

Prayer: It comes from
the heart, not the head.

Bible Reading:

Matthew 6:1,5-6 HCSB

Sermon:

Ric Trent, Local Lay Speaker, UMC

Matthew 6:1,5-6 HCSB

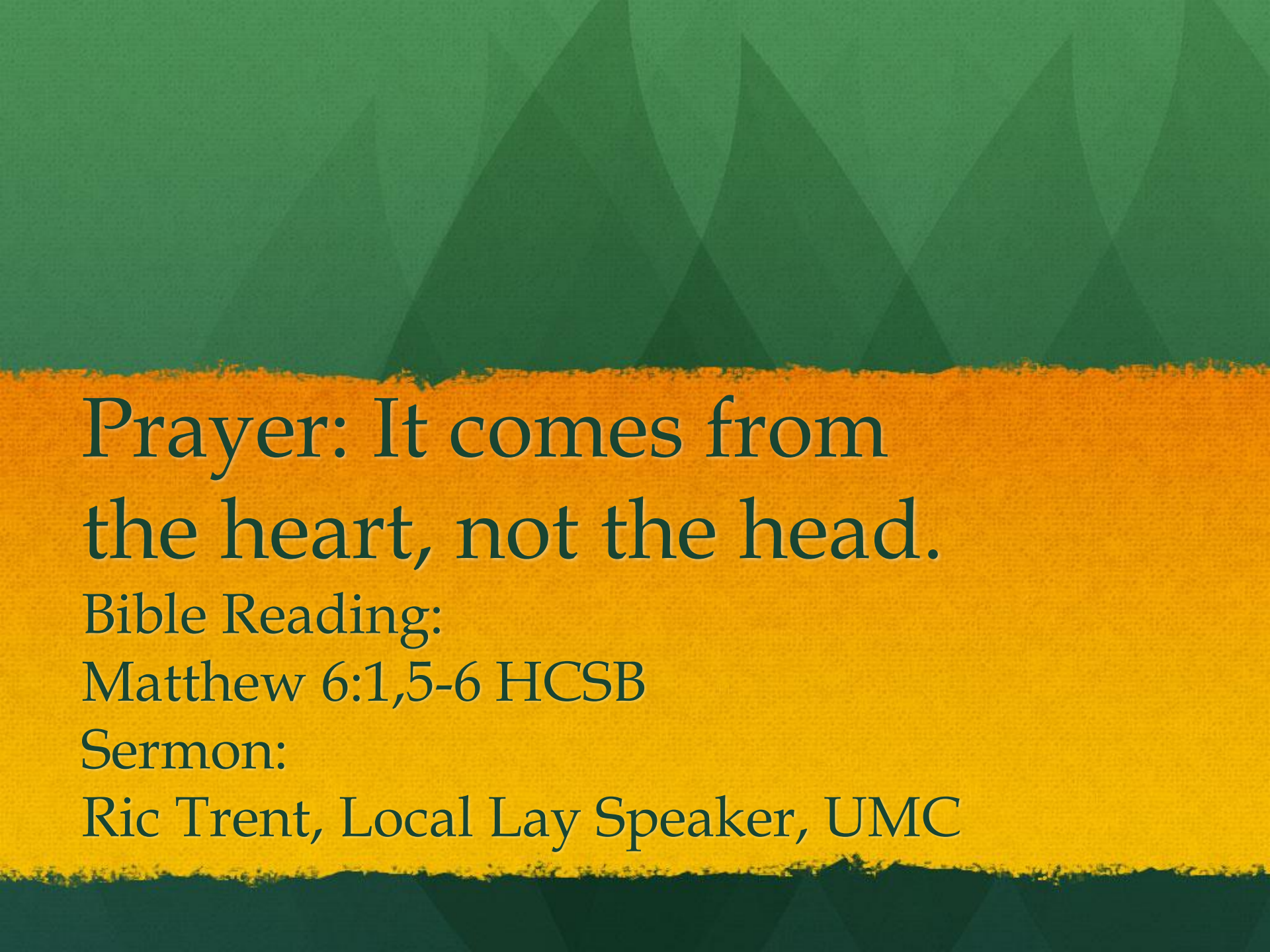
1 “Be careful not to practice your righteousness in front of people, to be seen by them. Otherwise, you will have no reward from your Father in heaven.

Matthew 6:1,5-6 HCSB

5 “Whenever you pray,
you must not be like the hypocrites,
because they love to pray standing
in the synagogues and on
the street corners to be seen by people.
I assure you: They’ve got their reward!

Matthew 6:1,5-6 HCSB

6 But when you pray,
go into your private room,
shut your door, and pray to your Father
who is in secret. And your Father who
sees in secret will reward you.



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History of humans and prayer

- Primitive Prayer
- Ritual Prayer
- Greek Cultural Prayer
- Philosophical Prayer
- Mystical Prayer
- Prophetic Prayer

Friedrich Heiler

The Challenge of “The Sermon on the Mount”

- Jesus shifts religious observance from the “external obedience” to the “internal heart-felt”
- His instruction is about the heart as the true source of Good & Evil

The Challenge of “The Sermon on the Mount” (continued)

- “Be careful about not living righteously merely to be seen by people. Otherwise you will have no reward from your Father in Heaven.”
Matt. 6:1 HCSB
- “your Father, who sees in secret will reward you.”
Matt. 6:6 HCSB

Rewards of relational prayer

- Direct the heart
- Receive answers and close or open doors
- Strengthen the character and spirit
- Increase faith and spiritual gifting
- Bring a deeper sense of the Father's care
- Create a sense of well being in
a hectic world
- Increase the love you have to give

Loving Arms

Why shift your conversation with God from your mind to your heart?

