

# You 3.0

## How to Pray, Part 2

Everyone has life patterns and behaviors that are firmly established. Some of these patterns need to be changed if we are going to become what God created us to be!

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Scripture: Mark 1:21-38

### Four Facts About Jesus

1. He had high demands on his time.
2. He had a clear purpose in life.
3. He regularly disconnected from life in order to keep his life purpose clear. (see Luke 5:16)
4. He urged his followers to pray (see Luke 18:1)

## Learning Christ's Life Pattern of Prayer

<sup>35</sup> *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.* <sup>36</sup> *Simon and his companions went to look for him,* <sup>37</sup> *and when they found him, they exclaimed: "Everyone is looking for you!"*

<sup>38</sup> *Jesus replied, "Let us go somewhere else—to the nearby villages—so I can preach there also. That is why I have come."*

- Intentional

- Interruptive

- Intense

- In Focus

## Applying Christ's Life Pattern of Prayer

- When
- Where
- To what distractions am I particularly susceptible?
- What really matters?
- Who will I tell?

So What?

Will this be a teaching I put into practice?

Today's Scripture is from The New International Version  
John Bray, November 23 & 24, 2011

### **Want to hear this again?**

The sermon is posted on the church web site by Monday evening.

[www.heritageqc.com](http://www.heritageqc.com) Hit "**Watch sermon on-line**"

To dig deeper, visit John's blog at [www.NowWhatJohn.com](http://www.NowWhatJohn.com)

Do you love the hustle and bustle of Christmas or does it stress you out? What did you feel as you made your "To Do before December 25" list?

Think about your life patterns. How often does prayer get shoved to the side due to the pressure from your schedule (or at least due to the way you manage your schedule)?

Read Luke 5:16.

Why do you think Jesus was so committed to prayer and we are so frequently not?

Make a list of as many reasons you have used (or heard used) for not regularly praying.

Review that list and compare it to the practice of Jesus.

- Jesus was intentional- He deliberately got up and prayed. How does this compare to your practice?
- Jesus interrupted his activities to engage in prayer. He stopped doing for a while in order to pray.  
Read Psalm 46:10; Psalm 116:7; Psalm 131:2; Isaiah 32:17  
What do you feel like when you "stop doing"?  
Have you ever spent an extended time in prayer? What did you experience?
- Jesus was intense- He prayed long enough that people noticed he was gone.  
Read Deuteronomy 4:29; Psalm 63:1; Psalm 105:4; Isaiah 55:6; Hosea 10:12  
Why do you think we so often pray such short prayers?

Read Matthew 18:1

If you have not already done so, take a few minutes and do the application exercise on page 3 of the note guide. If you are meeting in a group, take a few minutes and share the prayer commitment you will make this month.

How do you think December 26 will be different as you put this into practice this Christmas season?

One last exercise. Compare your "To Do before December 25" list with your list of what you said was really important to you. What would happen in your life if you didn't get the 12/25 list finished? What would you experience if you got the "really important" list completed?