

Date: **January 22, 2017**  
Title: **Teach Us To Pray- Lu.11:1**  
Series: **31 Days of Prayer**  
Speaker: **Phil Schaefer**

**christianfellowship**



## **Summary**

We are winding down our 31 days of corporate prayer (from 7 to 8 pm each night) being still in the presence of God. We are learning how to disconnect with the world more and better connect with God. Prayer has an ability to take us places we cannot get to on our own. Unlike our teen years that flee quickly, our adult years are more like a marathon. Because of the length and complexity of life it is difficult to sustain our good intentions upon will power alone. We need help from beyond, a help beyond what we can get by reading a 'how to' managing life books. These are not bad but God has created, or hard-wired us, to realize we must find help beyond anything in this life. We need God's help. We need what prayer gives. We need to know God is with us in everything and we need what Prayer gives us.

Jesus' disciples realized Jesus drew his strength from beyond himself. Is it possible that Jesus is showing us that the source of His strength was within the Trinity: the Father receives from the Son and the Son from the Father, and the Spirit from the Son and the Son from the Spirit? That strength, as God possesses it, is a mutual thing? Maybe the strength we need is a relational thing and not something that is in us. Jesus drew strength from outside himself and prayed a lot. Luke's gospel has more descriptions of Jesus praying than any of the other gospels combined. The disciples realize that Jesus is linked at a deeper place to something outside what this world can give and is sustained by something not of this world. Jesus continually revealed his ability to love, forgive and not pull away from those who were opposed to him rather than embarrass or crush them. He had the ability to transform a room by being vulnerable rather than defensive, to know who he was but not have to prove himself. Jesus himself said this inner strength came from the Father and the Spirit. He lived self sacrificially while enjoying life at the same time. The disciples wanted this graciousness of soul they saw in Jesus.

Maturity, both naturally and spiritually, comes from accessing something beyond our own strength. The path to this, not only in Christian tradition, but in all spiritual traditions, even science, validates this is through silencing our souls in the presence of our Lord. 'Be still and Know that I am God'.

Prayer helps us find steadiness of soul for our lives. It moves us toward maturity by keeping us from becoming inflated and egocentric because of our abilities. It also keeps us from becoming too deflated or despairing because of our inabilities. It helps us reset from the world systems of pressure and competition that surround us. In these times of silent prayer we are turning away from ourselves and our circumstances and turning to our Lord. We need to connect to something more than the performance driven life to wait before God. It is a practice that can take a few tries to settle into, but once you understand that it is not about accomplishing something, or getting something, it becomes a very satisfying hour.

There is still enough time, in the next 10 days, to begin to get a sense for this kind of prayer. We are not going to continue these prayer times beyond the 31 days but next Sunday I am going to talk about how you can on your own use this kind of praying anywhere anytime. If you have had some exposure to these times of prayer you will understand more easily what I mean. We understand there are those who haven't been able to make it to these days of prayer for various reasons, so next Sunday's message will give you a means to be able to do this on your own. This kind of praying can be one of the most helpful tools and easiest methods for prayer that you may ever practice.

### **Discussion Questions:**

1. Did you participate in the month of silent prayer this past month? Was it what you expected? Were you surprised how beneficial it was to you? if so, how? Did you sense a positive effect to your soul as you waited with Jesus in silent prayer?
2. What did you find was helpful about this time and kind of prayer? Did you find it changed you in any way? Did you sense the Lord was bringing a thought or theme of thought through the worship music?
3. What does it mean to you when you read, "be still and know that I am God"? Will you be continuing this method of prayer and using it as a tool to press in to God?