

**Summer Focus - Essentials:** Prayer  
**Matthew 6:5-15**  
Sunday, June 9, 2013

## **INTRODUCTION**

### **A. There are bad ways to pray (vv.5-8)**

1. Hypocritical prayers
  - a) Seeks self renown, not God's glory
  - b) Not about posture, but it is about heart
2. Empty prayers
  - a) Heartless / thoughtless phrases
  - b) Mantra, not Faith
  - c) Not about many words, but it is about trust

### **B. Faithful praying (v.9a)**

1. To the Heavenly Father
  - a) What made you a child?
    - (1) **John 1:12-13**
    - (2) **Luke 18:16-17**
  - b) Run to Him like a child
    - (1) **Romans 8:15-17**
    - (2) **Galatians 4:4-7**
  - c) Talk to Him like a child

- (1) Ask for things
  - (2) Ask for help
  - (3) Ask for mercy
  - (4) Ask for forgiveness
  - (5) Tell Him random things
- d) Trust in Him like a child
2. Seeking the Kingdom Not Yet (**vv.9b-10**)
  - a) His reign
    - (1) In heaven
    - (2) In power
  - b) His renown
    - (1) Worshipped in holiness
    - (2) Glorified as ruler
  - c) His rule (**v.10**)
    - (1) Trusted as ruler of all
    - (2) Submission to His rule (will)
    - (3) Apart from prayer, our joyful submission to His will is lacking, perhaps even absent
    - (4) Prayer is the answer to joylessness
3. Seeking the Kingdom Now (**vv.11-15**)
  - a) Perspective
    - (1) Eternity
    - (2) Community

- b) Preservation & perseverance
  - (1) Daily bread
  - (2) Daily needs
- c) Present forgiveness & restoration
  - (1) Broken relationships in this world
  - (2) Unity among believers is paramount
- d) Present deliverance
  - (1) Deliverance from difficulty
  - (2) Trials vs Temptations
- e) Present practices (**vv.14-15**)
  - (1) Forgiveness - truly at the heart
  - (2) This is a return to what made you a child
  - (3) His ties prayer with forgiveness

## C. Final Thoughts

- 1. We're not alone in this
  - a) Trinity
    - (1) God the Father
    - (2) God the Son (**Hebrews 4:14-16**)
    - (3) God the Holy Spirit (**Romans 8:26-28**)
  - b) Community
    - (1) Private & corporate
    - (2) Keep the church in mind and pray with others
      - (a) Paul, Elders, the righteous ones

### (b) **James 5:13-18**

- 2. We learn to pray by praying
  - a) Consider the best seasons with your spouse, a family member, a best friend
  - b) Basically, don't over-complicate prayer...just get started
- 3. The busier we get, the more our mornings have to be captured for God (helpful suggestions from Paul Miller, *A Praying Life*)
  - a) Get to bed
  - b) Get up
  - c) Get awake
  - d) Get a quiet place
  - e) Get comfortable
  - f) Get going
  - g) Keep going

## Resources:

- The Bible
- *A Praying Life*, by Paul Miller
- *Praying Backwards*, by Bryan Chapell
- *The Life of God in the Soul of Man*, by Henri Scougal
- *Spiritual Disciplines of the Christian Life*, by Don Whitney