

**The Disciplines of a Godly Life:
SUPPLICATION-3**

With Jesus in The School of Prayer

Jesus lived the perfect human life.

Jesus was always praying.

Someone once summarized the Life of Christ as thirty years of perfect living, three years of perfect serving and teaching, one tremendous moment of death – and now 19 plus centuries of praying.

And if you read Hebrews carefully -- Jesus is still praying. That is an awfully great emphasis on prayer if we stop to notice it!

- Jesus prayed no matter what was ahead or behind Him.
- He lived in a whirlwind of activity.
- He was constantly eating, walking, talking, and sleeping with twelve men who never seemed to leave Him alone.
- Vast crowds, and desperate individuals sought him out.
- He was chided, rebuked, and even scoffed at by His own family.
- He was the personal target of Satan who tempted Him, Satan who tried to derail Him, and Satan who tried to destroy Him.
- He was attacked by every demon that could be rounded up to scream at Him, thrash around in front of Him, and seek to bother Him.
- Civil and religious authorities always plotting to catch Him, and take Him off for punishment and execution hounded him.
- His life was so full of people and ministry he didn't even have a moment to stop and eat.
- Yet in the midst of all that, what was He?

Peaceful, calm, focused, and confidently following God's will.

How did He do that?

If we follow Him, we can find His secret. Though we can never be sinless, we can learn and follow His pattern for the perfect life in step with God's will. So Jesus lived a super full, ultra busy, demanding life. But every time He was seen in the Scriptures He is quiet, composed and led by the Spirit. He was God, yet as man was living the perfect human life. What did that perfect life on earth have to keep it so strong? What was the secret? The secret is the times Jesus spent in prayer, alone with God, time in secret away from everything and everyone else.

Jesus was always praying.

Thirty years of perfect living, three years of perfect serving and teaching, one tremendous moment of death – and now 19 plus centuries of praying, and Jesus is still praying. That is an awfully great emphasis on prayer if we stop to notice it!

Jesus had to be alone with God, and Jesus wanted to be alone with God. And Jesus found **times** no matter what was going on and **places** no matter where He was, to be alone with God.

Jesus had to be alone with God, and Jesus wanted to be alone with God. And Jesus found **times** no matter what was going on and **places** no matter where He was, to be alone with God.

This morning you can revitalize your walk in this old world by starting or restarting a habit of cultivating time alone with God. Time in the Word and time in prayer, alone with God. The songwriter¹ captures this solitude in secret with God:

There is a place of quiet rest, near to the heart of God, a place where sin cannot molest, near to the heart of God.

There is a place of comfort sweet, near to the heart of God, a place where we our Savior meet, near to the heart of God.

There is a place of full release, near to the heart of God, a place where all is joy and peace, near to the heart of God.

Chorus: O Jesus, blest Redeemer, sent from the heart of God, hold us who wait before Thee near to the heart of God.

Now open with me to Christ's longest recorded prayer and listen to what was probably often on Christ's lips as He spoke to His Father – John 17.

¹ Osbeck, Kenneth W., *Amazing Grace—366 Inspiring Hymn Stories for Daily Devotions*, (Grand Rapids, MI: Kregel Publications) 1997.

Matthew 11:25-26 At that time Jesus answered and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and have revealed them to babes. 26 Even so, Father, for so it seemed good in Your sight.

Matthew 14:19 Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes.

Matthew 14:23 And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.

Matthew 15:36 And He took the seven loaves and the fish and gave thanks, broke them and gave them to His disciples; and the disciples gave to the multitude.

Matthew 26:36 Then Jesus came with them to a place called Gethsemane, and said to the disciples, "Sit here while I go and pray over there."

Matthew 26:39 He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."

Mark 1:35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.

Mark 6:46 And when He had sent them away, He departed to the mountain to pray.

Mark 11:12 Now the next day, when they had come out from Bethany, He was hungry.

Mark 14:32-39 Then they came to a place which was named Gethsemane; and He said to His disciples, "Sit here while I pray." 33 And He took Peter, James, and John with Him, and He began to be troubled and deeply distressed. 34 Then He said to them, "My soul is exceedingly sorrowful, even to death. Stay here and watch." 35 He went a little farther, and fell on the ground, and prayed that if it were possible, the hour might pass from Him. 36 And He said, "Abba, Father, all things are possible for You. Take this cup away from Me; nevertheless, not what I will, but what You will." 37 Then He came and found them sleeping, and said to Peter, "Simon, are you

sleeping? Could you not watch one hour? 38 Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak." 39 Again He went away and prayed, and spoke the same words.

