 2 min)
6. **Devotional and worship ending/Doxology-** God, I love you, be with me Holy Spirit this whole day. (~1-4 min)

I do all of this avg. 3 times a week, and if I have an hour, I may be asleep for 20 minutes of it.

Specifically utilizing the Psalms

Praying the Bible's prayer book

For whose benefit?

The Psalms are prayer.

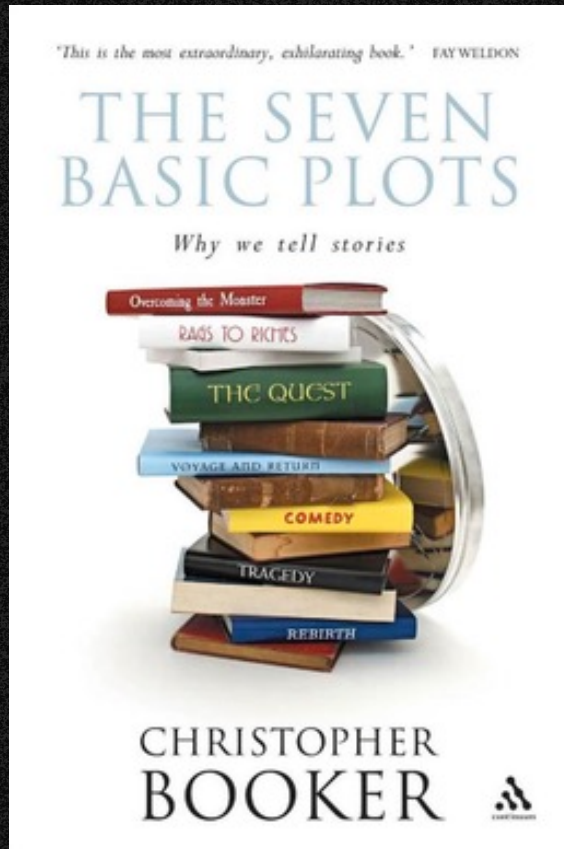
But **they are shaped for our benefit.**

- Our problems
- Our feelings and reactions
- The appropriate truth we need to remember
- The right prayer attitude
- The right kind of request

So: we are learning to think, feel, and pray

Their content is universal regarding emotion and devotion

The themes are repetitive because we are.



Different Psalms & universal experience

What is the universal human experience, emotion and remedy?

Psalm 1: Good and evil and their ends. Resolve and jealousy

Psalm 2:

Psalm 39:

Psalm 51:

The transfiguration of the psalms

“The Psalter is the prayer book of Jesus Christ in the truest sense of the word. He prayed the Psalter and now it has become his prayer for all time...we understand how the Psalter can be prayer to God and yet God’s own Word, precisely because here we encounter the praying Christ...because those who pray the psalms are joining in with the prayer of Jesus Christ, their prayer reaches the ears of God. Christ has become their intercessor...”

- Dietrich Bonhoeffer

We pray them united to their truest integrity and emotion.

We aren’t righteous, we don’t long all that much- but he did and does.