

Scripture: Luke 11:1-13

Singing: 327:1-4 – 438:3-4 – 212:1, 2, 5, 6 – 164:1, 4

Intro: Prayer is of vital importance to a healthy spiritual life

A. Luke's Gospel featured Jesus' prayer life: 3:21; 5:16; 6:12; 9:28; 10:2; 11:2

1. It sparked the disciples request (Luke 11:1)
2. It occasioned a clear instruction (Luke 11:2-13)

B. Let's think about your prayer life ...

1. What is prayer for your spiritual life?
2. What does the apostle's question and Jesus' answer imply?
3. How does Matt. 26:41 also apply to our prayer life?

The Essential Link between Reading & Prayer <i>The Exercise of Meditation</i>
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A. The man that meditates is declared blessed (Ps. 1:1-3)

1. He is the man that avoid sin and sinners (vs. 1)
2. He is the man who chooses to meditate on the Word (Ps. 119:15)
 - a. Meditation is *the activity of the mind to reflect upon the Word* (Brakel)
3. God makes beautiful promises upon meditation: Josh 1:8; Ps. 1:3

B. Meditation on the Word leads to prayer: Ps. 5:1; 63:5-8; 77:10-12

1. Review your method of 'personal devotions' regarding *missing* link
2. Reflect on David's example of 'personal devotions' in Ps. 25
3. Four essential steps in your personal *dialog* time with God
 - a. short prayer
 - b. brief reading
 - c. meditation
 - d. prayer

4. What does this method gain you?
- a. *personalized* listening to God
 - b. *fresh matters* to pray about to God
 - c. *confidence* in asking God
 - d. *stirring of affections* to God

C. This essential link between *reading and prayer* is not novel: Puritan tradition!

1. Richard Bax: *In our meditations, to intermix self-talk & prayer, in sometimes speaking to our own hearts, and somethings to God, is, I apprehend, the highest step we can advance in this heavenly work. We wrong ourselves when we omit either on but our speaking to ourselves in mediation, should go before our speaking to God in prayer.*
2. Matthew Henry: *Mediation is the best preparation for prayer.*
3. William Bridge: *Meditation is the sister of reading but the mother of prayer. Reading without meditation is unfruitful. Meditation without reading is hurtful.*

Reflect & Act: Does your method of devotion time with God need adjustment?

A. Will you choose to meditate upon what you read?

B. Will you discipline yourself to exercise yourself to godliness? (1 Tim. 4:7)

C. Will you introduce this method into your marriage or family devotions?