

Re-Boot Your Prayer Life Part I: The Lord's Guide
The Refinery Church
Sunday September 16th 2018

I. Use the Lord's prayer as a guide.

A. Don't overlook or downplay the effectiveness of the Lord's Prayer because it's familiar.

1. This is from the Lord's class on prayer. This is how He said to do it. If it was good enough for Him, it should be copied by us!

2. Jesus was a man of prayer and His life and ministry manifested the fruit of His prayer life. (Many miracles, deliverance, etc.) He was truly the Master, the Rabbi and this was His best advice on prayer.

B. The Preamble: Matthew 6:5-8

5 "And when you pray, you shall not be like the **hypocrites**. For they love to pray standing in the synagogues and on the corners of the streets, **that they may be seen by men**. Assuredly, I say to you, **they have their reward**.

1. hypocrites = pretenders

a. They pray to be seen by men, not by God.

b. What is the point of pretending to pray? What is the point of being seen by men instead of God?

If you are going to go through the effort to pretend to pray, you may as well just pray!

If given the choice between having man's approval or God's approval, which would you choose?

c. Jesus said the people who love to pray in front of people often do it to gain the recognition and approval of people instead of God.

6 But you, when you pray, **go into your room**, and when you have **shut your door**, pray to your Father **who is in the secret place**; and your Father **who sees in secret** will reward you openly.

2. This speaks of two things to me: our intimacy in prayer and our motives!
 - a. Instead of making a show of praying in front of people, Jesus tells us to go into the secret place.
 - b. The “secret place” speaks of our intimacy with God. When I go into the secret face in my heart, there is only me and Father. This is where He likes to meet with me One on one.
 - c. If the motives behind our prayers are pure, we will have no problem praying in the secret place of intimacy for an audience of One.
 - d. And like the loving and proud Papa that He is, when we meet Him in secret, He will reward us openly!

7 And when you pray, **do not use vain repetitions** as the heathen do. For they think that they will be heard for their many words.

3. Father has always been about quality over quantity.
 - a. We’re not going to wear God down by our many words, or manipulate Him to do what we want.

Prayer is not a way for us to get God to do what we want. Prayer is a way for God to accomplish what He wants through us.

8 “Therefore do not be like them. For **your Father knows the things you have need of** before you ask Him.

4. Like any good earthly Father, our Father in heaven is watching out for us out of concern for our care. We should go into prayer with this in mind because it builds faith in God! We go into prayer knowing that He has been watching and listening and He knows what we need already.

C. The model, template and guide: Matthew 6:9-13

9 In this manner, therefore, pray: our Father in heaven, hallowed be Your name.

5. We address Him as... Father!

What do you call the highest authority in the universe? How do you approach the One who is the ultimate authority, with no king, president, government or judge above Him? You call Him Father!

a. This is how He wants us to approach Him, as Father.

6. 'hallowed be Your name' is reminiscent of Isaiah 6, "Holy! Holy! Holy!" or "the holiest of holiness" is our Father.

a. This means that we acknowledge Him as Father and that He is morally perfect and perfect in love, truth and care. There is no ulterior motive in His heart, no deceit, no selfishness. He knows the truth about us and still loves us with perfect love.

10 Your kingdom come. Your will be done on earth as it is in heaven.

7. This speaks of our will being surrendered to His will.

a. Your kingdom come, not mine. Your will be done, not mine.

b. This is how we can hold all things loosely. We can approach God in prayer with something we really want in our heart, so bad we can taste it. Sometimes we want something so bad we yearn for it, pine for it. But even in this situations we say "Not what I want God, but what You want."

11 Give us this day our daily bread.

8. Simple faith and simple trust. Skip on down to verse 25-34 of Matthew 6 for more on this.

12 And forgive us our debts, as we forgive our debtors.

9. This helps to keep your attitudes humble and our hearts tender. What we are saying is...

Lord, forgive me to the degree that I forgive others.

Lord, grant me grace and mercy as much as I have granted others grace and mercy.

10. When we pray this way, it sort of puts a new perspective on the bitterness and offense that we allow to remain in our hearts and minds.

Having the forgiveness I need from God is worth more than holding the judgement I feel towards others.

13 And do not lead us into temptation, but deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen.

11. This one always makes me feel the gravity of what Jesus went through for us. Luke 4 says that Jesus was led by the Spirit into the wilderness to be tested by the devil.

a. How that experienced must have marked Jesus life!

The One who was led by the Spirit into temptation is saying "Pray that this never happens to you."

12. The life and victory of Jesus was enough! He was led into the wilderness for me. He defeated satan for me! Because of what He went through, we can pray for deliverance from the attacks of the evil one.

a. The battle is not mine, but the Lord's!

13. "Yours is the kingdom..." We began this prayer by asking for His kingdom to come and we conclude by affirming that the kingdom, power and glory is His alone.

a. It's His world, we're just living in it.

D. The Lord's wrap up: Matthew 16:14&15

14 "For if you forgive men their trespasses, your heavenly Father will also forgive you.

15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

1. This concluding statement of Jesus is so interesting because it underscores the importance of our forgiveness for others in seeing our prayers answered.

2. It's as if Jesus gives us a model prayer to follow that He used to great success and then says "Just remember, if you forgive others, father will forgive you. But if you don't forgive others, don't expect Father to show you any forgiveness."

a. This is sobering, but it's kind of Jesus to remind us how important forgiveness is the effectiveness of our prayers.

3. Peter understood this and this teaching of the Lord really had an impact on him.

a. When writing to the church about relationships Peter said "Husbands love your wives and live with them in an understanding way, **that your prayers may not be hindered.**" 1 Peter 3:7

II. Conclusion. Reboot your prayer life by using the Lord's guide for prayer.

A. Pray in the secret place.

1. Prayer *is* intimacy with God. Seek Him in secret and He will reward you openly.

B. The guide, model and template.

1. Address Him as Father and acknowledge His holiness.

2. Surrender your will, mini-kingdom, burning desire, etc to His supreme and ultimate will.

a. I often pray "Let your kingdom come and Your will be done in my finances, my marriage, my family, etc, in my life just as You will it to be in heaven."

3. Ask Him for what you need.

4. Forgive me for.... specifically confess your sins to God (1 John 1:9&10) and repent. Then forgive and release those who have sinned against you.

5. Ask to be kept from temptation ("I will keep you from the hour of testing..." Rev3:10) and to be delivered from any attack of the evil one.

a. Tell Him the specific areas where you feel under attack and pray for His deliverance through the blood of Jesus!

6. Close by reaffirming you want His kingdom, His power and His glory in your life.

a. No flesh will glory in His presence. It's all about You Jesus!

C. Final thoughts.

1. Remember this is a guide, not a formal. It should guide your conversation with God in the secret place of prayer.

2. Pause and listen as you go through this model. Allow the Lord to bring things to your attention so you can pray through them and seek His will in those areas.

3. Don't forget to listen!

4. Even after praying through this guide, feel free to linger in His presence and keep the conversation going.

5. Enjoy your prayer life!