

LEARNING TO PRAY THE PSALMS

Luke 11.1-4 // Psalm 1

THE LORD'S PRAYER AND THE PSALMS

If we want to learn to truly pray in the Spirit, in Jesus' Name, we must learn to pray by the themes and focuses that He gives to us. When the disciples say, "Lord, teach us to pray," He gives them a model. But this model isn't necessarily new.

Where most books of the bible focus primarily on writing to us *about God*, the Psalms are primarily written *to God*. It is prayer book, largely meant to be prayer that we sing.

Both the Psalms *and* the Lord's Prayer are unique in that they are prayers not only spoken *to God*, but also prayers spoken *by God*. Jesus spoke the Lord's Prayer, and God the Spirit spoke the Psalms.

**The Psalms are not prayers that seek after God,
but prayers that respond to a God who seeks after us.**

A MEDITATION ON MEDITATION

Psalm 1.1-6

Psalm 1 and 2 mainly, however, serve not as prayers, per se, but *introductions* to this book of prayers. They give the reader a *reason* why we should pray these Psalms. They are meditations on the importance of meditation! Significantly, the first word in Psalm 1 is "blessed." The psalmist wants the reader to know, "if you learn to meditate on the following 149 psalms, you will be blessed."

God's Law is a javelin, and your heart is the target.

When we pray the Psalms, we are praying from our own hearts, yes. But we also join with David in his prayers. But we don't stop there; these psalms were meant to be sung by Israel, so we also join with them. But even more, nearly the entire history of the church has sung these and learned these as prayers, so we join with them. But most significantly, when we pray the Psalms, we are praying with God Himself, because these are prayers spoken by Him *through* David and the other psalmists.

NEXT STEPS

**The psalms penetrate the Lord's Prayer and the Lord's Prayer
penetrates the Psalms. So it is possible to understand one on the basis
of the other and bring them into joyful harmony.**

-Martin Luther

The Lord's Prayer is expanded in the Psalms, and the Psalms are made more clear and fully understood by the Lord's Prayer. It's as if Jesus gives them the Cliffnotes version of the Psalms, letting them know the main themes of effective prayer.

In the coming weeks, we'll be asking the Lord to teach us to pray these themes, looking at them more intently, and learning how to really pray and commune with our God.



NOTES:

Upcoming Sermons:

Next week we will look at meditation. What is it, why is it important, and how do we do it? What does Psalm 1 and 2 and other verses teach us about how to meditate?

This Week's Scripture to Memorize:

Psalm 2:11-12

¹¹ Serve the Lord with fear, and rejoice with trembling. ¹² Kiss the Son, lest he be angry, and you perish in the way, for his wrath is quickly kindled. Blessed are all who take refuge in him.

Will You Pray With Us?

Follow along in our Daily Prayer Journal by downloading the **PrayerMate App**, available on both **iOS** and **Android** phones. Go to our website for detailed instructions on how to subscribe to the app to be praying with us daily, as well as reading through our **Weekly Memory Verse** and our **Morning and Evening Psalm Reading**.

ARE YOU NEW HERE?

WELCOME TO LIFE MISSION CHURCH!

We'd LOVE for you to fill out the **Connection Card** on your seat to let us know you were here today. You can drop it in the offering during service or take it to one of our teammates at the **Connection Booth** outside - we'd love to give you some welcome information. Feel free to grab some food or coffee out in the courtyard and hang out. We hope you'll **join us next Sunday** and consider making us your church family.

SERVING OPPORTUNITIES

If you've ever taken your child to one of our **Kids on Mission** classes, or enjoyed a cup of coffee after service, chances are there was a faithful servant behind each of those examples. Serving is one of the **most fun & rewarding ways we experience community** with our church family! **Fill out a connection card** to learn about the serving opportunities available today.

COMMUNITY GROUPS

The best way to **get connected** in the church is by joining one of our **Community Groups!** You'll forge friendships, be encouraged, and take the sermon deeper into your heart every week. **Sign up for a Group** on a **Connection Card** or visit the **Connection Booth**. You won't regret it!

GIVING

Gospel-centered generosity is motivated by a heart of thankfulness because of the sacrificial love God has already shown us. If you call **Life Mission** your home, you can place your gift in the offering baskets during service, give online at lifemissionchurch.com/give or mail a check to our PO Box. Thank you so much!

KIDS ON MISSION

Our **Kids on Mission** ministry has classes for **newborns - 5th grade**. Visit our website to read more about the vision and plan we have for our kids, including Pastor Jobey's heart for the ministry and his walkthrough of our curriculum. For questions about KOM email **Katie McGinty** at katie@lifemission.tv

JUNIOR HIGH STUDENTS

Our **6th - 8th graders** worship with the adults and then head to the junior high room with their teacher and classmates for the rest of service.

