

Sermon Notes

Practical Lessons for Understanding the Word of God



Time: life, invest wisely (or waste)
irreversible

禱告~最有時間的方法

Prayer: Our Time Saver

6/18/15

KEY PASSAGES: 1 Thessalonians 3:1-2 | Ephesians 5:15-16 | SUPPORTING SCRIPTURE: 2 Chronicles 20:3-25 | Job 7:6
Psalm 90:12; 119:125-128, 133; 144:4 | Proverbs 3:5-6 | Matthew 14:23 | Mark 1:35 | Luke 5:16; 6:12 | Acts 16:6-9
Philippians 4:6-7 | Colossians 4:2-3 | James 4:14

Thank God for another day (to live).

帖前三:1-2; 弗五:15-16; 詩--九:125-128; 133

SUMMARY

Do you ever feel as if you don't have enough time?

光陰似箭; 歲月如梭; 詩--九:4

Most of us can relate to that thought. Routine chores, distracting activities, and urgent tasks can make our days busy but unproductive. We often have little time left to accomplish God's purposes. The years fly by, and we marvel at how quickly life passes.

The Bible speaks about the limited time each person has to live: "Man is like a mere breath; His days are like a passing shadow" (Ps. 144:4). How can we make the most of our lives? I believe the secret lies in connecting with our heavenly Father each morning and committing the day to Him. The One who gave us life is best equipped to show us how to invest it. When we walk hand in hand with God, obedient to each command, we will be sure to fulfill all He has planned for us. Prayer is life's greatest time saver.

Job 7:6

SERMON POINTS

Prayer in the Life of Jesus

耶穌的禱告生活

Our Lord worked as a carpenter until He was about 30, but did not begin His ministry until the last three and a half years of His life. That meant He had only a short time to communicate God's love for the world and change human history. Yet, He never hurried or became anxious. The Lord made the most of every opportunity to minister, but He also knew when to retreat and spend time with the Father.

Jesus prayed early in the morning and in the evening; He prayed in front of His disciples and

alone in the wilderness. Before choosing the twelve disciples, He prayed all night (Luke 6:12). Following His example, those who have made the greatest impact for God's kingdom share at least one common trait: They have been men and women of prayer, just as the Savior was.

Jesus is a man of prayer, our role model.

Prayer as a Time Saver

耶穌, 我們的禱告

Talking to God helps us be wise stewards of time because it...

*與神獨處的時間

■ **Provides timely direction:** In emergencies, prayer can give you clear guidance and eliminate confusion. When King Jehoshaphat heard that three armies were on their way to attack Israel, he immediately sought the Lord through fasting and prayer. God gave him a war strategy that resulted in victory (2 Chron. 20:3-25).

~從每天以開始

詩--九:125-133

love His word

■ **Prevents wrong decisions:** Prayer can help us avoid costly mistakes, delays, and other long-term difficulties. The apostle Paul wisely changed his plans when the Lord revealed that he was to preach the gospel in Macedonia rather than in the east (Acts 16:6-9). As we follow God's plans instead of our own, we will always experience His blessing.

Spend time w/ Him in prayer.

God's plan x

direction +

our submission

His knows all

the details!

Give Him time.

■ **Eliminates worry and anxiety:** Philippians 4:6-7 says, "In everything, by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God... will guard your hearts and minds in Christ Jesus." As a believer, you don't have to fret; God has everything under control. If you are following His will, you should have great peace. When you feel unsettled spiritually, He may be trying to warn or redirect you. Anxiety is a sign that we are on our schedule, not His.

His timing x

schedule.

作正確決定, 除去擔心及不安

要愛惜光陰.

How we live our life? Be honest to yourself.

How to start your day?

Put on your own shoes!

Life Principle #27.

