

too busy **NOT** to pray

Scriptures:

Philippians 4:6 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Matthew 6:9-13 (NIV)

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'"

Points:

- Our expectations look different than our reality.
- You are not in control, but you know the One who is.
- There is a gap between our expectations and our reality. Often times, we fill the gap with stress.
- When you begin to experience a reality different than your expectation, fill the gap with a connection to God through prayer.
- Prayer provides perspective. It constantly lets you know that you are not in control, but it reminds you that you know the One who is.
- Prayer keeps you humble in the good times and confident in the bad.
- Sometimes what we ask for is different than what we receive from God, but He meets our needs.

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Sermon: Too Busy Not To Pray: part 3

Notes:

The apostle Paul's preaching to the Gentiles is one of the main reasons that we (non-Jews) have received the gospel of Jesus Christ today. In the book of Phillipians, the apostle Paul is writing to the Philippian church from prison telling them to pray in every situation.

He writes: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God (Philippians 4:6 NIV)."

Question: When things get crazy, is it really possible to live this way? No worry? No anxiety? Is it possible to live stress free with the ups and downs of this life?

When crazy things happen, we automatically start praying. We must also learn to pray prayers of thanks even in the good times.

In our life we all have certain expectations that we feel ought to happen (examples: future career, children, spouse, college) At the same time, we all deal with reality. Most of the time, our reality and expectations don't line up. When our expectations don't line up with our reality, we are left with a gap.

When there is a gap between our expectation and reality, what do we fill it with? Most of us fill it with anxiety and stress.

Our expectations are usually all about "me." So when our expectations aren't reality, we stress because we bare the weight. When our expectations are focused on ourselves, we have this concept that everything that happens is directly related to us. However, when we realize that not everything is up to us and that we are not in control, the weight of stress is lifted from our shoulders.

We are not in control. God is, and we need Him in every situation.
When things are good, I need God.
When things are bad, I need God.

Prayer provides perspective. It constantly lets you know that you are not in control, but you know the one who is. Prayer keeps you humble in the good times and confident in the bad.

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Sermon: Too Busy Not To Pray: part 3

Notes (page2):

We tend to pray when we need something or in a difficult situation, but the reality is that God is in absolute control and we need Him in every situation. In the good times, we should never be too busy or too unthankful to take time out of our day to pray and thank God for His blessings.

Sometimes your solution is not the solution God has in mind. Just like parents know what is best for their children, God knows what is best for His children. He always meets our every need. He does all things perfect and good.

Recap:

There will be times in your life when expectation and reality look so different. How do you fill the gap? Realize that you are not in control and bring your requests to the One who is control. In every situation, the good and the bad, fill the gap with prayer. We are all busy, but we are all too busy not to pray.

Instruction:

Find a spot where you can carve out ten minutes to pray.

Pray prayers of thanks for the good things.

Pray prayers of faith for the bad things.

Remove the stress from the gap in your life and fill it with prayer, faith, and confidence in God.

Purpose:

Jesus was constantly carving out time to separate Himself from His disciples to go and pray.

Seeing this, the disciples asked Jesus to teach them how to pray. He gave an example in Matthew 6:9-13. In this prayer, Jesus says, "Give us today our daily bread." By saying this, Jesus was teaching us to pray even over the simple things in our lives. He was telling us to give thanks in all things. As believers, we should follow His example and pray over all things in every situation reminding ourselves that God has control even over the little things.