

## Mosaic Church- The 5% Life / Rhythms of Grace- **Hebrews 5:7-14 and Pray**

- Good Morning Mosaic...trust and pray you are doing well and you survived this week with all the snow.
- Here's the deal: Our goal every year here at Mosaic as we begin the year in 21 days of Prayer and fasting is that we would come back to center as disciples and that we would re-organize your life around three goals:
  - 1. Be with Jesus (Connected to God) **Intimacy** 2. Become like Jesus (Connected in Community) **Community** 3. Do what Jesus did (Connected to Purpose) **MISSION**
- Here's the deal: We do this by together being reminded of the 5% life (SHOW IMAGE ON SLIDE)
  - REVIEW: 1. GODD TIME- time spent daily alone in fellowship with God. (1% of your day- 15 min ) 2. GATHER TIME- time spent weekly gathering in worship with your church family! (1 % of your week- 1.5 hours per week) 3. GROUP TIME- time spent consistently in community with a small group from your church. (1 % of your month- 7.5 hours per month) 4. GO TIME- time spent annually going on mission with God locally or cross-culturally (2 % of your year - 7 days
  - TRUTH: All of this is connected to the basic practices that enable to live in the Rhythms of Grace.
- Here's the deal: In this series we are looking at practices that enable us by the Holy Spirit to live in the Rhythm of Grace.
  - Reality: Starting every year with 21 days of prayer and fasting is intentional. It isn't just something that we want to become sort of tradition that we passively engage in. It isn't about guilt or shame. It isn't even about checking a list or being in the "in" crowd.
  - Truth: Each of the practices that we will look at in this series flow out of the passage that we looked at last Sunday...  
**READ Matthew 11:28-30**
- Here's the deal: Each of the practices are aimed at making my burden light and my soul rested. Prayer, is the essential practice and fuel for the rest of them.
  - Quote: "Every practice of Jesus is both formational and it's counter formational. In this life, in this world, we are not treading water in a lake, but a river, meaning that if all we do is tread water, we don't stay put. We are going somewhere where the cultural current is taking us. A spiritual practice is a way of swimming upstream against the current, so that we get where we aim to go, not where we are passively being taken." - Tyler Staton
  - Truth: Prayer is the relational center around which every other spiritual practice orbits. Prayer is the soil that every other spiritual practice is planted in and grow... or stated in our big idea today...
- 1. Prayer is the heart language of being with Jesus. **Read Philippians 4:4-7**
  - Here's the deal: Paul is really pointing us to what Jesus personified with his life and actions.
  - Illustration: This last week, I was in Miami for my work with Send Network / NAMB.... I know suffering for Jesus... Every time that I go to Miami, it feels immediately **Big Idea: The Rhythms of Grace are fueled by a life a prayer.**
    - like you have traveled to another country. Everyone is speaking in the "Heart" language. They can speak English for the most part and are super accommodating but they
    - Quote: Eugene Peterson calls prayer the mother tongue of the spiritual life.
  - Here's the deal: When we come to faith in Jesus and step into the Rhythms of Grace, we learn a new language, prayer. A way of communication with God that must become just as natural as breathing.
    - Truth: If you want really good food in Miami, You go with my friend Gus Hernandez and he orders in Spanish. If you go to France and want to order, you order in French. If you were to travel to Greece and wanted to find your way to the Acropolis, you would speak Greek. If you place your faith in Jesus and want to be with him, YOU PRAY!
    - Reality: We pray because it is the only language we have for speaking to God and Paul is telling us it is the means for dealing with our anxious hearts.
  - Here's the deal: The Passage we just read can at times be pulled out of context or even practically confusing.
    - Reality: The reason for this is because most people read it in a moment of heavy anxiety, and then attempt to use prayer as a prescription to soothe their anxious symptoms.
    - Truth: If we are honest, prayer becomes hard when it's met with our schedules or even our problems because **A + B Doesn't always = C: Answers.**
    - Reality: Paul is praying in prison but it didn't always equal release. Jesus prays in the garden and it didn't even mean for him not having to go to the cross, for which we should be grateful for that answered cry.
    - Truth: Paul's council is to pray in every situation, not just when you're in the midst of a bout with anxiety. Prayer, generally speaking, does deliver peace, but it functions less like a prescription for the sick and more like a daily vitamin. This is why I liken it to our heart language.
  - Here's the deal: God is nothing if not personal and nothing is more personal than a person's heart language.
    - Truth: Prayer is not something like an added feature to a person's walk with Jesus like learning a second or third language. It is THE PRIMARY HEART LANGUAGE in which we believe, love, explore, grieve, lament, pour out our complaint, bring our requests, and seek and find God!
    - Reality: The hard part... there are no short cuts for becoming fluent.

