

A Prayerful Beginning – The Heart of the Matter

Phillip Pelphrey

October 23, 2011

Two obstacles that hinder prayer in the life of the believer.

1. Believers have trouble with prayer because they _____

a. _____

<u>Statement</u>	<u>Excuse</u>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

b. Suggestions to _____ through the _____.

1.

2.

3.

4.

5.

6.

7.

4. Be _____,

5. Be _____,

6. _____ your life on _____,

A Prayerful Beginning: The Heart of the Matter

Adult Sunday School

October 23, 2011

Phillip Pelphrey

1. Believers have trouble with prayer

A. Common excuses we make

A. Common excuses we make

<u>Statement/Question</u>	<u>Excuse</u>
1. I cannot focus on praying	Easily distracted
2. I have a hectic life	Too busy
3. This has been a crazy week.	Too tired
4. I'll just watch one more inning.	Too lazy
5. I'm confused on where to begin.	Don't know how
6. It doesn't seem to ever matter.	Frustrating
7. Only crazy people talk to themselves.	Makes me feel silly
8. I have it all under control.	I know what is best

1. Believers have trouble with prayer

B. Suggestions to persevere through the excuses.

B. Suggestions to persevere through the excuses.

1. Go to bed earlier.
2. Get out of bed to pray.
3. Get awake.
4. Get a quiet place.
5. Get comfortable.
6. Get going by setting small goals
7. Establish a habit and be consistent.

2. Believers have trouble with prayer

A. Cynicism vs. Faith

A. Cynicism vs. Faith

Cynical Heart

Questions God's goodness

Deadens our relationship with God

Creates numbness towards others

Self-assured

Unable to dream; hopeless

Self-absorbed; uncaring

Faithful Heart

Trusts in a glorious God

Draws us closer to God

Generates a love of others

Relies on God

Sees and hopes in eternity

Others-focused; caring

2. Believers have trouble with prayer

B. Practical ways to overcome a cynical heart.

B. Practical ways to overcome a cynical heart.

1. Remember your salvation.
2. Repent of your sin.
3. Be vigilant.
4. Be hopeful.

B. Practical ways to overcome a cynical heart.

5. Be thankful.

a. Replaces bitterness

b. Shifts your focus from yourself

c. Leads to a peaceable heart

d. You are doing God's will

Thankfulness results in Encouragement

Rom 1:8 – 12

⁸First, I thank my God through Jesus Christ for all of you, because your faith is proclaimed in all the world. ⁹For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you ¹⁰always in my prayers, asking that somehow by God's will I may now at last succeed in coming to you. ¹¹For I long to see you, that I may impart to you some spiritual gift to strengthen you— ¹²that is, that we may be mutually encouraged by each other's faith, both yours and mine.

Thankfulness results in the meeting of needs

1 Cor. 1:4 – 8

⁴I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus, ⁵that in every way you were enriched in him in all speech and all knowledge— ⁶even as the testimony about Christ was confirmed among you— ⁷so that you are not lacking in any spiritual gift, as you wait for the revealing of our Lord Jesus Christ, ⁸ who will sustain you to the end, guiltless in the day of our Lord Jesus Christ.

Thankfulness results in wisdom and knowledge

Eph. 1:16 – 19

¹⁶I do not cease to give thanks for you, remembering you in my prayers, ¹⁷that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and of revelation in the knowledge of him, ¹⁸having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, ¹⁹and what is the immeasurable greatness of his power toward us who believe,

Thankfulness results in fellowship

Phil. 1:3 – 7

³ I thank my God in all my remembrance of you,
⁴always in every prayer of mine for you all making my
prayer with joy, ⁵ because of your partnership in the
gospel from the first day until now. ⁶And I am sure of
this, that he who began a good work in you will bring it
to completion at the day of Jesus Christ. ⁷It is right for
me to feel this way about you all, because I hold you in
my heart, for you are all partakers with me of grace,
both in my imprisonment and in the defense and
confirmation of the gospel

B. Practical ways to overcome a cynical heart.

6. Focus your life on Christ.