

ON BENDED KNEE series

Week 1 outline

January 3, 2021

Mt 6:5-15

ON BENDED KNEE

How God Changes Our Focus and Focuses our Change

"This, then, is how you should pray:

""Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as it is in heaven.

Matthew 6:9-10

I. Learning from Jesus - "Teach us to pray"

A. "OUR" - The Necessity of Community

Through Christ and in prayer, we not only are united in communion with God but also in community with other believers as the body of Christ.

B. "FATHER" - The Name of God

Jesus teaches us that we can know and pray to a God who is our loving Father.

C. "IN HEAVEN, HALLOWED BE YOUR NAME" - The Nature of the Father

Jesus' prayer teaches that our Father in heaven is at once all-loving, all-powerful, and all-knowing. His name is to be revered and held high.

D. "YOUR KINGDOM COME, YOUR WILL BE DONE" - The Need for Humility

Jesus' model for prayer:

1. Centers us in HUMILITY
2. Teaches us SERVANTHOOD
3. Cultivates a life of SENT-NESS

PRAYER TEACHES US POSTURE OVER POSITION

Through prayer, God cultivates in us a posture of humility rather than the constant pursuit of a better position or status.

II. Humility: the Posture of Prayer

God shapes us into the image of Christ, aligns our hearts with His, and moves our bodies into action as we commune with him in prayer.

PRAYER CHANGES OUR FOCUS IN LIFE
& FOCUSES OUR CHANGE THROUGH LIFE
IT'S THE SHAMELESS ADMISSION OF OUR TOTAL DEPENDENCE ON GOD
It's humility in action

III. Powerful Humility

As transformed followers of Christ we pray to the Father, in the name of the Son, and empowered by the Holy Spirit.

1. When humble people pray, healing happens.
"Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." - **James 5:16**
2. When humble people pray, God listens.
"Then you will call on me and come and pray to me, and I will listen to you."
- **Jeremiah 29:12**
3. When humble people pray, they pray in confidence.
"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."
- **1 John 5:14**
4. When humble people pray, God answers.
"If you believe, you will receive whatever you ask for in prayer." - **Matthew 21:22**
5. When humble people pray, hearts and minds are led out of anxiousness.
"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."
- **Philippians 4:6-7**
6. When humble people pray, they are equipped to resist temptation.
"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak. "
- **Matthew 26:41**
7. When humble people pray, they pray with expectancy rather than expectation.
"In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly. "
- **Psalms 5:3**