

So it got me thinking; if I find an hour of prayer hard, even boring, maybe I haven't been approaching it with the right focus and material.

One area of prayer which would take an easy hour is when we're focused on our relationships.

"Forgive us our sins as we forgive those who sin against us." This is heart to heart stuff. This is definitely where our heavenly Dad wants to pour his heart and soul into our lives. That's why Jesus was crucified, so that we could confidently invite God, our

heavenly Dad into all the significant relationships we have, and together with him work through all the ups and downs, letting him work his love, his grace, his mercy, his peace into all these relationships.

Talking about family and friends with all the complexity and joy that surrounds them, maybe an hour won't be enough!

Today I'd like to encourage you to have a definite time of prayer, and a definite place, and to bring with you the people and the issues you face and talk heart to heart with

your heavenly Dad. Knowing that this is his passion. He wants to be invited into your life, to share himself with you, so that your life might be full of his presence and the joy, love and peace that only he can give.

Let us pray. Jesus thank you for opening the way of prayer for us. Jesus thank you that we can now call God, Dad, our heavenly Father. Help us to be open and honest with him, talking heart to heart with him, inviting him into ever sphere of our lives. We want to share everything with you. Amen.

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## Christ Church Lutheran

Worship Times - 9.00am & 10.45am  
Pastor: Tim 0427326553



Jesus' Disciples, who grow disciples, who grow disciples, who grow disciples...

3 July 2011

## PRAYER

Matthew 6:5-15



Today's we are looking at the theme of prayer. I just heard this week a woman lamenting that she hadn't taken more time to teach her son to pray. She lamented; he thinks God's name is Howard; Our Father in heaven, Howard be your name!

The first point when it comes to prayer is that we pray using the right name: Jesus. It is the wonderful relationship which Jesus has created for us through this life, his crucifixion and resurrection that enables us to come confidently before God. So confident that Jesus teaches us to call him, 'Father'. Paul reminds us that,

'the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.' In Jesus we call God, Dad.

So Jesus teaches us to talk to God like a loving Father, like our dearly loved Dad, who we trust, knowing his heartfelt passion is to share his life with his children. So our prayers, our conversation with Dad also is to stem from the heart. Letting Dad in on what's going on in your life, sharing heart to heart.

Jesus says; "don't be like the hypocrites..." (Matthew 6:5) They aren't talking heart to heart

with their Dad. Their words and their actions don't line up. They're making a show for others.

Have you ever heard this phrase; 'I don't know how to pray'.

We'll I've got good news for you, when you're talking heart to heart with your heavenly Father you're praying perfectly. When you waffle on and wonder what everyone else is thinking, or your hoping they take note of what you're saying because they need to change, then you certainly don't know how to pray.

Our Dad isn't after flowery words, long speeches, or anything

like it. His greatest desire is that your open and honest with him, talking from the heart. And I know we can all do that.

Of course Jesus' prayer doesn't go; 'Our Father in heaven, Howard be your name, but Holy be your name.'

Holy means; set apart for God, and name is synonymous with power. So I'm asking Dad to help me share life with him, and not to leave him out in the dark, and to do this by drawing on his power, not my own.

Letting people share your life is a wrestle. Sometimes I feel like Paul knowing what he should do, but finding himself doing the opposite. I know Dad wants and open and honest

relationship, but I often find myself a closed book. I play my cards too close to my chest. The fear of hurt, or rejection, or feeling vulnerable can cause this response.

So Jesus seeks to sooth us. Jesus seeks

Pray, heart to heart

to build trust in us, so that we are secure enough in his love to be real and open with Dad. Not playing games simply saying what we think he wants to hear. Not trying to suck up to him to get what we want. But rather risking being open and honest, sharing our heartfelt thoughts and emotions with God, or Dad.

I think that is the sort of relationship all parents are after. They want to be let into their children's lives. They want to be an active part of their children's lives, they want a healthy open, loving, supportive relationship. I certainly do.

Yet I also know that as a teenager I was very much a closed book. I didn't have a

regular time when I got together with my parents, listening to them, sharing my heartfelt thoughts and emotions with them. It was very hap hazard. A regular time to catch-up and talk would have been much better. Making a regular time to share being with them would have been even better.

Which lead me to ask myself the question;

where do I have a regular time of sharing with my heavenly Dad, or am I living like a closed book to him. Not sharing heart to heart. Mainly asking for what I can't get myself. Where do I build into my day a regular time with Dad, sharing heart to heart with him?

At the prayer seminar this Friday and Saturday we were reminded me of Jesus question to his disciple on the night before he was crucified; "Couldn't you me keep watch with me for one hour?" (Matt. 26:40)

Have you ever noticed that when you're talking with a friend heart to heart that time flies? An hour is gone before you know it. That's why Jesus when he

taught his disciples to pray got focused on talking with their loving Father about heart to heart matters. First, Dad, what's on your mind? Dad these are the issues I'm facing at the present, what do you think. That's; 'Your

Be open and honest

kingdom come, your will be done on earth as in heaven.' Dad I want your wisdom in my life now. I want your ability in my life now to deal with these life issues. What heartfelt issues are you dealing with now, who are the people you love and know who need some help or direction, or just need to feel loved. Our heavenly Dad wants to pour his heart and soul into all

these relationships and life issues. He's even interested in the food you eat, your daily bread. Nothing is too unimportant or trivial, for to your heavenly Dad you're not trivial, so he's passionate about everything, even the food on your table. What parents aren't interested in their children's diet, meeting their basic needs.

Have you ever taken out a bill and used it in prayer? Do you have a picture of your family and friends in the place you regularly use for prayer? These are the heartfelt issues that our heavenly Dad is keen to be involved in, to pour his life into, sharing his life with us as we share our life with him.