- Truth: like our mother tongue, no matter who we become or what twists and turns are taken in our spiritual life, we never move on from it. A CIA translator who's fluent in a couple dozen languages will never find any language as natural or as essential toward fluency in all of the others as she does her mother tongue.
- REALITY: Prayer is not something we will naturally get good at or is the language will immediately be fluent in.
- Quote: "Prayer is the only language available to us to bring our unique and particular selves "just as we are without one plea," into the daily, hourly speaking and listening to God who comes "just as he is" in Jesus." – Eugene Peterson.
- Here's the deal: It is our hope at Mosaic that you mature in the Rhythms of Grace. But I hope that you will always see that every other spiritual practice flows through the first language of prayer.
- 2. Prayer is the pathway of becoming like Jesus.
  - Here's the deal: Jesus shows us from His life a different pathway than the one we often choose.
    - Question: When you lay down to sleep at night, what's the last thought that buzzes through your head? Or when you wake up in the morning, what is the first thought that pounces on you?
    - Reality: For the vast majority of us, if we are honest we either end or begin our days, or both, haunted and focused on our anxieties, resentments, and wounds. Reality, fear is more constant than hope. Fear is the steady hum beneath all human experience. Hope is the occasional interruption.
  - Here's the deal: Our minds, when unoccupied and undirected, drift toward the pathway of fear.
    - Reality: It looks like an anxious fear of the future, like a project I'm behind on, or the conversation that I know I need to have, but don't really want to have, or conversation I keep rehashing in my head because it didn't sit quite right, or a financial blunder that I'm still making up for, or a moral decision that I regret.
    - Quote: "Prayer is not a way to magically remove all the symptoms of anxiety once they've pinned you to the ground. Prayer is a way of living daily in the presence of the God who is love. A perfect love who is stronger than our fear." – Tyler Staton
  - Here's the deal: Jesus consistently and constantly walked the pathway of Prayer. Here are several steps in the pathway to see if our prayers on that pathway of becoming like Jesus...
    - A. Jesus prayed in times of emotional distress: **Luke 22:42- "Father, if you are willing, take this cup from me; yet not my will, but yours be done."**
      - Truth: When Jesus was sad, sorrowful, or emotionally exhausted his first inclination was to Pray!
    - B. Jesus prayed before making decisions: **Luke 6:12-13- "12 In these days he went out to the mountain to pray, and all night he continued in prayer to God. 13 And when day came, he called his disciples and chose from them twelve"**
    - C. Jesus prayed alone and with others: **Luke 5:16- "But he would withdraw to desolate places and pray." Luke 9:28- "He took Peter and John and James and went up on the mountain to pray."**
      - Truth: Matthew's gospel teaches what Jesus prayed, while Luke teaches how Jesus prayed.
  - Here's the deal: If you and I are ever going to become like Jesus we are going to have to become more and more dependent on prayer in our lives and learning the native language of following Him!
- 3. Prayer is the discipline of doing what Jesus did.
  - Here's the deal: Jesus was a person of prayer, and it simply is what he did with his life!
    - Question: So how do we become people marked by the perfect love that breeds peace and not the fear or the hum of fear that breeds anxiety?
    - Truth: If we are going to be disciples / church who "Be with Jesus, Become like Jesus, and Do What Jesus Did.", we have to become people who pray consistently and prayer is a discipline!
  - Here's the deal: We can't overestimate the importance of prayer!
    - Reality: Prayer has to become the rhythm On good days and on bad days, in the Monday morning grind and on a slow Saturday, in the midst of a pivotal decision and in the monotony of another midwinter week. Pray in every situation.
    - Truth: For prayer to become a discipline that leads to doing what Jesus did it must become less like a prescription and more like a daily vitamin.
  - Here's the deal: A life of prayer starts with a committed, daily set aside time to practice conversation with God.
    - Truth: You cannot create intimacy. You can only make room for it.
    - Question: When you look at your daily routine and schedule, How are you making room for intimacy through prayer?
    - Reality: Prayer can happen anytime, anywhere. It can happen while you're commuting or grocery shopping or at the gym or cooking dinner. Prayer can happen anytime, anywhere, but multitasking also tends to kill intimacy
  - Here's the deal: This part is practical! Start with a daily set aside time and place for prayer and begin talking with him!

### Conclusion:

Lead people to commit to praying this week. Remind of 21 days of prayer and fasting.

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