

"And now I commend you to God and to the word of His grace, which is able to build you up and to give you the inheritance among all those who are sanctified." (Acts 20:32)

January 7, 2018

**NOW WHAT?
Back to the Basics**

**DISCIPLINE – Part1
THE EXERCISE OF PRAYER**

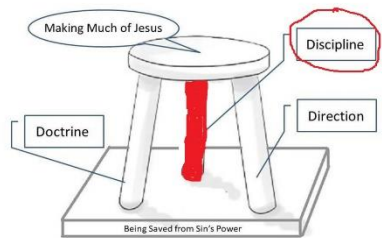
Review

“Train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come.”¹

A Welcoming Invitation to Pray

[Hebrews 4: 15-16](#)

Now What?



Jesus is our High Priest. He has ascended to Heaven. He sits at the right hand – the position of honor – beside the Father. He is our heavenly go-between. Because he is there – we should pray!

But he is our GREAT high priest. [Hebrews 7:25](#)

¹ [The Holy Bible: English Standard Version](#). (2016). (1 Ti 4:7–8). Wheaton, IL: Crossway Bibles.

The greatness of our Savior does not restrict us from approaching him. It is the very basis whereby we may come to him.

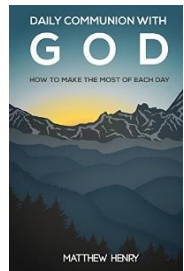
John MacArthur writes, “Jesus not only had all the feelings of love, concern, disappointment, grief, and frustration that we have, but He had much greater love, infinitely more sensitive concerns, infinitely higher standards of righteousness, and perfect awareness of the evil and dangers of sin.”¹

A.W. Pink writes, “Boldly is not contrasted with reverently and tremblingly. It means literally ‘saying all,’ with that confidence which begets thorough honesty, frankness, full and open speech. ‘Pour out your heart before Him.’ Come as you are, say what you feel, ask what you need. Confess your sins, your fears, your wandering thoughts and affections.”²

Pastoral Recommendations of Prayer

In this book, Henry, follows the pattern of the psalmist who wrote:

“But I call to God, and the LORD will save me. Evening and morning and at noon I utter my complaint and moan, and he hears my voice” (Psalm 55:16–17, ESV).



1. Start Every Morning with Prayer

[Psalm 5:3](#)

2. Spend Every Day with God

“Pray without ceasing” (1 Thessalonians 5:17, ESV). [Psalm 25:5](#)

*“To wait on God, is to live a life of desire towards him, delight in him, dependence on him, and devotedness to him.”*³

¹ MacArthur, J. F., Jr. (1983). *Hebrews* (pp. 111–112). Chicago: Moody Press.

² Pink, A. W. (2000). *An Exposition of Hebrews* (electronic ed., p. 222). Escondido, CA: Ephesians Four Group.

³ Beeke, Joel R.; Jones, Mark. *A Puritan Theology: Doctrine for Life* (Kindle Locations 33093-33094). . Kindle Edition.

[Proverbs 3:5-6](#)

3. End the Day with Prayer

David wrote, *“In peace I will both lie down and sleep; for you alone, O LORD, make me dwell in safety”* (Psalm 4:8, ESV).

Conclusion

“You may as soon find a living man who does not breathe, as a living Christian who does not pray.” - Matthew Henry

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