



Do This In Remembrance Of Me

CLASS 2 • THEY GAVE THANKS

- Mark 14:22-26 (NIV)

- 22) While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, "Take it; this is my body."
- 23) Then he took the cup, gave thanks and offered it to them, and they all drank from it.
- 24) "This is my blood of the covenant, which is poured out for many," he said to them.
- 25) "I tell you the truth, I will not drink again of the fruit of the vine until that day when I drink it anew in the kingdom of God."
- 26) When they had sung a hymn, they went out to the Mount of Olives.

- Psalm 63

- Scriptural reasons why we pray

- James 5:13-16: "Is any among you afflicted? let him pray. Is any merry? let him sing psalms. Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much."
- Phillipians 4:6: "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."
- Matthew 7:7: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:"

- Mark 11:22-24: “And Jesus answering saith unto them, Have faith in God. For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have whatsoever he saith. Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.”
- Matthew 21:22: “And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.”
- 1st John 5:14-15: “And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.”
- How to pray
- Psalm 63:1-8
- Psalm 63:1 O God, thou art my God; early will I seek thee:
- Prayer first thing in the morning
 - Prayer at night is obvious, but prayer first thing is where strength is found
- “Early” on in the situation will I seek thee
 - Too many times prayer is brought in as the “last resort”
 - Bring prayer into your problem early and heartily
 - Better yet, pray for the problem before it even starts
- my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;
- Here is what our true attitude should be when to pray...
 - Daniel prayed three times a day, but don’t be limited by that
 - Our hearts should be longing for communion with God
 - No clock should ever hold us back
- A certain amount of this “longing” and “thirsting” is required for our prayers to avail
 - James says, the “effectual fervent” prayer availeth much
 - Concentration and intensity are keys to this “effectual fervency”
 - Jesus taught and exhibited in his life the need to go off to a “solitary place”
- Psalm 63:2 To see thy power and thy glory, so as I have seen thee in the sanctuary.
- Prayer of adoration

- Drawn to praise God's greatness and goodness by natural phenomenon (beauty)
- To see the power of God at work in your life
 - Or the life of someone else in the sanctuary (the ecclesia)
 - To give glory to God for his great works among us

Our lips shall praise God...

- Psalm 63:3 Because thy lovingkindness is better than life, my lips shall praise thee.
- We have all experienced the Love and mercy of our God
 - Likewise the suffering and pain of this world
- There is an implication here of giving up this life to receive the lovingkindness
 - Or as Jesus taught us in his last prayer, a giving up of our will for God's will
- Psalm 63:4 Thus will I bless thee while I live: I will lift up my hands in thy name.
- Don't forget that a large part of our prayer should be blessing and praising God
- Paul told Timothy, "I would therefore that men pray every where, lifting up holy hands"
 - It teaches an interesting lesson - try it in your own prayers
- It also implies working... Doing something...
 - Much can be done to bless God by doing works for others
 - By lifting a hand... in his name
- Psalm 63:5 My soul shall be satisfied as with fatness; and my mouth shall praise thee with joyful lips:
 - Is this not the same person who was "thirsty" and "longing"
 - This speaks of another large part of our prayers to God
 - Thanksgiving for all of the great things he has done for us
- Too often we pray to God for our stomachs be satisfied... but what about our souls?
 - I pray three times a day for my meals... I should thank God for my life also
- Psalm 63:6 When I remember thee upon my bed, and meditate on thee in the night watches.
- Not just starting the day, but ending the day with prayer
- Not just prayer but meditation also

- True, honest meditation is a great prelude to prayer
- Almost a prayer in itself
- Psalm 63:7 Because thou hast been my help, therefore in the shadow of thy wings will I rejoice.
- Thanking God for his help, care, love, protection - not just food
- Rejoicing that God has called us to this hope of salvation
 - All the while, realizing that we do so “under his wing”
 - If he were to remove his spirit, all flesh would perish
- Psalm 63:8 My soul followeth hard after thee: thy right hand upholdeth me.
- A perfect ending...
 - We follow strongly and heartily after God
 - And he upholds us along the way
- How a prayer works
- Romans 8:26-28: “Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God. And we know that all things work together for good to them that love God, to them who are the called according to his purpose.”
- Jesus brings our prayers to God
- What you should think about when you pray
 - Repeat what he is saying... Then you are saying it to God
 - Rephrase what he is saying in your own words... Then you are understanding what is being said
 - If you can't connect... Then pray for yourself
- Group Prayer - Let's pray