

Fresh Fire #1

“If it’s so Easy, Why is it so Hard?”

Feb 14, 2009

A. Promise to memorize: **Jeremiah 31.3**...a cosmic tug-of-war...

B. Some Personal Questions...

1. Have you found a life of prayer difficult? Do you know why?
2. Have you found some things that have made prayer easier for you? What has helped?
3. Have you known someone who seemed to have a meaningful life of prayer? What helped them?
4. Do I really believe that God is sitting on the edge of His throne anxiously waiting to communicate with me?

C. Quote from *Steps to Christ*, p. 94.2 (Chapter: “Prayer”)

Our heavenly **Father** waits to bestow upon us the fullness of His blessing. It is our privilege to drink largely at the fountain of boundless love. What a wonder it is that we **pray so little!** God is ready and willing to hear the sincere prayer of the humblest of His **children**, and yet there is much **manifest reluctance** on our part to make known our wants to God. What can the **angels** of heaven think of poor helpless human beings, who are subject to temptation, when God's heart of infinite love yearns toward them, ready to give them more than they can ask or think, and yet they **pray so little** and have so little faith? The angels love to bow before God; they love to be near Him. They regard communion with God as their highest joy; and yet the children of earth, who need so much the help that God only can give, seem **satisfied** to walk without the light of His Spirit, the companionship of His presence.

Think it Through...(Note the role of God, angels, men, and prayer)

1. God wants to share the fullness of His _____.
2. God is _____ to hear every sincere prayer.

3. Angels regard communion with God as their highest _____.
4. A genuine life of prayer will bring with it a joyful walk in the companionship of God’s _____.

D. Some reasons why personal prayer is often challenging...

1. God’s holy nature – He is beyond our senses
2. Our fallen nature – we are terrified of God, yet we have a deep desire (Gen 3.8, 15; Jer 31.3)
We have an inner fear of being unmasked – our nakedness, brokenness, and shame – He knows every secret thought (Ps 90.8; Matt 6.4,6,18) and loves us anyway (John 3.16)
3. Satan – fighting against our connection with God (Gen 3.1-8; Mark 1.9-13; Rev 12.17))
4. Secular Culture – “God is NOT!” – foolish waste of time and energy (Col 2.8; Heb 11.6)
5. Faulty core beliefs – if not based on God’s truth claims
Core beliefs are what drive our actions, feelings, and attitudes: difference between “formal beliefs” – what we profess, and “core beliefs” – what we actually live
6. Confused expectations – prayer does not bring God down to me, but it brings me up to God – it is transformational! (much more than A-B-C’s)
7. Other: _____

E. Some **simple steps** for developing a life of prayer...

1. **Choose to believe** God’s truth claims – even if your senses don’t prove it so.
2. By God’s grace **choose to commit to**:
 - a. A certain time of day for prayer
 - b. A certain amount of time for prayer
 - c. Praying for a hunger for God (Matt 5.6; Ps 42.1-2)
3. **Journal** to God (hand out tablets)
 - a. Be honest about your soul struggles
 - b. Keep track of Scriptures that help you

- c. Try to discover what helps you most
 - d. Look for God's footprints throughout your day
4. **Support** one another through prayer (Eph 6.18)