

## Personal Prayer - Tim Keller

- **Bible Reading**
  - read 3 or 4 times
  - make a list everything it says about God or Christ
  - a list of things it says about yourself, finger on you
  - what does it say as an example to follow or avoid, command to obey or do, or promises to claim?
- **Meditation**
  - Psalm 103 is an example
  - here, the psalmist is talking to himself
  - if I really believe this, would I be different how?
  - why is God showing me this today? What's going on this week?
  - ACTS (adoration, confession, thanksgiving, supplication) in light of this passage
  - do this before you pray. Meditation may become a quick process after lots of practice
- **Prayer**
  - where does your mind naturally go? Does it go to adoration of God? is it to prayer? your real god is what you most effortlessly think about
  - pray the psalms (Answering God, Eugene Peterson book)
    - Psalm 4 an evening prayer and Psalm 5 is a morning prayer.
  - there is a rhythm there in these petitionary prayers, talking about the things you want to see happen in the world
  - praying to put your heart at rest about the world. both are forms of petitionary prayer
  - if you don't find the burden lifting when you pray, then we must be sure the things we are asking for aren't idols, aren't enhancing our anger or superiority over others, but are rejoicing in gratitude over the things we already have.
  - Romans 8 paraphrase: God will always give you what you would have asked for if you knew everything He knows. Pray your head off, pray your heart out, but realize this.
  - He loves you. Our bad things will turn out for good, our good things cannot be taken away from us and the best things are yet to come.
  - Also, it's expectant. We know God will answer because one terrible day he didn't answer when Jesus called.
  - The reason we know God will answer our prayers is because of that one, giant, ultimate, cosmic prayer "Lord let this cup pass from me."
  - All things work together for good. He can certainly give you a hard time, as a father, to bring you to your senses...but he'll answer your prayers.

- We get the prayer reception he deserved because of the prayer rejection he was served.
  - **MORNING PRAYER, PSALM 5:**
    - thy kingdom come is praying to put the world right.
    - Active petitionary,
    - laying them out, bombarding God, expecting to see changes.
    - go after the world.
    - Prayer is rebellion against the status quo.
    - Give ear to my words oh Lord...Consider my sighing. Everything you sigh about has to be turned into a prayer or you'll be a frustrated, unhappy person. If you can't ask God for it, then you need to stop sighing about it. You need to take yourself in hand.
    - This kind of prayer is about the certain things you're working on; you're laying it out to God
  - **EVENING PRAYER, PSALM 4:**
    - thy will be done is praying to put your heart at rest about the world.
    - Passive petitionary prayer.
    - Praying these worries into in God's hands. evening
    - Heart at rest prayer
    - put your body down, but also your soul
    - pray yourself out of the worry and anxiety or you won't sleep well and have a healthy life
    - 15 minutes, take out Psalm 4, the things that are stressing you and bothering you until you put your heart at rest
    - Lord I need this, I give this to you, I'm concerned about this, but YOU know what's going on
    - The Psalmist does meditation, talking to himself.
    - His ultimate council in verse 6 "light of your face shines upon us"
    - I'm worried, but I got Your face.
- **Contemplation**
  - when you read and meditate until the holy spirit starts to preach to you, your heart catches fire.
  - go with where your heart is going in this
  - this is contemplation. can be a couple of minutes, 20 minutes, 2 hours, or all day!