

A Couch Potato's Guide To Prayer, Part 2

The Results of Intimate Prayer - Notes

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- I. Recap: The foundation of a Christian's prayer life is an love relationship with God
 - A. When it comes to prayer most of us feel like 'couch potatoes'
 1. Undisciplined
 2. Unmotivated
 - B. **2**But for Jesus it was different
 1. It wasn't work
 2. It came natural
 3. He enjoyed prayer
 - C. If you're saying to yourself: "Of course prayer was easy for him. He was good at it. Prayer was his job. He was a professional. He was God. **3**The Tiger Woods of prayer", you'd be wrong...
 - D. Jesus set aside all his advantages and privileges and became a 'couch potato' like us (well not quite but close):

4*6*Who, being in very nature God, did not consider equality with God something to be grasped, **7**but made himself nothing, taking the very nature of a servant, being made in human likeness. (Phil. 2:6-7)

1. Subjected to same life conditions you and I are subjected to.
2. Same limitations, difficulties, temptations

3. ⁵Prayer was not automatic. It was an act of his will; an act of humility and dependency; an expression of love, not...
 - a. A convenient means to get out of trouble or seek freedom from danger.
 - b. A way for him to get something he wanted
 - c. A way of earning brownie points with God.
4. Prayer was all about intimacy and love; something he loved to do, not something he had to do.

E. Because Jesus was human he becomes a model for us

1. He claimed that he did nothing apart from the Father

⁶*“Very truly I tell you, the Son can do nothing by himself, he can do only what he sees his Father doing, because whatever the Father does the Son also does. For the Father loves the Son and shows him all he does (Jn. 5:19-20)... The one who sent me is with me; he has not left me alone, for I always do what pleases him (Jn. 8:29).”*

2. Jesus lived in total dependence upon the Father – a dependence marked by prayer
3. Prayer kept him in tune with the heart of the Father
4. He would rise early in the morning to seek his Father’s will.
5. He was constantly in casual conversation with him.
6. Prayer was the breath that he breathed, the driving force of his life.
7. It was the key to his astonishing ministry.

II. Intimate prayer is essential for us as well

- A. Common mentality today is that you can tell God what to do as long as you quote the right scripture

1. This violates the nature of intimacy
2. **7a**Changes the nature of the relationship from a child climbing in his fathers lap **7b**to an attorney arguing for a position you are holding.
3. Prayer begins and ends with a love relationship with God

B. Jesus came to bring the human race “home” to his Father (reconcile; heal the relationship)

8 *All this is from God, who reconciled us to himself through Christ... not counting people’s sins against them. (2Cor. 5:18-19)*

1. He came to extend God’s love to the world
2. He did this through Christ’s death and resurrection.
3. This opened the way for us into God’s presence to so we can enjoy intimacy with him the way Jesus did.
4. Prayer has to do with having the same relationship Jesus had with the Father.
5. In this relationship we can come as his children and say, “Daddy, I’ve got a need. I’ve got a problem.”

C. **9**Intimacy starts when you understand who you are talking to

1. Some of us see God as someone who is austere and far off.
2. Someone who is hard to please and isn’t really happy with us.
3. This is not the God that Jesus prayed to: a tender, approachable, loving Father.
4. Intimacy flows when we see God as our loving Father and we’re not afraid to come near to him.
5. So when I come as a child of God to the Father in prayer, I come with the understanding that I am completely welcome in his presence.

D. The thing that has kept a couch potato like me praying the most over the years is God's love for me and my love for him.

1. I run well on love
2. I run poorly on everything else
3. I've tried it all, nothing else really works

III. The results of an intimate prayer life

10a*12*I tell you the truth, anyone who has faith in me will do what I have been doing. He will do even greater things than these, because I am going to the Father. (Jn. 14:12)

A. As couch potatoes become intimate with the Father in prayer their lives will change

1. **10b**We will do the works of Jesus
2. We will also participate in those things we see the Father doing.
3. Our lives will become an extension of the Father's and we will have many opportunities to heal the sick, relieve the oppressed, drive out demons and help the poor.
4. Racheal

B. **11**God is interested in you. He wants to move you from a boring life on the couch to being actively engaged in what he is doing today

1. He wants to show you his heart and use you to bring healing to our hurting world.
2. He is looking simply for those who are willing to listen.
3. This will begin to happen when you become intimate; start talking with God