- It is a much more direct connection to your soul.
- It is much more powerful than rationale or intellectual approaches.



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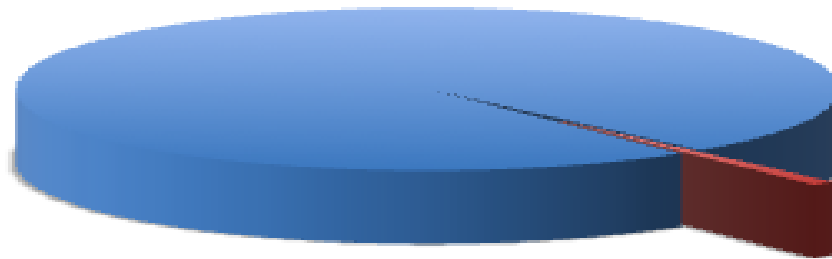
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How long should I pray?

- Prepare a “Space for Grace”
- If you are praying with your heart, alone, you will know when you have connected with God and the Holy Spirit
- It’s not a “time” thing

Breakdown of your day

Minutes per Day = 1440



Grace enters into a space that is prepared for it.

How much time would you give to:

- Ground yourself in Love
- Find inner peace
- Create healing power
- Prepare a space for grace in your life

15 Minutes?

1/100th of your day will change the depth of your relationship to God and the people in your life!

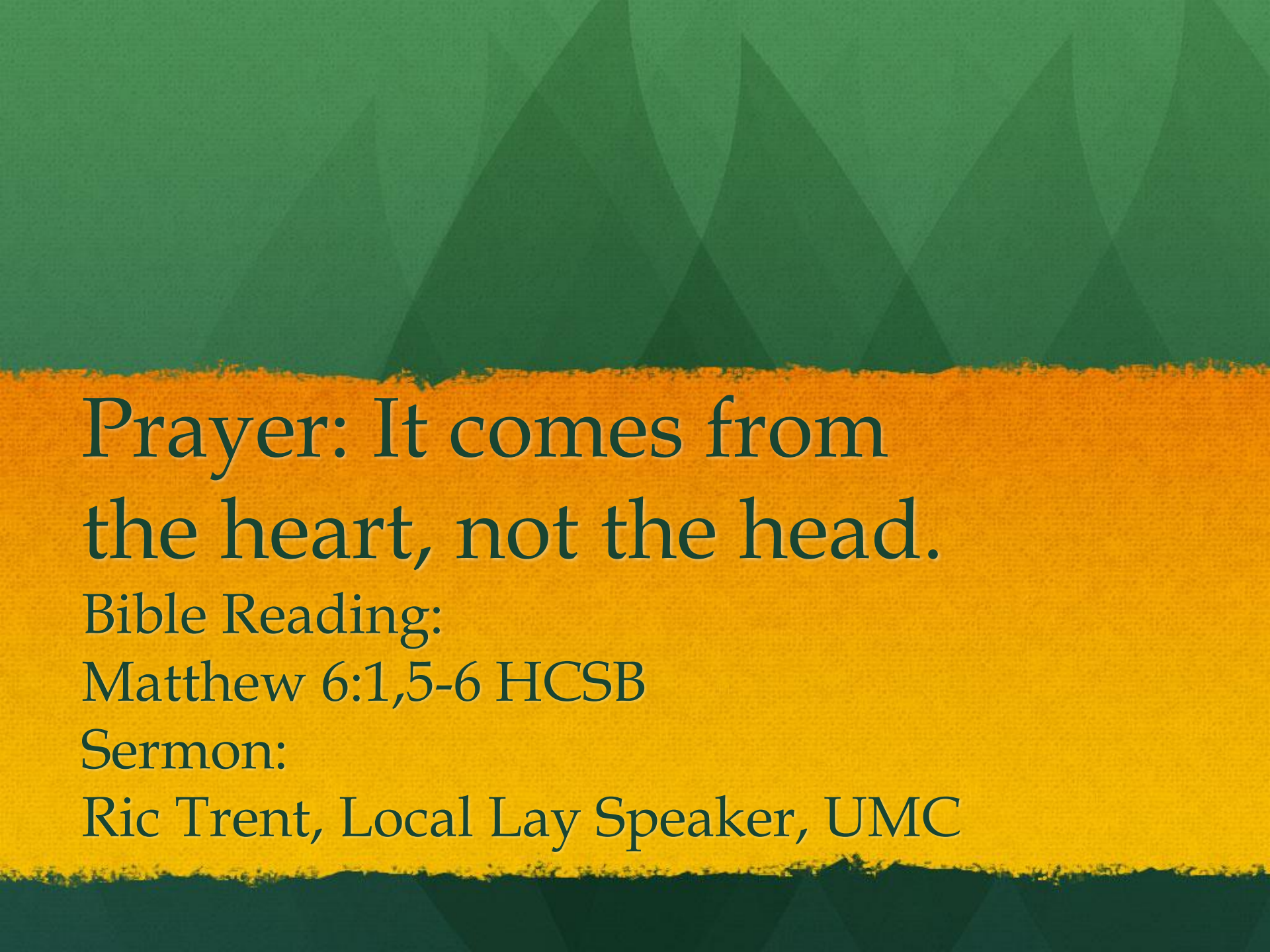
Here's an example of how someone who thought they were too busy to dedicate time every day gained insight and rewards

PLAY WILL HEWITT VIDEO



Commit the time every day

- God wants an intimate relationship with you
- Prepare a place in your heart for Him to enter
- Find a quiet place to speak with Him
- Spend the time He deserves
- Make the “Space for Grace” and He will come



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