■ **Produces peacefulness:** If you begin each day with God, He will give you supernatural calmness that can increase your productivity. Every morning, as you read the Bible, ask Him to make you sensitive to the Holy Spirit and keep you from sin (Ps. 119:133). *詩--九:133, 我心灵得安寧*

■ **Invites God into our activity:** Proverbs 3:5-6 says, "Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight." If you ask, the Father will help you use time wisely. *箴三:5-6 讓神引領*

■ **Produces confidence:** When we have clear guidance from God, we can move ahead boldly and quickly. Our heavenly Father knows all things and will guide us to make the most profitable, effective decisions. *增加信心 no "but"*

■ **Eliminates fretting:** We can rest assured that the Lord will give us direction and peace if we take the time to seek Him. But we never reach a point in our lives when we can "take it easy" spiritually. God wants us to enjoy good things in life, but not at the expense of spending time with Him. *禱去三心兩意 pray to sleep*

■ **Sharpens discernment:** Prayer increases our ability to see past the surface to what is going on spiritually. It helps us know God's will, but not always immediately. I've found that sleeping on a question opens my mind to the instruction of the Holy Spirit. Your answer might come immediately or in a week or so. But trust that God will reveal His direction for your life. *spiritual intuition*

God is the energizer

■ **Gives us energy:** Prayer can rejuvenate us when we are exhausted. Get on your knees before the Father, and spend time talking with Him and reading His Word. The Lord is our strength: it will be unusual if you don't experience a surge of energy. *帶來能量*

■ **Prevents distractions:** Each morning, ask God what you are supposed to accomplish that day. That will help you to focus on His priorities for your life and to avoid getting sidetracked with other activities. *防止分擾*

■ **Reminds us to act now:** Perhaps you have forgotten to do something or have been

get on my knees
→ subconscious mind to work
the Holy Spirit works on

InTouch Ministries.
intouch.org

procrastinating. Through prayer, God can motivate you to accomplish those tasks.

■ **Protects us from discouragement:** Talking to the Lord reminds us of His perspective. How can we be discouraged if our loving heavenly Father is in complete control and has our best interests in mind? *Im on His plan, time and schedule.*

■ **Opens doors of opportunity:** Paul asked the Colossians to pray that "God will open up to us a door for the word" (Col. 4:3). Prayer creates opportunities where none existed before. For instance, if you need a job, commit your plans to the Lord. Prepare a resume and look for interviews, but put your trust in God to provide. He will supply your needs if you are walking in obedience to Him. *西四:3-4*

■ **Helps us discern between busyness and fruitfulness:** You and I must be careful to invest our time, energy, and resources in things of eternal value. Don't say yes to every opportunity: prayerfully consider which ones God has ordained for you to pursue. *合神心意的選擇!*

Who God is!
Omni-scient
potent
present

Our faith x
Confession 1st.
He has gotten a
better one for you.

* at appointed time
Obligated
有永恒價值與
獎賞!

RESPONSE

I hope that you will make prayer a priority if you aren't already doing so. Every morning, commit your day to Him. Ask for His guidance to help you avoid distractions and listen for His voice. There is no better way to invest your time than in prayer. Begin each day on your knees before the Lord, and you will be amazed at how effective and fruitful you can be for His kingdom.

將禱告生活
當成生活中
重要的一部分,
常與主親近,向
祂傾心吐露!

- How often do you spend focused solitary time in conversation with your heavenly Father?
- Do you have a dedicated location in your home where you meet the Lord in prayer?
- How has conversation with the Lord been a help to you in your everyday life?

To purchase this message on CD or DVD, please visit store.intouch.org or call 800-789-1473. To download this Sermon Note, visit intouch.org/sermonnotes

立刻行動,交託上帝。

Sermon Notes

Practical Lessons for Understanding the Word of God



信徒祷告的争战 The Believer's War Room

(要常常进入内室向神祷告)

KEY PASSAGE: Matthew 6:5-6 | SUPPORTING SCRIPTURE: Proverbs 3:5-6 | Isaiah 54:17 | Ephesians 6:10-18

太六:5-6

箴三:5-6

赛五四:17

弗六:10-18

04/03/16

SUMMARY

What are we to do with our trials, heartaches, and burdens?

To live a godly life, prayer is a key.

Although many people try to bear them on their own, Jesus has given us the solution in a passage from His Sermon on the Mount. He says to go into an inner room, close the door, and pray to our Father in heaven. All of us need to learn how to talk to the Lord in private about whatever concerns us. And sometimes that inner room becomes our war room as we fight our battles with sin, conflicts, decisions, and difficulties until we fully surrender in obedience to our God.

To have an intimate relationship w/ Jesus.

SERMON POINTS

According to Ephesians 6:10-13, believers are in a struggle—not with people—but against rulers, powers, world forces of darkness, and spiritual forces of wickedness in heavenly places. Because spiritual battles require divine protection, we are told to put on the full armor of God.

