

“Coming Up For Air!”

1. **Intro:**

- 1.1. I've been asked to give a **Prophecy Update**: (here it is)
 - 1.1.1. **This World** is going to **Hell** in a hand basket!
 - 1.1.2. **But His Children** are going to **Heaven** in a twinkling of an eye!
 - 1.1.3. God has a different ending for any who will:
 - 1.1.3.1. **Repent** to the **Father** for all sins committed against Him.
 - 1.1.3.2. **Accept** His **Sons** free gift of salvation.
 - 1.1.3.3. **Live** a life filled with His precious **Holy Spirit!**
- 1.2. May our **AIM** be the **Glory** of God; our **PATH** be the **Will** of God; & our **PASSION** be the **Love** of God...until He comes! 😊
- 1.3. **Illustration**: Zach & I (w/Justin & Alan Burton) in Alaska Kayaking heard blow hole go off prob 100 yds away!
 - 1.3.1. Certain marine creatures like whales & dolphins are called cetaceans.
 - 1.3.2. They are not fish, nor fowl, & they never go ashore, **yet** even from ocean depths **they must rise at intervals to breathe so as to live!**
 - 1.3.3. **Even so**, it is necessary for **man** to mount into a higher region if he is to obtain **spiritual life & grace** for living it.
 - 1.3.4. And this, the Christian does in **prayer!** *More prayer, more power!*
 - 1.3.5. **Title of message:** *Coming Up For Air!*
- 1.4. **Q:** Ever feel **inadequate** to pray? Ever think that the ability to pray is **natural** to some & **lacking** in others?
 - 1.4.1. The disciples also felt inadequate in prayer. - But they were on the right track in supposing that Yeshua could teach them how to pray.
- 1.5. **Q:** Do you have any desire this morning for Jesus to teach you how to pray **right? better?**
 - 1.5.1. **Why did he redeem us again?** Oh yeah, so we might have **fellowship** with Him! 😊

2. **THE DISCIPLES PRAYER! (1-4)**

- 2.1. **As He** was praying –
 - 2.1.1. Again we are introduced to Jesus' **habitual prayerfulness!**
 - 2.1.2. Yet, they dare not break in upon His sweet communion with His Father...but waited till **He ceased** praying!
- 2.2. **Teach us to pray** – The prompting of this question was incited by **His example, & their observing & examining.**
 - 2.2.1. **How else do we have communion with Him?**
 - 2.2.2. Only by prayer do we draw close to His heart & unlock all His treasures!

- 2.3. **As John also taught his disciples** – Religious teachers were expected to teach their disciples how to pray.
- 2.3.1. **What did John’s include???** hmmm
- 2.4. We don’t hear the Disciples asking the Lord to Teach them to: **Preach, Prophecy, Cast out demons, Worship, Witness, Find their ministry, Start up home fellowships, Grow a church, How to be a user friendly church, but **How To Pray!****
- 2.4.1. **Why?** They must have noted, He did this often, & this was the key for strength, wisdom, leading, Instruction, communion, & fellowship.
- 2.4.2. Was there something they **saw** in Jesus prayer life that seemed **too infinitely above them**, that they desired to learn?
- 2.5. **Q: How is your prayer life? Is there anything you’d like to learn about prayer?**
- 2.5.1. Consider what aspects & themes of prayer are selected as **the most essential**. **[No lesson was more vital!]**
- 2.6. This is a **pattern prayer** that helps us to **organize** our prayer burdens so that they comply with the will of God.
- 2.6.1. **How does your prayer match up to this pattern?**
- 2.6.2. **We see 4-Elements of Prayer: Worship; Petition; Confession; Dependence.**
- 2.6.3. It contains the **components & attitudes** that we should **exhibit & incorporate** into our lives!
- 2.7. There are **many instructions** in Scripture on **How to pray**:
- 2.7.1. **Pray w/o ceasing; come boldly to the throne of grace; let our words be few; let not your heart utter anything hastily before God; ask in faith, nothing wavering; ask anything in my name, I will do it; etc.**
- 2.7.2. You may be **ignorant of many things**...but you know your way to the throne of grace!
You may have **little learning**, but you know the language of heaven!
You may be **unnoticed by others**, but your fellowship is w/the Father & w/His Son J.C.!
- 2.8. Little kids have problems when coloring “**staying in the lines**”! - **But** what’s understandable as a **child** is unacceptable as an **Adult**!
- 2.8.1. **Let us move more toward Adulthood** in our prayer life!
“Let’s stay in the lines”! (God’s guidelines!)
- 2.8.2. **This is the kind of prayer God honors & hears!**
- 2.9. This prayer is only 61 words long - & takes about 15 seconds to pray!
- 2.9.1. Some people’s prayers need to be **cut short on both sides & set on fire in the middle!**
- 2.10. **Here Jesus explains** “*How to come to the throne of Grace relationally!*” **As:** A Son; A Saint; A Subject; A Servant; A Suppliant; A Sinner; & A Soldier.

