

# Anxious to Pray

## Philippians: Fighting for Joy

2021-02-28 by Ben Deaver at Tallgrass Church on Philippians 4:6

### CG Flow:

- Is He Worthy? + Agnus Dei + We Fall Down + Holy, Holy, Holy
- Dismiss Sprouts
- Preaching
- Lord, I Need You (Psalm 42:1-2)
- Come Thou Fount (Psalm 67:1-2)
- Benediction

### Facebook Live Description:

Join us in person or online for Church in the Club! 10am Sunday mornings at the Boys & Girls Club of Manhattan or right here!

"Anxious to Pray"

Philippians 4:6

February 28, 2021

Ben Deaver

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WEB: <https://tallgrass.church>

INSTAGRAM: <https://www.instagram.com/tallgrasschurch/>

YOUTUBE: <https://www.youtube.com/channel/UC0drX4wrsE5n9yLza8HSNIQ>

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*Because God first loved you, you exist to love God and love your neighbors!*

*Dismiss Kids and intro Mingle*

*Mingle Question:* How did you spend the most beautiful part of this week?

## Welcome + All the Things!

- Why are we here? Why did we plant Tallgrass?
- Guys Group this Tuesday
- March Gladne\$\$
- How to Give
- IF:Gathering—Have Edie come up and share!

## Philippians: Fighting for Joy

- Dave did a great job talking about cultivating a mind of peace in our battle against anxiety.
- We're going to stick with this passage in Philippians 4 and keep fighting for joy against the anxiousness that plagues our culture and plagues our world.
- How's your prayer life? Did your anxiety rise when I asked that question?
- I've found that most of us when asked about our prayer lives seem to respond with, "I should do better. I should be better. I'm not good enough." Things like that.
- Do you pray?
- Have you ever been desperate to pray? Maybe that desperation is because you want inner peace and are in turmoil. Maybe that desperation comes from a situation that you can't control.
- Has your prayer life increased, decreased, or remained static during Covid?
- When you pray, do you tend to want to connect with God or mostly ask Him for things?
- Are you anxious to pray? Are you eager to pray?
- We should be anxious to pray!

**Philippians 4:6** <sup>6</sup>...do not be anxious about anything, but in everything by prayer and supplication/petition with thanksgiving let your requests be made known to God.

*PRAY w/ palms up in surrender!*

## Anxious to Pray

- You can pray from anywhere.
- Paul couldn't be with people but he could pray for them. That eased his anxiety. He had the anxiety of all the churches on his mind.
- **2 Corinthians 11:28** And, apart from other things, there is the daily pressure on me of my anxiety for all the churches.
- **1 Samuel 12:19-22** <sup>19</sup> And all the people said to Samuel, "Pray for your servants to the LORD your God, that we may not die, for we have added to all our sins this evil, to ask for ourselves a king." <sup>20</sup> And Samuel said to the people, "Do not be afraid; you have done all this evil. Yet do not turn aside from following the LORD, but serve the LORD with all your heart. <sup>21</sup> And do not turn aside after empty things that cannot profit or deliver, for they are empty. <sup>22</sup> For the LORD will not forsake his people, for his great name's sake, because it has pleased the LORD to make you a people for himself.

- **1 Samuel 12:23** Moreover, as for me, far be it from me that I should sin against the LORD by ceasing to pray for you, and I will instruct you in the good and the right way.
- **1 Samuel 12:24-25** <sup>24</sup> Only fear the LORD and serve him faithfully with all your heart. For consider what great things he has done for you. <sup>25</sup> But if you still do wickedly, you shall be swept away, both you and your king.”
- I’m often hit in the gut with conviction when I’m frustrated about a situation or a person and realize that I haven’t been praying about it or for them.
- Pray for your enemies... Then you can take some credit for their successes! Your heart will actually warm towards people as you pray for them. I’ve found that intentionally praying for those that I have relational dissonance with to be one of the best paths towards relational harmony.
- God can do more in five minutes than I can do in a lifetime.

## *Prayer and Petition*

- “by prayer AND supplication/petition”
- Relational connection with the Father—talking and listening
- Presenting requests
- This is how we relate with one another!
- Internal and External
  - Gym analogy: Internal vs. External Rotation
  - Inward and outward focus of prayer
- Integrity is when your interior matches your exterior. Hypocrisy is when you interior life doesn’t match your exterior life.
- **Matthew 6:9-10** <sup>9</sup> Pray then like this: “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.”
  - Communion with our Father and Your-Kingdom-Come Prayer
- **Matthew 6:11-13** <sup>11</sup> “Give us this day 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 evil.”
- It’s all relational! I need my daily bread so I can live as a human to relate to you.

## *Prayer as Relationship—Relational Intimacy with the Father*

King David, the man after God’s heart

- **Psalms 27:4** One thing have I asked of the LORD, that will I seek after:  
THAT GOD WILL DELIVER ME FROM MY ENEMIES?!  
that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple.
- **Psalms 63:1** O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.
- **Psalms 131:2** But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me.