Luke 3:21 When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the heaven was opened.

Luke 4:42 Now when it was day, He departed and went into a deserted place. And the crowd sought Him and came to Him, and tried to keep Him from leaving them;

Luke 5:15-16 However, the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities. 16 So He Himself often withdrew into the wilderness and prayed.

Luke 6:12 Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.

Luke 9:18 And it happened, as He was alone praying, that His disciples joined Him, and He asked them, saying, "Who do the crowds say that I am?"

Luke 9:28 Now it came to pass, about eight days after these sayings, that He took Peter, John, and James and went up on the mountain to pray.

Luke 10:21 In that hour Jesus rejoiced in the Spirit and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and revealed them to babes. Even so, Father, for so it seemed good in Your sight.

Luke 11:1 Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples."

Luke 21:37 And in the daytime He was teaching in the temple, but at night He went out and stayed on the mountain called Olivet.

Luke 22:40-44 When He came to the place, He said to them, "Pray that you may not enter into temptation." 41 And He was withdrawn from them about a stone's throw, and He knelt down and prayed, 42 saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done." 43 Then an angel appeared to Him from heaven, strengthening

Him. 44 And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.

Luke 23:34,46 Then Jesus said, "Father, forgive them, for they do not know what they do." And they divided His garments and cast lots. 46 And when Jesus had cried out with a loud voice, He said, "Father, 'into Your hands I commit My spirit.'" Having said this, He breathed His last.

John 18:1-2 When Jesus had spoken these words, He went out with His disciples over the Brook Kidron, where there was a garden, which He and His disciples entered. 2 And Judas, who betrayed Him, also knew the place; for Jesus often met there with His disciples.

So to Exercise the Discipline of Supplication we should Pray like Jesus taught us by His life and words. The posture, place, time or circumstance is not the issue of prayer. Prayer is to be a total way of life – an open communication with God, which goes on all the time. And if prayer is a way of life, then we need to understand how to pray. This is precisely why Jesus teaches us this model prayer.

How did Jesus pray? He doesn't teach us about the circumstances of prayer – because any circumstance will do. In the bible, people prayed in all kinds of circumstances:

- **While Standing** Matthew 14:19 Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes; John 11:41 Then they took away the stone from the place where the dead man was lying. And Jesus lifted up His eyes and said, "Father, I thank You that You have heard Me.
- **On His face** Matthew 26:39 He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."
- **Kneeling** Luke 22:41 And He was withdrawn from them about a stone's throw, and He knelt down and prayed,
- **Even when sweating blood** Luke 22:44 and being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground.
- **Walking with Uplifted eyes** John 17:1 Jesus spoke these words, lifted up His eyes to heaven, and said: "Father, the hour has come. Glorify Your Son, that Your Son also may glorify You,
- **With loud crying** Hebrews 5:7 who, in the days of His flesh, when He had offered up prayers and supplications, with vehement cries and

tears to Him who was able to save Him from death, and was heard because of His godly fear,

- **Always from the Scriptures** Hebrews 10:7 Then I said, 'Behold, I have come— In the volume of the book it is written of Me— To do Your will, O God.' "

Where did Jesus teach us to Pray? Everywhere! He doesn't teach us about the place of prayer – because we are to pray everywhere. In the Bible, people prayed in all different places:

- **In a closet** Matthew 6:6 But you, 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.
- **In a garden** Matthew 26:36 Then Jesus came with them to a place called Gethsemane, and said to the disciples, "Sit here while I go and pray over there."
- **On a mountain** Luke 6:12 Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.
- **In solitude** Mark 1:35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.
- **In the wilderness** Luke 5:16 So He Himself often withdrew into the wilderness and prayed.
- **On a cross** Luke 23:33, 34, 46 and when they had come to the place called Calvary, there they crucified Him, and the criminals, one on the right hand and the other on the left. 34 Then Jesus said, "Father, forgive them, for they do not know what they do." 46 And when Jesus had cried out with a loud voice, He said, "Father, 'into Your hands I commit My spirit.'" Having said this, He breathed His last.