- 2.11. **[1st] A SON! Our Father in heaven**
- 2.12. Old Testament saints hardly ever addressed God as **Father!**
- 2.12.1. I only know of Is.63:16 **“You, O LORD, are our Father; Our Redeemer from Everlasting is Your name.”**
- 2.12.2. And Deut 32:6 in the song of Moses **“Is He not your Father, who bought you?”**
- 2.13. **Our Father** - not **Omniscient one**(thou He is), not **Elohim**(strong one, thou He is), not the **Mighty One**, or the **I am**, but **Father!**
- 2.13.1. **Did God change?** No, but **we** did!
- 2.13.2. Jn.1:12 **“Yet to all who received him, to those who believed in his name, he gave the right to become children of God.”**
- 2.13.3. There are only 2 people on this planet that can call me Father!(Zach & Mical)
- 2.13.3.1. To everyone else I’m, **“Brian, Pastor Brian, Mr. Bell,...or something else probably not so pleasant???”**
- 2.13.4. But, if I opened up the opportunity & adopted other children, then there would be others who could call me Father.
- 2.13.4.1. But in this, **I wouldn’t change, they would!**
- 2.13.4.2. God didn’t change - **We did, we became His sons/daughters!**
- 2.13.4.2.1. **Or maybe you haven’t yet???**
- 2.14. It was **Jesus** who revealed His Fatherhood! (including adoption)
- 2.14.1. And not only Fatherhood, but **Fatherliness!** (See vs.11-13)
- 2.15. **[2nd] A SAINT! Hallowed be Your name**
- 2.16. The 1st petition asks God to cause His name to be hallowed or glorified!
- 2.16.1. A petition that people would reverence God.
- 2.17. **Name** = God’s reputation & thus His honor!
- 2.18. **[3rd] A SUBJECT! Your kingdom come**
- 2.19. Although the kingdom had already come in Jesus’ ministry, its final consummation will be in the future.
- 2.20. **[4th] A SERVANT! Your will be done on earth as it is in heaven**
- 2.21. Your either saying: **“Your will be done”, or “my will be done!”**
- 2.22. You can either: **“be still & know that He is God”, or “tell God to be still & know that you are you!”**
- 2.23. **“Prayer is a mighty instrument, not for getting man’s will done in heaven, but for getting God’s will done on earth!”** [Robert Law]
- 2.24. When we pray we must put **God’s concern 1st** before we come with **our requests.**
- 2.25. **[5th] A SUPPLIANT! Give us day by day our daily bread**
- 2.26. Sup·pli·ant [*súpplēe ənt*] Entreating: expressing a humble but heart-felt appeal to somebody who has the power to grant a request. [Latin “to bend under”]

