

Wk 2 - Building upon the foundation of Jesus-Pray Heal Bless

Pray Like Jesus

Jesus instructs us in how to pray to God one on one.

Matthew 6⁵ "And when you pray, you shall not be like the [b]hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.

Often together we'll pray out loud as we are praying together so 2 or 3 are gathered in Jesus name to petition God corporately. Jesus taught us to do that too, just like Pastor Rachel did for us today.

When you want to reach out directly to God, here's how Jesus says to do it:

Matthew 6 when you pray, go into your room, and when you have shut your door, pray to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

Jesus wants us to find the space, time and spirit to commune with God.

Room-privacy

Shut the Door-Block out some time even if its just 5 minutes
Secret Place-Connect with God in the Spirit not just in your head...How? There's many ways out there that people use to find their secret place with God. What's yours?

Reading Scripture-“Let the word dwell in you richly” Focus on a scripture or read a few verses and contemplate with God what He wants you to know. Seeing God in Creation thru Nature.

Music-listening, vocalizing or both helps us tune out the rest of the world and draw near to God in worship.

Incense or essential oils can deliver some fragrances that take us to a familiar place that allows us to feel safe and open up to a trust God and receive his presence.

Meditation-Settling your body and mind to ease into a place of awareness and sensitivity to God’s presence. – Jason Mon ROL

Movement- Activity help us free up the distractions of impulse and thought to just connect with the Almighty. Long periods of stretching, walking, running, biking are perfect times to speak thru your spirit with God.

Rubbing a Stone or beads-Felling surfaces that are smooth, solid, and unending help us feel connected to and in awe of the infinite majesty of God.

Or a combination, whatever works for you. Don’t know what does yet...

Experiment! Not sure how? Our JC Pastors can help! We all use different ways and can help make suggestions or share our routines. Plus there always google and youtube

Last preprayer note:

⁷ And when you pray, do not use vain repetitions... for your Father knows the things you have need of before you ask Him.

God does not want to hear you wishes and wants because he already knows what you need. So come humbly to Him and as Jesus Leads us -

⁹ Pray in this manner:

Our Father in heaven,
Hallowed be Your name.

1 **Adoration**, we pray that the entire world will recognize our Holy God as the one true God of all, the Almighty Creator of the universe.

¹⁰ Your kingdom come.

#2 **Providence** Praying for God's Kingdom here now on the Earth as The Church and forever in Heaven where all the saints from everywhere of all-time live together in perfect harmony with each other and God.

Your will be done
On earth as *it is* in heaven.

#3 **Affirmation** Praying for strength, selflessness and humility for God's will to be done no matter what our thoughts or desires are. Loving everyone always.

¹¹ Give us this day our daily bread.

#4 **Provision** we Pray for spiritual nourishment for our lives and souls to carry us thru and help us do right, good & hard things.

¹² And forgive us our debts,
As we forgive our debtors.

#5 **Transformation** We all want to be forgiven and right with God and others. By reflecting on how we "as we" forgive God, others and ourselves helps us to have patience, grace and mercy over anger, disappointment, and resentment.

¹³ And do not lead us into temptation,

#6 **Supplication** We acknowledge that we are weak in our flesh and thus can easily succumb to the temptation of sin and selfishness. We pray for God to remove this burden or desire and the ability to steer clear when challenged.

But deliver us from the evil one.

#7 **Protection** We pray God to save us and defend us from the attacks of our enemy, the devil.

[d]For Yours is the kingdom and the power and the glory forever.
Amen.

Bonus **Praise** We pray for you Lord to be exalted, respected & magnified. Why? God is Good - All the Time

Lets Recite the Lord's Prayer together.

Heal thru Jesus

Jesus Forgives and Heals a Paralytic

9 So He got into a boat, crossed over, and came to His own city. ² Then behold, they brought to Him a paralytic lying on a bed. When Jesus saw their faith, He said to the paralytic, "Son, be of good cheer; your sins are forgiven you."

³ And at once some of the scribes said within themselves, "This Man blasphemes!"

⁴ But Jesus, knowing their thoughts, said, "Why do you think evil in your hearts? ⁵ For which is easier, to say, 'Your sins are forgiven you,' or to say, 'Arise and walk'? ⁶ But that you may know that the Son of Man has power on earth to forgive sins"—then He said to the paralytic, "Arise, take up your bed, and go to your house." ⁷ And he arose and departed to his house.

⁸ Now when the multitudes saw *it*, they marveled^[a] and glorified God, who had given such power to men.

Jesus equates Forgiveness of sin to Healing in our Body. Jesus has the power to do both and we can receive both when we have faith and allow Him to do it. Healing spiritually will bring healing to us mentally and physically. When others see this in you they will marvel at your testimony and God's glory. You will gain more and more confidence and competency in life and your purpose the more time you spend with God on the things of life you need to receive forgiveness for and heal from. Now is the TIME!