When did Jesus Pray? He doesn't teach us about the times of prayer – because we are to pray at all times. In the Bible, people prayed at all different times:

- **EARLY MORNING:** Mark 1:35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.
- **DAY AND NIGHT :** Luke 2:37 and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day. Luke 18:7 And shall God not avenge His own elect who cry out day and night to Him, though He bears long with them?

- **OFTEN:** Luke 5:33 Then they said to Him, "Why do the disciples of John fast often and make prayers, and likewise those of the Pharisees, but Yours eat and drink?"
- **BEFORE MEALS:** Matthew 14:19 Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes.
- **ALWAYS:** Luke 18:1 Then He spoke a parable to them, that men always ought to pray and not lose heart,
- **AS HE DIED** Luke 23:46 And when Jesus had cried out with a loud voice, He said, "Father, 'into Your hands I commit My spirit.'" Having said this, He breathed His last.

What did Jesus ask for as He Prayed? Luke records the record of nine occasions when Jesus prayed:

1. At His baptism HE PRAYED FOR CONSECRATION FOR MINISTRY Luke 3:21 When all the people were baptized, it came to pass that Jesus also was baptized; and while He prayed, the heaven was opened.
2. After a day of miracles HE PRAYED FOR DAILY STRENGTH Luke 5:15-16 However, the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities. 16 So He Himself often withdrew into the wilderness and prayed.
3. Before choosing His disciples HE PRAYED FOR SPECIFIC GUIDANCE Luke 6:12 Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God. **JESUS PRAYERFULLY SOUGHT GOD'S DIRECTION** for facing the stresses of life was found in prayer:
 - Multitudes Luke 5:15-16 However, the report went around concerning Him all the more; and great multitudes came together to hear, and to be healed by Him of their infirmities. 16 So He Himself often withdrew into the wilderness and prayed.
 - Sick folks Mark 1:33-35 And the whole city was gathered together at the door. 34 Then He healed many who were sick with various diseases, and cast out many demons; and He did not allow the demons to speak, because they knew Him. 35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.
 - Ministry needs Luke 4:42 Now when it was day, He departed and went into a deserted place. And the crowd sought Him and came to Him, and tried to keep Him from leaving them;
4. Before the first prediction of His death HE PRAYED FOR PERSONAL ENCOURAGEMENT

- Luke 9:18 And it happened, as He was alone praying, that His disciples joined Him, and He asked them, saying, "Who do the crowds say that I am?" **JESUS PRAYERFULLY SOUGHT GOD'S COMFORT.**
 - His Emotions were sheltered by resorting to prayer even in the presence of uncaring friends (Matt. 26:36-46)
 - Discouragement at misguided disciples was prevented by prayer. John 6:15 Therefore when Jesus perceived that they were about to come and take Him by force to make Him king, He departed again to the mountain by Himself alone.
 - He was protected from the unbecoming attitudes and words of friends; and the pain of His calling -- the cross John 12:28 Father, glorify Your name." Then a voice came from heaven, saying, "I have both glorified it and will glorify it again."
5. On the Mount of Transfiguration HE PRAYED FOR AWESOME WORSHIP
Luke 9:29 As He prayed, the appearance of His face was altered, and His robe became white and glistening.
 6. Before teaching the disciples to pray HE PRAYED FOR WISDOM IN MINISTRY
Luke 11:1 Now it came to pass, as He was praying in a certain place, when He ceased, that one of His disciples said to Him, "Lord, teach us to pray, as John also taught his disciples."
 7. When the seventy returned with their report HE PRAYED FOR INSIGHT FOR MINISTRY
Luke 10:21 In that hour Jesus rejoiced in the Spirit and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and revealed them to babes. Even so, Father, for so it seemed good in Your sight.
 8. In the garden of Gethsemane HE PRAYED FOR PERSONAL VICTORY
Luke 22:39-46 Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him. 40 When He came to the place, He said to them, "Pray that you may not enter into temptation." 41 And He was withdrawn from them about a stone's throw, and He knelt down and prayed, 42 saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done." 43 Then an angel appeared to Him from heaven, strengthening Him. 44 And being in agony, He prayed more earnestly. Then His sweat became like great drops of blood falling down to the ground. 45 When He rose up from prayer, and had come to His disciples, He found them sleeping from sorrow. 46 Then He said to them, "Why do you sleep? Rise and pray, lest you enter into temptation."
 9. On the cross HE PRAYED FOR STEADFAST OBEDIENCE
Luke 23:34,46 Then Jesus said, "Father, forgive them, for they do not know what they do." And they divided His garments and cast lots. 46 And when Jesus had cried out with a loud voice, He said, "Father, 'into Your hands I commit My spirit.'" Having said this, He breathed His last.
 - 10.

