

P.R.A.Y — 450 TO 1

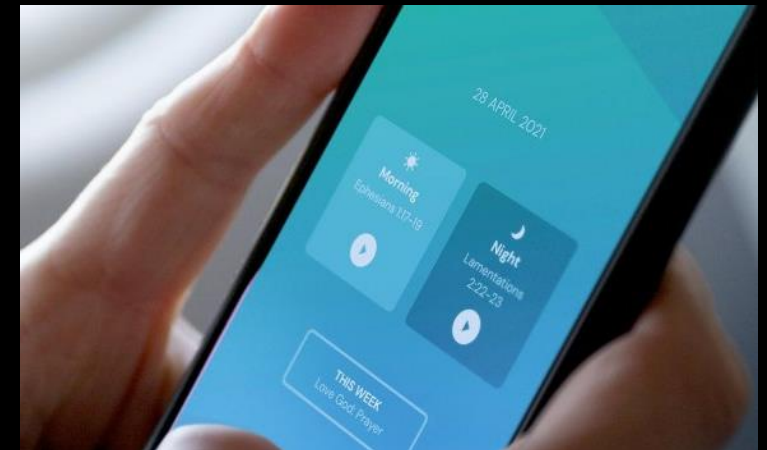
20th June 2021
#tbsundayteaching

TIME WITH GOD

In this session we will look at another way we can intentionally spend time with God.

This week we will be using a pattern for prayer from 24/7 Prayer and the Lectio365 app.

Please check out the Lectio365 app. It's a great way to spend time in prayer and reflection each day and includes an audio version.



TIME WITH GOD — BE INTENTIONAL

Find somewhere comfortable and quiet where you won't be disturbed for 30-45mins.

Get your Bible, some paper/notebook, pens/pencils etc.

It is important to take time to be **intentional** with God. We set aside time to see our friends and family — so why not our Heavenly Father?

Is He not worth it?

Be Intentional



WORD
Swag

TIME WITH GOD

Work through the slides following the instructions at your own pace.

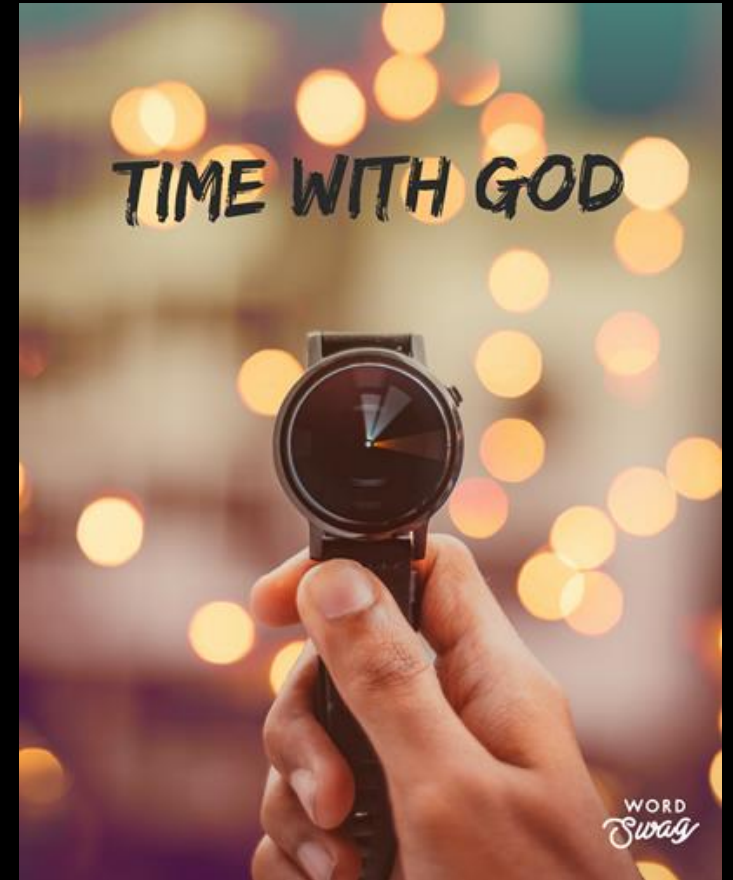
Prayers designed to be said are in *italics*.

