

(D1: The Heart)

PRAYER & THE WELLSPRING DISCIPLINES

INTRODUCTION

Remember your three safety measures:

- 1) Am I _____ of how much or how little I pray during any given day?
- 2) Do I _____ my busy schedule in order to set aside time each day for focused prayer?
- 3) Do I _____ appropriately to situations as they arise by taking them to God in prayer first and foremost?

A. WHAT IS PRAYER?

B. WHY SHOULD WE PRAY?

The point is not that we _____ pray, but that we _____ pray!

We don't just _____ pray, we _____ pray!

i. We pray because _____

- Psalm 34:15 (1 Peter 3:12)
- Proverbs 15:8
- 1 Chronicles 29:10-14

We not only _____ pray; we _____ pray!

ii. We pray because _____

- Hebrews 4:16

iii. We pray because _____

- Psalm 50:15
- John 14:13

iv. We pray because _____

- Matthew 6:5,6,7,9
- Luke 11:9; 18:1

v. We pray to be a part of what He wants to _____

C. HOW SHOULD WE PRAY? (1 Thessalonians 5:17-18; Colossians 4:2)

❖ _____

- COREM DEO

❖ _____

- Acts 1:14; 2:42; 6:4; Romans 12:12; Ephesians 6:18

❖ _____

How should we pray? We should pray _____!

1. PREPARING TO MEET WITH GOD IN HIS WORD (see *PRAYER: an example of how the Wellspring disciplines might shape your prayerful approach to God through His Word*)

As we come to the Word of God, we pray that we would:

i. Grow in _____

ii. Grow in _____

iii. Grow in _____

iv. Grow in _____

v. Grow in _____

vi. Grow in _____

2. DURING & AFTER MEETING WITH GOD IN HIS WORD:

i. MEDITATING ON SCRIPTURE (Col 3:16a)

PETER TOON (*referring to the Puritans*) To read the Bible and not to have meditated was seen as an unfruitful exercise: better to read one chapter and meditate afterward than to read several chapters and not to meditate. Likewise, to meditate and not to pray was like preparing to run a race and never leaving the starting line. The three duties of reading Scripture, meditation, and prayer belonged together, and though each could be done occasionally on its own, as formal duties to God they were best done together.

- Psalm 1:1–3 (NASB95): How blessed is the man who does not walk in the counsel of the wicked, nor stand in the path of sinners, nor sit in the seat of scoffers! But his delight is in the law of the Lord, And in His law he meditates day and night. He will be like a tree firmly planted by streams of water, which yields its fruit in its season and its leaf does not wither; And in whatever he does, he prospers.
- Joshua 1:8 (NASB95): This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful according to all that is written in it; for then you will make your way prosperous, and then you will have success.
- Psalm 19:14 (NASB95): Let the words of my mouth and the meditation of my heart Be acceptable in Your sight, O Lord, my rock and my Redeemer.
- Psalm 104:34 (NASB95): Let my meditation be pleasing to Him; As for me, I shall be glad in the LORD.

WHITNEY: Meditation is the missing link between Bible intake and prayer. The two are often disjointed when they should be united. We read the Bible, close it, and then try to shift gears into prayer. But many times, it seems as if the gears between the two won't mesh. In fact, after some forward progress in our time in the Word, shifting to prayer sometimes is like moving back into neutral or even reverse. Instead, there should be a smooth, almost unnoticeable transition between Scripture input and prayer output so that we move closer to God in those moments. This happens when there is the link of meditation in between.

- Hebrews 4:12-13 (joints & marrow)

ii. PRAYING SCRIPTURE

D. PRAYER AND THE DISCIPLINES

- D1: The faithful woman of God _____ worshipfully toward God through the Word of God, and in particular the gospel.

- D2: The faithful woman of God is concerned for those in her home and _____ for them with her heart fixed on God and His Word.

- D3: The faithful woman of God _____ that each member and regular attender may be shepherded toward God and the gospel.

i. PRAYING ALONE: (Prayer Booklet)

ii. PRAYING TOGETHER:

P	R	A	Y

E. CONCLUSION