



**REFRESHED**

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## Matthew 5:3-12

<sup>3</sup> *“Blessed are the poor in spirit, for theirs is the kingdom of heaven. <sup>4</sup> Blessed are those who mourn, for they will be comforted.*

*<sup>5</sup> Blessed are the meek, for they will inherit the earth. <sup>6</sup> Blessed are those who hunger and thirst for righteousness, for they will be filled. <sup>7</sup> Blessed are the merciful, for they will be shown mercy. <sup>8</sup> Blessed are the pure in heart, for they will see God.*

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## Matthew 5:3-12

*<sup>9</sup> Blessed are the peacemakers, for they will be called children of God. <sup>10</sup> Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven. <sup>11</sup> “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.*

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**People often pray out of:**

1. Obligation

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## Matthew 6:5-6

*<sup>5</sup> “And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. <sup>6</sup> But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.*

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## Matthew 6:7-8

*<sup>7</sup> And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him.*

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**People often pray out of:**

1. Obligation
2. Appreciation

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**People often pray out of:**

1. Obligation
2. Appreciation
3. Reflection

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**People often pray out of:**

1. Obligation
2. Appreciation
3. Reflection
4. Expectation

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## Matthew 6:9-13

<sup>9</sup> *“This, then, is how you should pray: ““Our Father in heaven, hallowed be your name,<sup>10</sup> your kingdom come, your will be done, on earth as it is in heaven. <sup>11</sup> Give us today our daily bread.*

*<sup>12</sup> And forgive us our debts, as we also have forgiven our debtors. <sup>13</sup> And lead us not into temptation, but deliver us from the evil one.’*

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## Matthew 6:6

*<sup>6</sup> But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.*

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## Matthew 5:11-12

*<sup>11</sup> “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.*

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## Daniel 4:17-18

<sup>17</sup> “The decision is announced by messengers, the holy ones declare the verdict, so that the living may know that the Most High is sovereign over all kingdoms on earth and gives them to anyone he wishes and sets over them the lowliest of people.’

<sup>18</sup> “This is the dream that I, King Nebuchadnezzar, had. Now, Belteshazzar, tell me what it means, for none of the wise men in my kingdom can interpret it for me. But you can, because the spirit of the holy gods is in you.”

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## Daniel 4:27

*27 Therefore, Your Majesty, be pleased to accept my advice: Renounce your sins by doing what is right, and your wickedness by being kind to the oppressed. It may be that then your prosperity will continue.”*

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## Daniel 6:5

<sup>5</sup> Finally these men said, “We will never find any basis for charges against this man Daniel unless it has something to do with the law of his God.”

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## Prayer refreshes because it:

### A. Helps you keep your sanity

*<sup>10</sup> Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.*

Daniel 6:10

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## Prayer refreshes because it:

B. Stops you from blaming yourself and blaming others

*<sup>22</sup> My God sent his angel, and he shut the mouths of the lions. They have not hurt me, because I was found innocent in his sight. Nor have I ever done any wrong before you, Your Majesty.”*

Daniel 6:22

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## Prayer refreshes because it:

C. Encourages you to know that God has it all under control

*<sup>22</sup> My God sent his angel, and he shut the mouths of the lions. They have not hurt me, because I was found innocent in his sight. Nor have I ever done any wrong before you, Your Majesty.”*

Daniel 6:22

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## Our posture:

### 1. What shall we think

*<sup>28</sup> And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

Romans 8:28

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## Our posture:

### 2. What shall we say

*<sup>31</sup> What, then, shall we say in response to these things? If God is for us, who can be against us?*

Romans 8:31

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## Our posture:

### 3. What shall we do

*<sup>16</sup> Rejoice always, <sup>17</sup> pray continually, <sup>18</sup> give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

1 Thessalonians 5:16-18



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