

KMI 2017

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PURPOSE AND PROCESS: The Spiritual Disciple of and Extended Time with God. Discover the purpose and the process of an extended time with God. Learn why to consider this practice and practical ideas to structure time to grow closer to our Father.

What is it?

An extended time is quite simply and extended period of time (minimum of ½ day a working day or 4 hours) spent alone preferably in isolation with God in prayer, study of God's word, worship and meditation.

Why from How to Spend a Day in Prayer by: Lorne C. Sanny

1. For extended fellowship with God

I Cor. 1:9 God is faithful, by whom you were called into the fellowship of his Son Jesus Christ our Lord.

Malachi 3:16 Then those who feared the Lord spoke with one another. The Lord paid attention and heard them, and a book of remembrance was written before him of those who feared the Lord and esteemed his name.

2. For a renewed perspective

II Cor. 4:18 as we look not to the things that are seen but to the things that are unseen are eternal.

3. For catching up on intercession

4. For prayerful consideration of our own lives before the Lord-personal inventory and evaluation.

5. For adequate preparation

"The reason any Christians are dead to opportunities is not because they are not mentally alert, but they are simply unprepared in heart. Preparation is made when we get alone with God."

"It is in our times alone with God that he gives inner assurance of his promises for us."
-Dawson Trotman

"...the most important aspects of the disciple's life are invisible and spiritual in nature. This is so important because of the cost."

"...it is the truest test of what we believe, who we believe, what we believe in, and ultimately, what or who we trust."
-Rev. John S Mahon

Do you think God desires you to spend more time with Him in prayer?

Yes No

Why is this not enough to motivate us?

Think about the longest time you have ever spent...

- Surfing the internet
- Talking with a friend on the phone
- Watching sports on TV
- Binge watching Netflix
- Playing video games

Alone with God?

"The man-God's man-is made in the closet. His life and his profoundest convictions were born in the closet his profoundest convictions were born in his secret communion with God. The burdened and tearful agony of his spirit, his weightiest and smartest messages were got when alone with God."

-E.M. Bounds

Consider these four examples from scripture.

David

Daniel

Nehemiah

Paul

David

Psalm 25:5 Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the daylong.

Psalm 86:1-4 Incline your ear, O Lord and answer me, for I am poor and needy. Preserve my life, for I am godly, save your servant, who trusts in you-you are my God. Be gracious to me, O Lord, for to you do I cry all the day.

Daniel

Daniel 9:1-23

Daniel 10:1-23

Nehemiah

Nehemiah 1:1-11

6 let your ear be attentive and your eyes open, to hear the prayer of your servant that I now pray all day and night for the people of Israel your servants

11 Oh Lord, let your ear be attentive to the prayer of your servant, and to the prayer of your servants who delight to fear your name, and give success to your servant today, and grant him mercy in the sight of this man.

Paul

I Thess. 3:9-10

10 as we pray most earnestly night and day that we may see you face to face and supply what is lacking in your faith.

II Timothy 1:3 I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day.

Consider the time Jesus spent alone in prayer.

Mark 1:35 and rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.

Matthew 6:6 But when you pray, go into your room and pray to your Father who is in secret.

Matthew 14:23 And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone

Luke 5:16 But he would withdraw to desolate places and pray.

Luke 6:12 In these days he went out to the mountains to pray, and all night he continued in prayer to God.

Examples of praying men

Payson wore the hardwood boards into grooves where his knees pressed so often and so long.

Brainerd said: "I love to be alone in my cottage where I can spend much time in prayer."

Bishop Andrewes spent the greatest part of five hours every day in prayer and devotion.

Dr. Judson: "Arrange thy affairs, if possible, so thou canst leisurely devote two or three hours every day not merely to devotional exercises but to the very act of secret prayer and communion with God.

Motivations for spending extended with God

His commands

His promised blessings

Our love for Him

Philippians 3: 10-11 I want know Christ-yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, and so somehow, attaining to the resurrection from the dead.

John 17:3 Now this is eternal life: that they may know you, the only true God, and Jesus Christ whom you have sent.

Proverbs 8:17 I love those who love me, and those who seek me find me.

John 14:21 Whoever has my commands and obeys them he is the one who loves me. He who loves me will be loved by my Father, and I will love him and show myself to him.

How to spend extended time with God?

PAUL ACTS BOLD

Exodus 8:1 – Saved to worship God

John 4:23-24 – Worship in the Spirit and Truth

Acts 4:29-31 – After time in prayer, Spirit enables to speak boldly

P – Plan

Proverbs 15:22 – *Plans fail for lack of counsel but with many advisors they succeed.*

Examples:

Jesus (Matthew 6:9-13)

Paul (Ephesians 3:14-21)

David (Psalm 57)

Solomon (1 King 8)

Nehemiah (Nehemiah 1)

Lorne Sanny

Pre-Work:

Wife (Eph 5:25-26)

Location and Time (Psalm 19:1 – Ecc 8:3)

Prayer (Phil 1:9-11)

Requests (James 5:16)

Materials (Bible, worry/prayer list, journal, food/drink, verses)

Rest

A – Await

Micah 7:7 – *But as for me, I watch in hope for the Lord. I wait for God, my Savior, My God will hear me.*

Action – Quiet. Sit in presence. Eliminate distractions. Ask the Holy Spirit to lead (Romans 8:26-27).

