

Rhythm: Life with God. For the World

Inward Practices | Luke 11.1-28

Bible Intake

- Engaging yourself with the Word of God -DW

3 Primary Ways

1. Hearing God's Word [Romans 10.17 | 1 Tim 4.13 | Luke 11.28]
 - Faithfully attend a NT church who preaches the Word [not passive listening, but active]
2. Reading God's Word [2 Tim 3.16 | Matthew 12 -"have you not read"]
 - Find a Time. Find a Plan. Read.
3. Studying God's Word [Ezra 7.10 | 2 Tim 4.13 | Deut 11.18-20]
 - Repetition. Concentration. Comprehension. Reflection
 - The basic difference between Bible Reading and Bible Study is a PEN & PAPER

Application

- Individual -Spend time daily with Bible & Pen
 - Find a plan. Find a place
- Family -Do you read/hear God's Word as a family?
 - Kids Bible. Sharing God's Word w/ kids or teens. Read w/ Spouse
 - Go to church FAITHFULLY & actively listen
- Church -Faithfully preach the WORD
 - Provide space for people to study the Word

Meditation

- Creating emotional & spiritual space that allows God to construct an inner sanctuary in your heart.

Explained

- Heightens your ability to hear God's voice and over His Words
- 58 times in OT [listening to God's Word, reflecting on God's Works, rehearsing God's Deeds, thinking deeply on God's Law]
 - [Gen 24.63 | Psalm 1.2, 63.6, & 119.148]
 - see a change in behavior as a result of an encounter with God [transformation]*
- Eastern Meditation = empty the mind | Christian Meditation = filling the mind with Christ [Luke 11]
 - detach from the World and attach to God
- Meditation is the missing link between Bible Intake and Prayer

Application

- Individual -Meditate on a passage of Scripture [focus your mind only on the passage]
 - purposefully pause for a couple of minutes
- Family -Go outside (bring outside in) and meditation on an aspect of God's Creation [imagination]
 - Talk about a life event. Then take time to examine it and see how God was in every aspect.
- Church -Moments of focus on the SAME THING
 - Response from sermon

Prayer

Explained

- Talking with God about what you are doing together -DW
 - Prayer is the central practice of the Life with God
everything else: preparation for, a means of, or an accompaniment to PRAYER
1. Prayer is Expected
 - Jesus [Matthew 6 (4 times). Luke 11] “when you pray” [Luke 18.1-8] “always pray”
 - NT [Col 4.2 - devote to prayer | 1 Thes 5.17 - pray continually]
 2. Prayer is Learned
 - From Jesus [Mark 1.37 - everyone is looking for you. Luke 11.1 - teach us to pray]
 - From Others [Time & Setting. Simple Prayers. Prayer as a relationship]
 - Prayer is to change
‘We are not trying to manipulate God and tell him what to do. Quite the opposite. We are asking God to tell us what to do.’ -Richard Foster in *Celebration of Discipline*

Application

- Individual -Find a Time & Place [let it become sacred]
 - Make a list to jumpstart your prayer time
 - Pray the Scriptures
- Family -Pray together [not just for the food]
 - Recite the Lord’s Prayer together [early church = 3x a day]
 - make it fun/not boring & formal
- Church -Wednesday night prayer meeting
 - saturate everything we do [Staff. Pre-Service. Groups]

Week 1: Intro

Week 2: Inward (meditation. prayer. study)

Week 3: Outward (fasting. solitude. simplicity. service)

Week 4: Corporate (confession. worship. guidance. celebration)

Individual. Family. Church

A dad and his 2 year old son are walking through a shopping mall. The boy was cranky and out of sorts, and nothing the father did would settle him down.

When nothing else works the father finally picks his son up, holds him in his arms, and begins to sing to him a song that he makes up as he goes along: "I love you. I love the way you laugh. I'm glad I get to be your dad."

Suddenly this song does what nothing else could. His son's eyes get wide, his mouth closes and grins, he nestles into his father's chest and listens all the way out to the car.

when his father puts him into the car seat and buckles him in, his son throws out his arms and says, "Sing it to me again, Daddy. Sing it again."

Prayer is like that. With simplicity of heart we allow ourselves to be gathered up into the arms of the Father and let him sing his love song over us.

Sing it again.

John Ortberg in *The Life You've Always Wanted* (106)