“Rejoice”

- Introduction - Continue our Series, Prayer Model: “P.R.A.Y.”
    - How to pray a simple guide for normal people -Pete Grieg
- Last Week - “P” - Pause”...review main points:
    - Place and Time
    - Be still . . . . . .and know that I am God
        - Non-kinetic and kinetic
    - Keep it. . . . . Simple, . . . Real, . . . up
- This Week - “R” - Rejoice

Tension: Why? Rejoicing in God and Acknowledging who God is brings forth natural response of praise. Even when don’t feel like it, when rejoice, our feelings fall in line with the facts that God is worthy

Pete Greig framed The Book of Psalms in a way we never thought before - while we may have enjoyed and appreciated Psalms in the past, he said straight out, “The Book of Psalms was Jesus’ personal prayer book”...

Going to do some corporate rejoicing using Jesus’ prayer book...Psalm 148
Psalm 148:1-14

- Jesus turned to psalm / prayer when enduring unspeakable hardship, rejection, crucifixion...
    - Source of comfort/peace
    - Psalm was Jesus’ Personal prayer even when on the Cross - it’s what came to his mind and lips - Psalm 22 [Gospel]
    - Prayerbook, yet ultimately prayer is about relationship with the Father - that’s what prayer is and is about
    - Jesus teaches Disciples to pray, our Father - Abba - Daddy

“When Jesus told his disciples to address God in this way, they would have been surprised, to say the least. They knew that their Scriptures occasionally compared God to a father but never would have dared to address him directly in such familiar—and familial—terms before. Jesus was inviting his disciples to step into a level of intimacy with God that they had never imagined possible. After more than twenty-five years in pastoral ministry, twenty of them teaching on prayer, I have come to the conclusion that most people’s biggest problem with prayer is God. They envisage him scowling, perpetually disapproving, invariably disappointed and needing to be placated or persuaded in prayer. If that’s how you picture God, I really don’t blame you for trying to avoid his gaze! But Jesus says something completely different. He makes it clear, in his parable of the Prodigal Son, that the God to whom we pray is extravagantly kind, a father who comes running toward us” with arms flung wide, whenever we approach him, wherever we’ve been, and whatever we’ve done. He assures us that God—Yahweh, the Holy One of Israel, the Creator of the cosmos, the sustainer of the universe—is (drumroll please) on our side.
— How to Pray: A Simple Guide for Normal People by Pete Greig

Biggest impact for me- to add an element of “Rejoicing” to prayer beyond “I love you, thank you”

What does taking time to rejoice look like?

- Already looked a one - praying a psalm
    - Jesus’ personal prayer book
    - Many psalms are for certain times of day
- Worship music
    - Music
    - Kanye West
- Liturgy (Dembeck - Book of Common Prayer)
    - Something that is “new” for me
    - Book of worship, Daily times of prayer

    - "Thoughtful prayers written by others, and especially those written in the Bible, can enable us to express things we find difficult and to address things we might otherwise ignore. If I only ever chat to God about the things on my heart, I will very rarely remember, for instance, to obey Paul's command to uphold our political leaders in prayer" -Pete Greig
- "Your own weirdness" -
    - what works for you:
    - walks in nature, mountain climbing, working out listening to a message or to praise music…
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Philippians 4:4-7

- Vs. 4 - Rejoice: to be exceedingly glad, joyful
    - Word used for when Wisemen saw the star above the place where Jesus was born - 'they rejoiced with exceeding great joy'
    - Word used to describe the activity in Heaven when a sinner repents - much rejoicing!
    - Word used by the Father when his prodigal son came home - we must 'make merry' for thy brother was dead, and is alive again; and was lost, and is found!.
- Vs. 5 - Gentleness: once heard 'gentleness' put alongside the word 'meekness'
    - Meekness is not weakness; 'meekness' = 'tamed like a horse; strength under control'
    - Fruit of the Spirit; lack of gentleness and being out-of-control is an indication that an individual lacks the presence of the Spirit; alternately, when there is a meekness and 'strength under control' that wouldn't naturally be expected, it's indication and evidence of the work of the Spirit, making known the words that comprise the end of verse 5: "The Lord is Near" - some of the most beautiful words that can be spoken...*The Lord is Near*
- Vs. 6 - 7 - one of the greatest promises in all of Scripture which also speak to one of the greatest rewards of prayer - peace:
    - Peace that transcends understanding
    - Peace that will guard your hearts and minds in Christ Jesus
        - Gk. to guard, protect by a military guard; to prevent hostile invasion,
        - Guarding to preserve one for the attainment of something
            - Times in life when go through something for God and God gives you peace that seriously doesn't make sense - helps you through and gives us what we need so that we can bring to fruition that which He has called us…[Adoption / Outpost]
            - The fruit of prayer is peace; can experience God's peace whenever you lift up prayer about just about anything, because in those moments of turning to God, God meets us; and His presence IS peace - take whatever you're struggling with to the Lord in prayer and let Him meet with you (Help for drowning people)

1 Thessalonians 5:16-18

- Again "Rejoice always"
- Pray Continually
    - Two way communication
    - All times of the day
- Thanks in all circumstances
    - Good, bad, ugly
    - Pete Greig and his wife Sammy's health problems

Closing