

Pray Like Jesus Prayed

Lesson for Sunday, August 18, 2024

INTRODUCTION: (THIS SHOULD BE QUICK...YOU CAN ALMOST READ IT!)

- Do you want God's blessing on your life, marriage, family, children, work, etc.?
 - The key to unlocking God's blessing on your life is prayer.
- Do you want victory over sin? They could be those nagging sins: anger, lust, anxiety, and fear. They could be life dominating sin: addiction, etc.
 - The key to victory over sin is prayer.
- Do you want joy? Do you want peace? Do you want to be content?
 - The key to all these is prayer.
- Someone wrote, "Your prayer life is what your Christian life is." You are no better than your prayers.
- This is the third week in our series, "Teach Us To Pray." Very soon we will get very practical. But we are spending these early weeks developing a burden to pray.
- This week we are looking at the prayer life of Jesus. What does He teach us about prayer?

HOW DID JESUS PRAY? (THIS IS ANOTHER GREAT LESSON FOR GROUP WORK! BUT SAVE POINT 7 FOR YOURSELF TO USE TO WRAP UP THE LESSON!)

1. Jesus prayed in the **morning**.
 - a. Mark 1:35 – several things we learn from Jesus in this verse.
 - b. "In the morning" – In the original language this is referring to what the Jews referred to as the "fourth watch." This would have been between 3-6 AM.
 - i. If we are going to pray like Jesus prayed, we need to pray in the mornings – early in the mornings. Jesus won the battle of the bed!
 - ii. APPLICATIONS TO CONSIDER:
 1. We must go to bed on time & be disciplined to get up immediately.
 2. You may not immediately get up and begin to pray (coffee first), but you should plan your mornings so you have plenty of time to pray.
 3. Musicians tune their instruments BEFORE the concert. When we pray, we are tuning up for the day. Always start your day with prayer.
 - c. "A solitary place" – Jesus had to be alone.
 - i. We deal with so many distractions: cell phones, text messages, alerts, TV's, family, etc. You will not be able to pray effectively if you are being constantly distracted. Find a place where you can be alone with the Lord.
 - ii. APPLICATIONS: Find a place where you can be alone with the Lord.
 1. Ex: a place at home; arrive at the office early and sit in the car, or go in their office and close the door. Some like to walk while they pray.
 2. In Matthew 6:6, Jesus said to enter in to your closet – a private place – and talk with God privately.
 - d. Other texts to reference: Psalm 5:3; 63:1; 143:8 – "In the morning"
2. Jesus took prayer **retreats** (Luke 5:15-16)
 - a. Summary: Great multitudes were following Jesus and demanding His time. In the midst of all that busy-ness, Jesus took time to step away from the crowd and to pray.
 - b. If there is one characteristic of the US: We are too busy. Our "to do" list is longer than the amount of time we have to do it. If we are too busy to pray, then we are too busy.
 - c. APPLICATION: There may be some things in your life you don't need to be doing. By stopping those things, you will have more time to pray.
 - d. Notice that this text doesn't tell us the time of day (like morning). The verses do tell us that Jesus was being followed by multitudes of people. It seems that He was in the middle of a very busy time.

- e. Yet He slipped away from the crowd and found a quiet place so He could spend time in prayer.
 - f. APPLICATION: When we find ourselves overwhelmed with everything we have to do, that's a great time to pray.
3. Jesus prayed before making **decisions**.
- a. Luke 6:12-13: Jesus chose His disciples. How big of a decision was this?
 - b. Vs. 12 tells us how Jesus prepared for that decision – He found a quiet place and prayed all night! If Jesus needed to pray before making decisions don't you think we need to?
 - c. Consider these verses that push us to pray:
 - i. Proverbs 3:5-6 - We must acknowledge Him in all our ways. That's prayer!
 - ii. Isaiah 30:21 - We have God's promise to direct us as we make decisions throughout the day.
 - iii. Jeremiah 33:3 - How do we call unto God? By prayer.
 - iv. James 1:5 - Pray and ask God for wisdom. Do you need wisdom?
 - d. We make decisions all the time! Any decision is worth praying about!
4. Jesus prayed when He was **tempted**.
- a. Matthew 4:1-2 - The point of this trip into the wilderness was to be tempted by Satan. But before the temptation could begin Jesus fasted for 40 days.
 - i. Many times in the Bible you see the phrase, "fasting and prayers." It almost always involves praying. It is very safe to conclude that in these 40 days of fasting that Jesus spent hours and hours of time in prayer.
 - ii. This is an illustration of Jesus praying before He was to be tempted.
 - b. Luke 22:41, 44
 - i. This is right before Jesus was to be arrested and crucified. Don't you know He was tempted to exercise His deity and avoid the cross?
 - ii. What did He do? He went to the Garden to pray.
 - c. If we are to pray like Jesus prayed, we should pray before temptation, during temptation, and after temptation has passed.
5. Jesus prayed when He was **suffering**.
- a. Matthew 27:46 – Jesus was dying on the Cross; taking the punishment for the sins of the world, and what did He do? He prayed; cried out to God.
 - b. Luke 23:34 – Again Jesus prayed, this time asking God to forgive those who were crucifying Him that day.
 - c. For many of us, our first response to suffering is very far from prayer. We complain, we have a pity party, we run and tell everyone how bad our lives are at that moment...or we post it on social media!
 - d. When Jesus was suffering, He prayed. What a wonderful example for us to follow!
6. Jesus prayed with **thanksgiving**.
- a. Luke 10:21 – Share the context. When things went well, Jesus's first response was to pray and thank His Heavenly Father.
 - b. John 11:41-42 – We don't think of a funeral as a time to give thanks, but that is exactly what Jesus did! Jesus understood that we are to give thanks in all things – even the things that are hard to be thankful for.
 - c. Luke 24:30 – Jesus prayed before He would eat.
7. Jesus is praying **right now**.
- a. Hebrews 7:25
 - b. This is a promise for the Christian that should bring you great hope and comfort.
 - c. Verse 22 tells us that this section is talking about Jesus Christ.
 - d. Verse 25 – Jesus always lives to intercede for them (those He has saved).
 - e. What does that mean?
 - i. Jesus is always praying for you. He is talking with His Heavenly Father about you and praying on your behalf.
 - ii. That means Jesus is praying for you right now.

- f. I don't know what you are going through.
 - i. Your marriage could be going through a difficult time.
 - ii. Your child may be breaking your heart.
 - iii. You may not be sure how much longer you will have a job.
 - iv. Whatever it might be, Jesus knows, and He's praying for you right now.
 - v. And when Jesus prays, things happen.

Conclusion: If Jesus needed to pray, don't you think we need to pray?

- If Jesus prayed early in the morning, shouldn't we?
- If Jesus stepped away from the busy-ness of the moment to pray, wouldn't that be wise for us to do the same from time to time?
- If Jesus stopped to pray before making decisions, shouldn't we do the same?
- If Jesus prayed before facing the attacks of Satan, don't you think we should do the same every morning before we know we will be tempted?
- If Jesus prayed while He was suffering, don't you think we ought to do the same?
- If Jesus prayed and every time He was thankful, shouldn't we do the same?
- If Jesus is always praying, shouldn't we?