Moving down to Verse 18

¹⁸ While He spoke these things to them, behold, a ruler came and worshiped Him, saying, "My daughter has just died, but come and lay Your hand on her and she will live." ¹⁹ So Jesus arose and followed him, and so *did* His disciples.

²⁰ And suddenly, a woman who had a flow of blood for twelve years came from behind and touched the hem of His garment. ²¹ For she said to herself, "If only I may touch His garment, I shall be made well." ²² But Jesus turned around, and when He saw her He said, "Be of good cheer, daughter; your faith has made you well." And the woman was made well from that hour.

Not only did this woman have great Faith and she did and we must take action to go after Jesus and encounter Him to receive healing.

We can't just wait but must be persistent in asking Jesus, and asking for other to intercede as well, to heal us spiritually mentally emotional and physically.

We see the strength of intercession here:

²³ When Jesus came into the ruler's house, and saw the flute players and the noisy crowd wailing, ²⁴ He said to them, "Make room, for the girl is not dead, but sleeping." And they ridiculed Him. ²⁵ But when the crowd was put outside, He went in and took her by the hand, and the girl arose. ²⁶ And the report of this went out into all that land.

The Father had the Faith and went to Jesus on His daughter's behalf to bring Jesus to her bedside so that he could raise her from death to life.

We can do that as well for each other in our prayer life when we are connected well to each other and trust Jesus.

Two Blind Men Healed

²⁷ When Jesus departed from there, two blind men followed Him, crying out and saying, "Son of David, have mercy on us!"

²⁸ And when He had come into the house, the blind men came to Him. And Jesus said to them, "Do you believe that I am able to do this?"

They said to Him, "Yes, Lord."

²⁹ Then He touched their eyes, saying, "According to your faith let it be to you." ³⁰ And their eyes were opened.

Another Place Jesus asks "Do you want to be well" and when there is a positive reply he commands "by your faith be healed". I

n other places like his home town Jesus could not heal people who doubted or had little faith.

Healing is a 2 way street, like much in God's kingdom.

We have our part to play as much as God's.

we should do all we can to be right with Him so our Faith is full, our prayers are fervent and His will is done.

Best Place to do this is in CR where we have the process of inventory and step studies.

His will is always Our Best for His Highest. You can connect with CR leaders to learn more!

Bless for Jesus

Matthew 6 ³ But when you do a charitable deed, do not let your left hand know what your right hand is doing, ⁴ that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you ^[a]openly.

Let your spirit lead in giving, serving, and blessing others. Your body and mind will get in your way to tell you it's a bad idea to help or speak life to someone.

Our carnal nature rebels against the will of God to make us fearful & ineffective rather than bold providers of love, grace, compassion, mercy and justice.

Let's not miss the opportunities to bless Jesus...How do we do that? Let's see

Matthew 25 ³¹ “When the Son of Man comes in his glory, and all the angels with him, he will sit on his glorious throne. ³² All the nations will be gathered before him, and he will separate the people one from another as a shepherd separates the sheep from the goats. ³³ He will put the sheep on his right and the goats on his left.

³⁴ “Then the King will say to those on his right, ‘Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. ³⁵ For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, ³⁶ I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.’

³⁷ “Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? ³⁸ When did we see you a stranger and invite you in, or needing clothes and clothe you?’ ³⁹ When did we see you sick or in prison and go to visit you?’

⁴⁰ “The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’

When we offer our resources to God thru blessing His Church and His children we do it to God.

The enemy is going to tell you it's foolish and that it's a waste.

It's not, we can't have a place to worship or the ability to connect or the means to save souls and rescue lives in distress from starvation or weather conditions, or help the broken, depressed or addicted receive hope and freedom in Christ.

Church is not entertainment it truly is the most important thing we can do on this earth.

We you are truly sold out all in for God as a contributing member of a church we together change the world.

In under three years so many lives have been transformed, matured and empowered to great and better things.

Some things seem like tragedy, but God uses all things if we let him.

I've seen marriages resurrected from death,

I've seen young folks take stands of faith among their peers,

I've seen chains of addictions broken and left behind,

I've seen healings in bodies where there were no cures or procedures to fix it.

I've seen the homeless become wealthy and the fools become wise.

This is the Miracle of God that only he can do when we Bless Jesus with our money, in our service, with acts of kindness, by being open to share a word or taking time to listen to someone who needs a friend.

Where do we get the resources to bless other like that everyday?

From our infinite God who entrust as much to us as we can handle.

If you want little to be entrusted with that's what you'll get but if you want to bless in abundance than God will entrust an abundance to you

and more when you “Love God with ALL you heart, with all your Mind with all your strength and all your soul.

And love others as you love yourself.

Now is the Time for us to live like that so Let’s do it!

Pray, Heal, Bless