1. When prayer is hypocritical there is no response from the Lord. Matthew 6:5 "And when you pray, you shall not be like the 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.
2. **When prayer is mechanical there is no response from the Lord.** Matthew 6:7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.
3. **When prayer is substituted for action there is no response from the Lord.** Joshua 7:10 So the Lord said to Joshua: "Get up! Why do you lie thus on your face?"
4. **When prayer is neglected there is no response from the Lord.** James 4:2b Yet you do not have because you do not ask.
5. **When prayer is fleshly there is no response from the Lord.** James 4:3 You ask and do not receive, because you ask amiss, that you may spend it on your pleasures.
6. **When prayer is clouded by wrong choices there is no response from the Lord.** 1 Samuel 8:18 And you will cry out in that day because of your king whom you have chosen for yourselves, and the Lord will not hear you in that day."
7. **When prayer is offered in unbelief there is no response from the Lord.** James 1:6 But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind.
8. **When prayer is overshadowed by sin there is no response from the Lord.** Psalm 66:18 If I regard iniquity in my heart, The Lord will not hear.
9. **When prayer is offered in an ungodly marriage there is no response from the Lord.** 1 Peter 3:7-9 Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered. 8 Finally, all of you be of one mind, having compassion for one another; love as brothers, be tenderhearted, be courteous; 9 not returning evil for evil or reviling for reviling, but on the contrary blessing, knowing that you were called to this, that you may inherit a blessing.

1. **JESUS PRAYERFULLY SOUGHT GOD'S PROTECTION** while facing the great crises of His life was found during prayer:
 - A. His baptism (Lk. 3:21-22)
 - B. Choosing the twelve (Lk. 6:12-13)
 - C. Preparing for the cross (Lk. 9:18, 21-22)
 - D. His transfiguration (Lk. 9:28-36)
- II. **JESUS PRAYERFULLY SOUGHT GOD'S PREPARATION** for the great events - challenges - of His ministry
 - A. Feeding the 4,000 (Matt. 15:36)
 - B. Feeding of the 5,000 (Jn. 6:11)
 - C. Walking on the water (Matt. 14:23-33)
 - D. Healing the insane boy (Mk. 9:14-29)
- III. **JESUS PRAYERFULLY SOUGHT GOD'S HELP IN MAINTAINING** a proper focus in success was strengthened by prayer:
 - A. After feeding 5,000 (Matt. 14:23)
 - B. After raising Lazarus (John 11:41)
- IV. **JESUS PRAYERFULLY SOUGHT GOD'S WILL IN** The consummation of His life. It was met in prayer:
 - A. His last breath on the cross (Lk. 23:46)
- V. **JESUS PRAYERFULLY SOUGHT GOD'S GOALS.** His earthly prayer life may be seen as:
 - A. Harmony with God's plan was His passion John 17:4 I have glorified You on the earth. I have finished the work which You have given Me to do.
 - B. Thankfulness was a part of all His life Luke 10:21 In that hour Jesus rejoiced in the Spirit and said, "I thank You, Father, Lord of heaven and earth, that You have hidden these things from the wise and prudent and revealed them to babes. Even so, Father, for so it seemed good in Your sight.
 - C. God's glory, not His personal needs, was primary (Jn.
 - D. Confidence: He always had a confidence in God's hearing and answering John 11:42 And I know that You always hear Me, but because of the people who are standing by I said this, that they may believe that You sent Me." Submission: Every part of His life demonstrated submission (Lk. 22:

Is prayer a priority? Talking to God.
 Is the word a priority? Doing God's will

A LIFE LONG HABIT OF PRAYER

Our second word we will study is the word, PAHLAL. Young of the analytical Concordance defines this word as, "To judge self, to pray

habitually. This type of prayer life describes a whole host of dear Old Testament saints, among them Hannah, Daniel, Samuel, David, Solomon, Hezekiah, Abraham, Ezra, Nehemiah, Job and Jonah. All of them had two special traits in common: They judged themselves and they prayed habitually. In other words, their lives were open before God, and He could cleanse them and commune with them at all times. This quality is vital in making us ever able to be in touch with our God.