- 2.27. **Day by day** – Oh, He wants to hear from us at least daily!
- 2.27.1. How does he get our attention when He misses us, & wants us to come to Him?
- 2.27.1.1. I believe when we won't seek Him, He will **teach us to pray!**
- 2.27.2. **Example:** Absalom & Joab story in **2 Sam. 14:28-33.**
- 2.27.2.1. When we are **lifeless** in prayer, **backwards** in our exercise of it, & we **disregard** His invitation to “seek *His face*” don't be surprised if He lovingly sets your **Barley on fire!**
- 2.27.2.2. Don't make God **set your barley on fire** to get your attention!
- 2.28. **Bread** – a figure of speech called a synecdoche[sin-ect-a-key] “*in which a part(bread) represents the whole(food).*”
- 2.28.1. **Bread**, therefore, is a request for the **basic necessities of life.**
- 2.29. **Give us - Not give me!** [no singular pronouns in the Lord's prayer]
- 2.30. Oh that we'd be content w/**our daily bread** & quit looking at your **neighbors slice!**
- 2.31. **[6th] A SINNER!** And forgive us our sins For we also forgive everyone who is indebted to us.
- 2.32. This is a prayer for **believers** so this isn't for salvation, but it assumes a regular need for confessing sin, even as 1 Jn.1:8,9 does, “**If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.**”
- 2.33. If we do not **forgive others** we are not in a condition to **receive** forgiveness ourselves!
- 2.33.1. **Could it ever read?** “Lord, Forgive me my debts, even if I won't forgive any debtors!” **or**, “Forgive me my debts, but don't you dare think I'm forgiving my debtors!”
- 2.34. **[7th] A SOLDIER!** do not lead us into temptation but deliver us from the evil one
- 2.35. **Lead us not into temptation/testings!** - But I thought testing's were good for us? Yes! But let us not say, “*Lord test me! I'm ready!*” [This is a pray of humility!]
- 2.36. We are engaged in warfare!
- 2.36.1. You don't have to convince anyone in Israel or Lebanon...they're at war! – But though we can't see **our enemies** weapons, they are as deadly as a poisonous gas, which can't be seen either!
- 2.37. “Do not permit the foes of our soul to catch us in their net.” [LKGNT](Arndt)
- 2.37.1. **If we avoid temptation & walk very guarded** in the path of obedience then we **won't tempt the Devil** to tempt us!
- 2.37.2. Don't enter the thicket in search for the lion! **[relate to wild bore hunting!]**
- 2.37.2.1. Pray that you are spared that encounter Christian!

- 2.37.3. “Do as we will...we shall be tempted, **but** we surely don’t need to add to it by a *careless walk!*”
- 2.38. This shows **Dependence** on God! - from Latin *dependere* , literally “to hang”.
 2.38.1. [I accidentally 1st typed “dependence in my notes.”] – Oh, that we would have a Deep-Dependence on Him!
- 2.39. **END:**
- 2.40. Spurgeon said some pray as “a mere exercise of memory, simply using the organs of noise-making; & it is absurd to imagine that such a **parrot exercise** can be pleasing to the living God!” (approx quote)
- 2.41. I think all of us have one “**Routine Prayer**” in our system: Once we get rid of it, then we can really start to pray!
 2.41.1. **This week are you willing to break that habit?**
- 2.42. **Q: Are you praying w/your mind on *hold*, & your mouth on *automatic*?**
 2.42.1. **Make sure your mind is *engaged*, & your heart *sensitized*!**
- 2.43. Relative to body size, whale lungs are proportionally somewhat **smaller** than human lungs. **But** whale lungs are far **more efficient**: While human lungs exchange about 15 to 20% of their contents with each breath, whale lungs exchange about 90% with each breath. This means that whales can take up oxygen and dispose of carbon dioxide much faster than humans, enabling them to hold their breath underwater for long periods.
 2.43.1. **Man** wasn’t designed to “*stay down*” as long as **whales**!
 2.43.2. **So we must rise at more frequent intervals to breathe so as to live!**
 2.43.3. **Oh Christian, we must rise at more frequent intervals to *Come Up For Air*, so as to live!!!**