U – Unload Burdens

1 Peter 5:7 – *Cast all your anxieties on Him because He cares for you.*

Action – Get vulnerable. Use worry list. Confess sins (1 John 1:9). Address Troubles and Struggles. Read Matthew 5-7, Mark 9:24.

L – Lift up Voice

Ephesians 5:19 – *Speaking to one another with psalms, hymns and songs from the Spirit. Sing and make music from your heart to the Lord.*

Action – Listen to 4-6 worship songs on a device. Shuffle/let God pick them. Note selection/lyrics.

A – Adoration

Proverbs 9:10 – *Fear of the Lord is the beginning of wisdom and knowledge of the Holy One is understanding.*

Action - Read Psalm 139. Exodus 34:5-7. Joseph (Romans 8:28). Moses. Elijah. Jesus. Paul. Memory Verses.

C – Christ's New Creation

2 Corinthians 5:17 – *Therefore if anyone is in Christ, the new creation has come, the old has gone the new is here.*

Action - Read Ephesians 1-2, note how many times in Him is mentioned. Deut 32:9. Review purpose statement. Mission. Goals.

T – Thanksgiving

Ephesians 5:20 – *Always giving thanks to God the Father for everything in the name of our Lord Jesus Christ.*

Action - List out gifts thankful for: Salvation (Eph 2:8-9), Testimony (Eph 2:1-3), Wife (Pvb 18:22), Gifts (James 1:17), Sanctification (Phil 1:5-6), Freedom in Christ (Gal 5:1), Believers (Eph 1:16).

S – Supplication

Philippians 4:6 – *Do not be anxious about anything but in every situation by prayer and petition with thanksgiving present your requests to God.*

Action - Pray for guidance and wisdom with family, finances, work, discipleship. Spiritual growth (Phil 1:9-11), Titus 1:8-9 man, desires (1 Kings 8:58). Write down requests and see how God answers.

B – Bible

Psalms 1:1-3 – *Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but who delights in the law of the Lord and who meditates on his law day and night, that person is like a tree planted by streams of water which yields its fruit in season and whose leaf does not wither. Whatever they do prospers.*

Action - Use tools while reading: Write a paraphrase, write an observation, interpretation, and applications, consider memorized cross references, pray it back, See-Savor-Serve. Memory Work.

O – Other Believers

Ephesians 6:18 – *And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.*

Action - Prayer requests, church, ministries, country, studies, people. See Paul's prayers (Eph 3:14-21).

L – Lost

Ezekiel 36:26-27 – *I will give you a new heart and put a new Spirit in you. I will remove from you, your heart of stone and give you a heart of flesh, and I will put my Spirit in you and move you to follow my decrees and be careful to keep my laws.*

Action - Top 10 Prayer List, people you shared with, want to share with, co-workers, family, friends, etc. Eyes to see, Ears to hear, Heart sensitive to the Gospel message. Salvation (Romans 10:1).

D – Discuss

James 1:5-6 – *If any of you lacks wisdom; you should ask God who gives generously to all without finding fault. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea blown and tossed by the wind.*

Action - Ask God 'what will you have me do?'. Reflect. Applications. Accountability. Gal 5:22-23. Start doing, stop doing, continuing doing.

John 15:5 – Abiding/being present with the Lord causes an overflow of love pointing back to Jesus.

Martin Luther – "I have so much to do today, that I'm going to need to spend three hours in prayer in order to be able to get it all done"

Mary or Martha

Extended time with God the Purpose and the Process

WORKSHOP EXERCISE

Read the passages below and in the space provided, record how they speak to the personal nature of our relationship with Jesus.

Passage	How this reveals the personal Nature of our RELATIONSHIP	Benefits derived from this RELATIONSHIP
Matthew 11: 28-30	_____	_____
Romans 8:12-17	_____	_____
I Cor. 3:16	_____	_____
I Cor. 6:19-20	_____	_____
Gal. 4:4-7	_____	_____
Eph. 3:1-12	_____	_____
Hebrews 10:19-22	_____	_____

Resources

- Power Through Prayer-Edward M. Bounds
- Purpose in Prayer-Edward M. Bounds
- The Practice of the Presence of God-Brother Lawrence
- Prayer: Experiencing Awe and Intimacy with God- Timothy Keller
- How to Spend a Day in Prayer-Lorne C. Sanny