*Take a moment to write the beginnings of your own Psalm, or prayer to God.*

## Paul, the Apostle of Christ

- **Ephesians 1:16-18a** <sup>16</sup>I do not cease to give thanks for you, remembering you in my prayers, <sup>17</sup>that the God of our Lord Jesus Christ, the Father of glory, may...  
(FIX ALL YOUR TERRIBLE CIRCUMSTANCES?!)  
give you the Spirit of wisdom and of revelation in the knowledge of him, <sup>18a</sup>having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you...
- **Colossians 1:9-10 NLT** <sup>9</sup>So we have not stopped praying for you since we first heard about you. We ask God to give you...  
(HEALTH, WEALTH, and PROSPERITY?!?)  
complete knowledge of his will and to give you spiritual wisdom and understanding. <sup>10</sup>Then the way you live will always honor and please the Lord, and your lives will produce every kind of good fruit. All the while, you will grow as you learn to know God better and better.
- **Ephesians 3:14-19a** <sup>14</sup>For this reason I bow my knees before the Father, <sup>15</sup>from whom every family in heaven and on earth is named, <sup>16</sup>that according to the riches of his glory he may grant you...  
(THREE WISHES LIKE A GENIE IN THE BOTTLE?!?!)  
to be strengthened with power through his Spirit in your inner being, <sup>17</sup>so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, <sup>18</sup>may have strength to comprehend with all the saints what is the breadth and length and height and depth, <sup>19a</sup>and to know the love of Christ that surpasses knowledge...
- Paul primarily prayed that people would know God, not that their circumstances would change.

*Take a moment to write the beginnings of a prayer for our church.*

## Prayer as Petition

### Jesus, the Son of the Father

- **Matthew 7:7-11** <sup>7</sup>“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. <sup>8</sup>For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened. <sup>9</sup>Or which one of you, if his son asks him for bread, will give him a stone? <sup>10</sup>Or if he asks for a fish, will give him a serpent? <sup>11</sup>If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”
- Jesus’ personal prayer request wasn’t answered with a “Yes!”
  - **Matthew 26:39** And going a little farther he fell on his face and prayed, saying, “My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.”
- Paul’s personal prayer request wasn’t answered with a “Yes!”
  - **2 Corinthians 12:7-9** <sup>7</sup>So to keep me from becoming conceited because of the surpassing greatness of the revelations, a thorn was given me in the flesh, a messenger of Satan to harass me, to keep me from becoming conceited. <sup>8</sup>Three times I pleaded with the Lord about this, that it should leave me. <sup>9</sup>But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me.

James killed, Peter delivered, both prayed for?!

- **Acts 12:1-3a** About that time Herod the king laid violent hands on some who belonged to the church. <sup>2</sup> He killed James the brother of John with the sword, <sup>3a</sup> and when he saw that it pleased the Jews, he proceeded to arrest Peter also.
- **Acts 12:6-7** <sup>6</sup> Now when Herod was about to bring him out, on that very night, Peter was sleeping between two soldiers, bound with two chains, and sentries before the door were guarding the prison. <sup>7</sup> And behold, an angel of the Lord stood next to him, and a light shone in the cell. He struck Peter on the side and woke him, saying, “Get up quickly.” And the chains fell off his hands.
- **Acts 12:11** When Peter came to himself, he said, “Now I am sure that the Lord has sent his angel and rescued me from the hand of Herod and from all that the Jewish people were expecting.”
  - Peter was delivered from prison. James, however, was not. What gives?!
- God does intervene at times but His primary purpose is intimacy of relationship.
- Praying for one another deepens our relationships with one another.
  - Recent example of praying for a friend’s job interview.

*Take a moment to write the beginnings of a prayer list of what you’d like to see happen.*

## Global Prayer

God wants to be known.

- **Acts 17:26-28** <sup>26</sup> And he made from one man every nation of mankind to live on all the face of the earth, having determined allotted periods and the boundaries of their dwelling place, <sup>27</sup> that they should seek God, and perhaps feel their way toward him and find him. Yet he is actually not far from each one of us, <sup>28</sup> for “‘In him we live and move and have our being’;<sup>1</sup> as even some of your own poets have said, “‘For we are indeed his offspring.’<sup>2</sup>
- <sup>1</sup>Probably from Epimenides of Crete
- <sup>2</sup>From Aratus’s poem “Phainomena”
- God is a God of Self-disclosure, not hiding Himself

## Snapshots of Prayer in our World Today

- Man at the sea
- Football player
- Rosary beads
- Islam—five times daily with hand cleaning and movement
- Buddhist prayer beads
- Yoga—set intention; Shavasana
- Judaism—three times daily; prayer beads; phylacteries
- Hands open in surrender in community
- Weathered prayer hands

## Snapshots of Prayer in Your Life

- What do the snapshots of prayer in your life look like? What would you like them to look like?
- I believe many Christians, especially Protestants, are missing out on expanding their prayer practice because of extreme aversion to any sense of duty or religious form.
- We need to develop our spiritual practices, our prayer practices. We need to develop healthy rhythms and routines to deepen our relationship with Christ and impact in this world.
- Prayer needs to be anchored in the Name of Christ. Prayer needs to be tethered to Truth.
- Personal Practice
  - Tuesday morning Tallgrass Prayer
  - PRIVATE PRAYER JOURNAL
  - Schedule prayer requests in Google Calendar
  - Share with people that I'm praying NOW.
  - Far be it for me to sin against the Lord by failing to pray for YOU! -Samuel

## Snapshots of Prayer in Kassi Chapman's Life

*What would you like your prayer life to look like?*

## Homework:

Continue the prayers you began:

1. A Psalm expressing your desire for and/or frustration with God
2. A prayer for our church
3. A list of requests
4. Begin envisioning a rich prayer life of connection with the Father and requests being presented and answered.

I'd love to hear and share stories of relational intimacy with God and specific answers to prayer all with a decrease of anxiety and increase peace.

**Philippians 4:6-7** <sup>6</sup> do not be anxious about anything, but in everything by prayer and petition with thanksgiving let your requests be made known to God. <sup>7</sup> And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

## PRAY!

### Lord, I Need You

**Psalm 42:1-2a** As a deer pants for flowing streams, so pants my soul for you, O God. <sup>2</sup> My soul thirsts for God, for the living God.

### Come Thou Fount

**Psalm 67:1-2** May God be gracious to us and bless us and make his face to shine upon us, *Selah* <sup>2</sup> that your way may be known on earth, your saving power among all nations.