

# OUT OF PRACTICE - Prayer

June 19, 2022 Psalm 103:1-14

## OPENING QUESTION

What is the difference between meditation and prayer? Did you practice the discipline of meditation this week? How do you “pray without ceasing”?

## PRAYER

- **What is prayer?**
  - Prayer is a conversation with God, communicating with Him with our words or thoughts.
  - Prayer is two-way communication with God; meditation is listening to God.
- **How often should I pray?**
  - Pray without ceasing (1 Thessalonians 5:17).
  - Praying without ceasing is communicating with God throughout the day and being aware of His presence in everything we do.
  - Praying without ceasing is like a comma, not a period.
- **How should I pray?**
  - Boldly (Luke 11:5-10)
  - Persistently (Luke 18:1-8)
  - ACTS - Adoration, Confession, Thanksgiving, Supplication

## REMEMBER THE PRESENCE OF GOD - Psalm 103:1-2

- David is talking to his own soul, saying “In my inmost being, there is unbelief. In my center of centers, in spite of what I might know, deep down I’m struggling with truth.”
- Meditative prayer is praying the truth into your heart until it becomes truth in the presence of God.
- How do you praise the Lord with your entire soul? By not forgetting His presence and benefits.
- The main way to honor God, the main way to handle life, is to not forget.
- Remembering is to be so aware of something, so awakened to something, that it affects you completely, including your behavior. Remembering transforms you.
- We are afraid and we sin because we don’t remember God’s presence in our lives (Isaiah 51, 2 Peter 1:8-11).

How are prayer and the presence of God related? How are prayer and remembering related? Do you sometimes hesitate to pray because you doubt the presence of God, or perhaps are afraid of the presence of God?

## REMEMBER THE BENEFITS OF GOD - Psalm 103:3-14

- Thinking with God is how we remember His presence, but it’s not just thinking, it’s thinking in the presence of God.
- Though we may remember the good news, we sometimes forget the gospel.
- Psalm 103 reminds us to remember the gospel and who God is:
  - He forgives, heals, redeems
  - He crowns, loves, is merciful, satisfies
  - He’s righteous, just, merciful, gracious
  - He’s knowable, slow to anger, abounding in love
  - He removes and forgets our sin
  - He is compassionate, and knows everything about us
- Every problem you have is because you’re failing to take some aspect of the gospel and pray it into the very center of your heart.

Read and reflect on Psalm 103. Take a moment to meditate and pray over each attribute of God, and thank Him for His faithfulness to you. Pray David’s words into the center of your heart. What benefits has God given to you?



## CLOSING QUESTIONS

### Hear

What are some things that stood out to you in this week's sermon and Scriptures?

### Obey

How is your prayer life? Do you set time aside to meditate on His word, pray, and enjoy His presence? Are setting aside time to pray and praying without ceasing in conflict with one another, or can they be woven together? How can the psalmist encourage you this week?

### Pray

Pray that God will calm you this week with His word and His presence. Meditate on what it means to pray without ceasing, giving God adoration, confessing sin, thanking Him, and asking Him for His provision and His will for your life.