There will be moments of [Pause] and moments to add your own prayers.

I have included some song suggestions as well.

This time is for you to spend with God so go at your own pace and add anything you want to.

Write down anything that speaks to you or anything that you want to reflect on later.



P.R.A.Y — 450 TO 1

We will be looking at the old testament prophet Elijah and his confrontation with Ahab and the prophets of Baal.

Together we will P.R.A.Y

P – PAUSING to be still

R – REJOICING with a psalm and
REFLECTING on a scripture

A – ASKING God to help us and others

Y – YIELDING (saying “Yes”) to His will in our lives

P - Pause
R - Rejoice
& Reflect
A - Ask
Y - Yield

PAUSE

*As I enter prayer now, I pause to be still;
to breathe slowly;
to re-centre my scattered senses
upon the presence of God*

[Pause and Pray]

Prayer of Approach:

*Gracious Father, give me diligence to seek You, and wisdom to find You today.
May my ears hear Your voice; my eyes see Your goodness; and my tongue
proclaim Your name as I commit my life to pleasing You.*

(Adapted from a prayer by Benedict of Nursia)

Song suggestion - [Here's my Heart, Lord](#)



REJOICE AND REFLECT

I choose to rejoice in God's power today, joining with the ancient praise of all God's people in the words of Psalm 20...

*'May we shout for joy when we hear of your victory
and raise a victory banner in the name of our God.*

May the Lord answer all your prayers.

Now I know that the Lord rescues his anointed king.

*He will answer him from his holy heaven
and rescue him by his great power.*

*Some nations boast of their chariots and horses,
but we boast in the name of the Lord our God.'*

Psalm 20:5-7 (NLT)



[Pause and Pray]

REJOICE AND REFLECT

At Elijah's command, the people had gathered on Mount Carmel. It's a showdown between him and the prophets of Baal. Whose god is God?

Read 1 Kings 18:22-27

I am amazed by Elijah's confidence as he sets the stage for the confrontation.

Where did he get that boldness in the face of unbelief and opposition?

How confident am I in God's character, God's goodness, God's power?

How is it demonstrated in and through my life?

Song suggestion – [Good, Good Father](#)



ASK — FOR ME

God I ask that You would help me to grow in my faith and confidence in who You are. Especially when I'm surrounded by those who don't share my beliefs.

God, in the quiet, I ask that You remind me of something of Your name and Your nature, and show me how I can live today like I really believe it.

[Pause and Pray]



ASK — FOR OTHERS

God I pray for missionaries loving and serving unreached people groups. Would You give them confidence in who You are and what You say You can and will do.

I pray that they would experience what the disciples in Mark 16:20 experienced '[they] went out and preached everywhere, and the Lord worked with them and confirmed his word by the signs that accompanied it.'

[Pause and Pray]



YIELD

*As I return to the passage,
I try to picture it in my mind.
I imagine the crowd, the shouting,
the dancing around the altar.
And I imagine Elijah's taunting response.*

Read 1 Kings 18:22-27 again



450 to 1. Those are some kind of odds. But of course it's not the devotees and their praying, shouting and dancing that will determine the outcome.

Either God is God or He is not.

YIELD

Elijah lived in a way, and made some pretty drastic choices, that would seem utterly ridiculous if God didn't exist.

I reflect on my lifestyle.

Do I live in a way that only makes sense if God is alive and active in the world?

If not, why not?

[Pause and Pray]



YIELD

Yielding Prayer:

God I want to live in a way that makes no sense whatsoever unless You are actually alive and active in the world. Give me the courage to stand against the crowd, even if I am the only one standing. And as I give myself to You, would You demonstrate Your power through me.

Yielding Promise:

And now, as I prepare to take this time of prayer into the coming day, the Lord who loves me says in Jeremiah 33...

'Call to Me, and I will answer you, and show you great and mighty things, which you do not know' Jeremiah 33:3 (NKJV)



CLOSING PRAYER

*Father, help me to live this day to the full,
being true to You, in every way.*

*Jesus, help me to give myself away to others,
being kind to everyone I meet.*

*Spirit, help me to love the lost,
proclaiming Christ in all I do and say.*

Amen

Song suggestion – [Oceans \(Hillsong United\)](#)