HIGH SCHOOL STUDENTS

Our **9th - 12th graders** stay in the service because we believe that it is critical for them to not "graduate the faith" when they graduate school. Our **High School Ministry meets on Thursday Nights @7PM at Casey & Amy Barnes Home in San Marcos**. For directions and/or questions about our student ministries, contact **Casey Barnes** at casey@lifemission.tv.

VISION: WHY DO WE EXIST?

We want to see God's glory known among the nations, to the least, last, and lost.

MISSION: WHAT DO WE NEED TO DO?

We need to make disciples who make disciples locally and globally, who are saved, equipped, and sent by the Gospel.

STRATEGY: HOW WILL WE DO IT?

By teaching people how to be rooted in the Gospel of God's glory through the Word of God, Prayer, and Gospel Community.

CONTACT US:

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Life Mission Church

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Twitter: @YourLifeMission
[YouTube.com/LifeMissionTV](https://www.youtube.com/LifeMissionTV)

COMMUNITY GROUP HOMEWORK

Before your group starts, is there anyone who can share the Memory Verse?

1. Read **Luke 11:1-4** and **Psalm 1**. What stuck out to you from these set of verses or what did you take out of the sermon on Sunday?

2. Read **James 4:8**, **Psalm 9:1-2**, **1 John 1:9**, and **Ephesians 6:16-18**. Why is prayer important? Why is praying through the Psalms valuable?

3. Jobey said on Sunday that prayer is not something that is natural to us, but is something that is learned. How do we learn how to pray?

4. Read **1 Thessalonians 5: 16-18** and **Matthew 6: 5-13**. What does your time in prayer look like? What time of day? Where do you pray? How long are your prayers? Are you focused, distracted, consistent, or sporadic? What do you pray about? Do you have an internal template? Be honest with where you're at. If your prayer life is strong, this is a good opportunity for you to encourage others. Where do you want to grow the most in your prayer life?

5. As a church, we'll be offering some ways to deepen, strengthen, and build our prayer lives. We will have a schedule for a **Morning and Evening Psalm (viewable via the PrayerMate app (go to our website for directions on how to use it), through our Facebook postings, and we will soon have a schedule on our website. We also are recommending a few books on prayer, and of course we have our Weekly Memory Verse.** What ways, whether these or others, will you be committing to in order to increase your prayer life and "learn" to pray? Have you decided to do this with anyone, such as a spouse, your kids, friends, or people in your Community Group?

6. As we began the year, Community Groups were asked to gather a list of people or things to be praying about throughout the year. How is this going? If you haven't already established how you're going to be praying for these people/things, revisit the list and discuss what the path forward looks like for you personally and as a group.

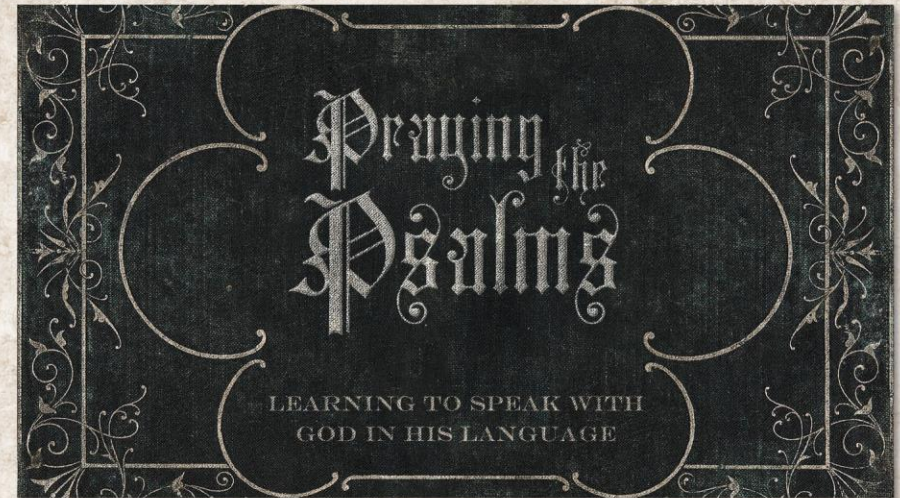
Spend time as a group praying in the **P.R.A.Y.** model, which is modeled after the Lord's Prayer. Try incorporating the themes from Psalm 1, "marrying" those themes with the elements of the Lord's Prayer.



LIFE MISSION
CHURCH

Pastor Jobey McGinty
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**Making Disciples Who Make Disciples Locally and Globally,
Who are Saved, Equipped, and Sent by the Gospel.**



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Luke 11.1-4, Psalm 1 // January 29, 2017

SUNDAYS AT 10AM

Life Mission Church Meets at Classical Academy High School
207 E Pennsylvania Ave, Escondido 92025