Let's study this special prayer portrait in some biographies of Old Testament Prayer Saints:

- **HANNAH** prayed in I Samuel 1:10, 12, 26-27; 2:1. She was in a time of bitterness of should that drove her to prayer.
- **SOLOMON** prayed as he dedicated the Temple in I Kings 8:28, 30, 33, 42, 44, 48. In these prayers he refers to conscious needs of is people that were God's people and how they pleaded for help. He directed prayer toward the great name of God.
- **HEZEKIAH** prayed in II Chronicles 30:18-20. There was sin in the nation that he dealt with as king and them prayed and God answered.
- **NEHEMIAH** prayed in 1:4,6 and 2:1 after the report about the condition of Jerusalem came to him. It was always a part of his daily life to pray.
- **JOB** prayed in 42:10 for his friends and God heard him. Note how he first came to a proper view of himself before he interceded for others.
- **DANIEL** prayer one of the great prayers of the Bible in 9:4-20. he first identified with the sin problems of the people as an intercessor.

Fourthly, we need to **Exercise the Discipline of Supplication to Pray** with your family.

It is good to introduce a note of variety² into family prayer. For instance, each day of the week you can concentrate on a different prayer project. At one time our prayer-week ran something like this-

- *Monday: The prayer of faith.* Each member of the family picks out a prayer project with the objective of obtaining an answer before the week is out. It is important to distinguish between the different kinds of prayer because each prayer has a different objective, and a different approach. If we come to prayer in a vague way, we may pray well enough, but we may pray the wrong kind of prayer for that particular situation. A prayer of faith has as its objective getting a job

² Larry Christenson, *The Christian Family*. Minneapolis, Minnesota: Bethany Fellowship, Inc., 1974, pp. 174-176.

done. A more detailed description of the prayer of faith follows in the next section. It is a basic prayer. You will incorporate many of its principles into the other prayers that come up during the week.

- *Tuesday: Prayer for family, far or near.* Each one picks a relative or a member of the immediate family, and prays for some specific need which that person may have.
- *Wednesday: The Lord's Prayer.* Here you can introduce interesting variations. The Father can pray the Prayer a sentence at a time. Then the members of the family can offer petitions which make specific each thing the Lord's Prayer deals with. Under "Thy Kingdom come" may come a prayer for the peace of His Kingdom to come in our own home, or in our nation. Under "Forgive us our trespasses, as we forgive those who trespass against us" may come the confession of a resentful and unforgiving attitude toward a playmate.
- *Thursday: Prayer for missionaries.* Each one picks a missionary and prays for him. This helps project the family's concern for Christ's Kingdom 'to the ends of the earth.' Sometimes it is fun to introduce a note of variety by first praying silently for one's particular prayer project. Afterwards, each one can act out his missionary or family member or prayer of faith as a charade, while the others try to guess who or what he prayed for.
- *Friday: Prayers of confession.* Each member openly confesses one sin which has disturbed the peace and harmony of the family. To begin with, this may well be more difficult for the parents than for the children. Children are used to being corrected and chastened within the family, but not the parents. Yet parents, too, stand in need of forgiveness. Here is a setting in which irritations and resentments can be dealt with, not in the context of anger and recrimination, but in the healing light of forgiveness. One Friday one of our children seemed at a loss to recall anything to confess, and said, "Well, I'm open for bombardment. .." Brothers and sisters make fine auxiliary consciences! Parents, too, can both give and receive suggestions, in order that genuine sins and hurts are brought out. Of course the parents must watch closely the way in which this kind of thing is done, that no spirit of impudence or bitter accusation enter in. Where it is done in love, it can beget genuine and even deep repentance.
- *Saturday: Prayers for our church.* Each one picks out some aspect of the Sunday services to pray about-choir, Sunday School, Sermon, Holy Communion, particular individuals in the congregation-whatever has to do with our common life and worship in the Body of Christ.
- *Sundays: Prayers for our worship.* Because so much time is invested by our family within the congregation, this worship as a Body usually takes the place of our regular family devotions, unless it be a special

time of song and praise around the dinner table, or by the fireplace in the evening.