



WEEK 3: STRENGTH TRAINING

January 16, 2022

2 Corinthians 7:8–10 - For even if I made you grieve with my letter, I do not regret it—though I did regret it, for I see that that letter grieved you, though only for a while.⁹ As it is, I rejoice, not because you were grieved, but because you were grieved into repenting. For you felt a godly grief, so that you suffered no loss through us.¹⁰ For godly grief produces a repentance that leads to salvation without regret, whereas worldly grief produces death.

2 Chronicles 27:6 - So Jotham became mighty (hzaq), because he ordered his ways before Yahweh his God.

Daniel 9:2–19 - in the first year of [Darius'] kingship I, Daniel, observed in the scrolls the number of the years that it was that were to be fulfilled according to the word of Yahweh to Jeremiah the prophet for the devastation of Jerusalem—seventy years.³ Then I turned my face to the Lord God to seek him by prayer and pleas for mercy, in fasting and in sackcloth and ashes.⁴ And I prayed to Yahweh my God, and I made confession and I said, “O Lord, the great and awesome God, keeping the covenant and loyal love with those who love him and with those who keep his commandments,⁵ we have sinned and we have done wrong and we acted wickedly and we rebelled and have been turning aside from your commandments and from your ordinances....

...¹⁶ Lord, according to all your righteousness, please let your anger and your rage turn away from your city Jerusalem, your holy mountain, because through our sins and through the iniquities of our ancestors Jerusalem and your people have become an object of mockery among all of our neighbors.¹⁷ And now, listen to the prayer of your servant and to his pleas for mercy. Shine your face upon your desolate sanctuary for your sake, O Lord.¹⁸ Incline your ear, my God, and listen; open your eyes and look at our desolation and the city that is called by your name, for we are not presenting our pleas for mercy before you because of our righteousness, but rather because of your great compassion.¹⁹ Lord, listen! Lord, forgive! Lord, pay heed and act! You must not delay for your sake, my God, because your city and your people are called by your name.”

What HABITS does Daniel's example teach us to add?

- Studying God's revealed Word (Daniel 9:2)
- Seeking God (Daniel 9:3)
- Fasting (Daniel 9:3)
- Prayer (Daniel 9:3, 4)
- Repentance (Daniel 9:13)
- Plea/Implore/Entreat/Ask (Daniel 9:3, 13, 16, 17, 18)
- Confession, admission, & radical ownership (Daniel 9:4, 5, 6, 7, 8, 9, 10, 11, 15, 16)
- Appeal to God's character, nature, and name, not your merit (Daniel 9:4, 7, 9, 12, 16, 17, 18, 19)

John 14:13–14 - “Whatever you ask in my name, this I will do, that the Father may be glorified in the Son.¹⁴ If you ask me anything in my name, I will do it.”

There are TWO primary reasons people don't pray:

1. They haven't learned how yet
2. It actually doesn't do anything when they try

How do we pray? We C.H.A.T. with God...

CONFESS - Take radical ownership over your sin and rebellion by confessing sins using the biblical language, and then asking forgiveness

HONOR - Jesus is NOT your homeboy! Declare WHO God is and HOW He is unlike us and others

ASK - plea, petition, and submit requests to God. What do you need to advance His Kingdom in your sphere of life according to His methods?

THANK - acknowledge the undeserved gifts God has already provided (Daniel 6:10, Philippians 4:6)

Why don't my prayers change anything?

James 4:2a–4 - You do not have, because you do not ask.³ You ask and do not receive, because you ask wrongly, to spend it on your passions.⁴ You adulterous people! Do you not know that friendship with the world is enmity with God? Therefore whoever wishes to be a friend of the world makes himself an enemy of God.

James 5:16 - Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

Proverbs 15:29 - Yahweh is far from the wicked, but the prayers of the righteous he will hear.

Proverbs 28:9 - If one turns away his ear from hearing the law, even his prayer is an abomination.

If you refuse to submit to God's privilege to define right and wrong and refuse to pursue holiness and purity that generates strength, your prayers are the prayers of a usurper, and you should expect your prayers to go unheard.

1 John 3:21–23 - Dear friends, if our heart does not condemn us, we have confidence before God,²² and whatever we ask we receive from him, because we keep his commandments and do what is pleasing in his sight.²³ And this is his commandment: that we believe in the name of his Son Jesus Christ and love one another, just as he commanded us.