

Sermon Notes: *"Never Hang Up"*

Heart Work: Pursuing Spiritual Growth — Week 3

1 Thessalonians 5:16–18

11.1.26

Big Idea:

Prayer isn't an appointment we keep.

It's a conversation we never have to end.

Does this make me more like Jesus — or not?

OUR PRAYER:

- "Amen" doesn't mean goodbye. It means "I mean it" — and the conversation keeps going.

- God isn't grading your posture. He's after the conversation.

JESUS' PRAYER:

- **RHYTHM: Jesus had a habit**
  - Jesus didn't go looking for a prayer place in the crisis. He went where He always went.
  - Rhythm will grow roots.

- **REFLEX: Jesus prayed in the moment**

  A one-breath prayer reaches the same throne as an all-night prayer.

- **RAW: Jesus prayed honestly**
  - God would rather have your honest anger than your polite absence.
  - Unanswered isn't unheard.

- **RELIANCE: When the words aren't there**

  When you can't find the words, you're not praying alone.

So WHAT:

PRAYER CHECK 1: Set your door frames.

- *Pick three moments that already happen every day — the truck door, the coffee pot, unlocking your phone, the pillow.*
- *Let each one continue the conversation: "Jesus, I'm here." "Thank You." "Help."*

PRAYER CHECK 2: Try the other one.

- *Routine person? Try some one-breath prayers.*
- *Spontaneous person? Try a rhythm — ten minutes, same place, phone in another room.*
- *Then ask: Is this making me more like Jesus — or not?*

Life Group ICEBREAKER: How do you stay in touch with the people closest to you during the day — texts, calls, pictures, memes, dinner-table talk? Which one feels most like "you"?

REVIEW:
Review the sermon notes from Sunday. Was there a particular point that stuck with you? What was it and why did it resonate with you?

READ: 1 Thessalonians 5:16–18 and 2:9

- Before Sunday, what counted as "prayer" in your mind? Where did you learn that picture of prayer?
- Paul worked "night and day" and still prayed "constantly." What would "never hang up" look like in an ordinary day for you?
- Darin said "amen" means "I mean it," not "goodbye." How could that change the way you end a prayer — and what happens after it?

READ: Luke 22:39–41 and Nehemiah 2:1–5

- Jesus went "as usual" — His habit was so regular Judas knew where to find Him (John 18:2). Where is your "Mount of Olives"? If you don't have one, what would be realistic?
- Nehemiah prayed one breath between the king's question and his answer. Share a time you prayed a one-breath prayer. How did his months of prayer in chapter 1 shape that moment?

READ: Matthew 26:36–44 and Hebrews 5:7

- Jesus told the Father exactly what He wanted — three times. Were you ever taught that honest or angry prayers are disrespectful? How do Gethsemane and Psalm 13 change that?
- Hebrews says God heard Jesus — and the cup still didn't pass. Is there a prayer you've been waiting on? What does "unanswered isn't unheard" mean for you right now?

READ: Romans 8:26 and Luke 11:1–4

- When have you had no words to pray? Do borrowed words — the Lord's Prayer, a psalm, a hymn — help you, or feel stiff? Why?

READ: Matthew 6:5–8 and Romans 8:15

- Darin named three bags we carry into prayer: the checklist, performance, and suspicion. Which one have you carried, now or in the past? (Share only what you're comfortable sharing.)
- When you pray, who do you picture on the other end? How does "Abba, Father" — the One who knows what you need before you ask — change that picture?

DEPLOY: Two Prayer Checks This Week:

1. *Set your door frames:* Choose three moments that already happen every day and let each one restart the conversation with God.
2. *Try the other one:* If you're routine, try arrow prayers. If you're spontaneous, try a rhythm — ten minutes, same place, phone in another room. Ask, "Is this making me more like Jesus — or not?"

This week: Come ready to share one doorframe that worked (or didn't).

Don't Forget:

- Voting on new bylaws to become a biblical, elder-led church:
  During the Sunday School hour
  Nov 1st (today) and Nov 8th (next Sunday)
- Operation Christmas Child (OCC) – Final packing party Sunday, Nov 8th 2 pm. See website for list of items needed. Monetary donations to fund mailing costs are also important. Donate on our website under "Give"
- Coffee Connection – Saturday, Nov 21st, 9:00 am – 10:30 am
- Fifth Sunday Potluck - Sunday, Nov 29th

Prayer:
Father,
Thank You that You started this conversation, and that You always hear us. Forgive us for treating prayer like a box to check or a performance to get right. Teach us to pray like Jesus — in the usual place, in the moment, honestly, and even when we have no words.
Thank You that the Spirit prays within us and that Jesus is praying for us right now. Let our roots grow down deep into You and let us overflow with thankfulness.
In Jesus' name — Amen. (And we're not hanging up.)