The armor of God (Eph. 6:14-18)

救恩的头盔 The helmet of salvation protects our thinking.

公义的护心镜 The breastplate of righteousness guards our emotions.

真理的腰带 The girdle of truth allows us to walk in the light.

Our feet must be shod with the preparation of the gospel of peace.

We are to take up the sword of the Spirit, which is the Word of God.

We need the shield of faith to completely cover us

拿着信德当作藤牌, 可以完全保护我们

保护思想

保护我们的情感

在光中行

平日的福音当作预备走路的鞋穿在

脚上

拿着圣灵的宝剑, 就是神的道

拿着信德当作藤牌, 可以完全保护我们

and extinguish all the enemy's flaming arrows.

Finally, we must pray at all times.

Satan is our enemy, and he's a murderer, liar, deceiver, schemer, tempter, and destroyer. But as believers, we do not have to become his victims.

God has given us the key to living in a manner which pleases and honors Him. And that key is prayer. In the war room of prayer, we fight our battles on our knees, coming confidently and boldly to our heavenly Father, sharing the innermost thoughts of our hearts, knowing that He hears and intervenes on our behalf.

Jesus spoke of a place of prayer.

Because He lived an itinerant lifestyle, Christ's place of prayer changed as He traveled, but prayer was always a priority in His life and should be in ours as well.

It's a private place. Jesus said to go into an inner room and close the door (Matt. 6:6). If we are really serious about finding a quiet area to be alone with the Lord in prayer, He will provide one.

It may require a little creativity and adjustment on our part, but God wants to meet with each of us privately so we can develop an intimate relationship with Him.

It's a holy place. When we habitually meet with the Lord in the same place each day, it becomes holy because it is set apart to worship and commune with Him. We soon adjust to the setting and are immediately ready to talk to the Father because this is what we always do here.

Whatever He accomplishes in our lives is the result of the relationship we have with Him in that secluded place of prayer. As we depend upon

不停止的祷告

魔鬼是我们的仇敌...

祷告对神喜悦並尊荣祂!

耶稣在世时, 过着无论任何的日子, 但...

但...

在耶稣的生活中, 祷告总是最优先的!

祷告内室

私人的, 个人的, 能与神独处, 谈心

圣潔池;

人要潔, 沒有人能見

至(林后:14)

至(林后:14)

救恩的头盔

真理的腰带

Him in faith, He works in our lives in ways we could never predict.

■ **It's where our battles are fought.** Every time we go through difficult situations or conflicts with people, we should bring our concerns to our heavenly Father and engage Him in helping fight our battles. We need His guidance, assistance, and wisdom to know how to respond and what to do. There will be times when no one else can help us, but He is always there to comfort, strengthen, and encourage us. As we humble ourselves before Him in worship, crying out to Him, He aids us in overcoming temptations and enduring trials.

戰地

主與我們同戰並操勞

■ **It's where we get our instructions for the day.** We never know what awaits us each day, but God does. If we'll start the day in a quiet place, surrendering ourselves to Him and asking for direction and strength for whatever lies ahead, He'll walk with us through the day as our companion, guide, and protector. The Lord promises to direct our path if we'll trust Him with all our heart and acknowledge Him in all our ways instead of relying on our own understanding (Prov. 3:5-6). In the Scriptures, He gives us His instructions and directions for every circumstance we may face. But if we're not listening to the Lord, we won't know His battle plan, and will lose the fight. We can't live a godly life if our Bibles are closed.

每天藉著神的指教

箴=5-6

■ **It's where we deal with our sins.** As we open His Word and our hearts before Him, we have an opportunity to confess our sins and ask Him to convict us of anything in our lives that is contrary to His desires for us. As we pray, we must give the Lord time to speak to our hearts. Sometimes He uses a passage of His Word to convict, encourage, or direct us, and at other times His Spirit communicates inaudibly with us in our hearts. He may even use hardships and trials to get our attention.

對罪惡

■ **It's where we develop an intimate relationship with the Lord.** If we're too busy to spend uninterrupted time with Him in prayer, we won't grow deeper in our relationship with Him. God loves us and wants to have us all to Himself for a

與主親密關係的進深

while. There are times when we pray with others or together as a family, but it's only in our private times with the Lord that we grow to know Him intimately and have the freedom to honestly and openly share our hearts with Him. This is the most important activity of our lives—communing and fellowshiping with the Lord Jesus Christ.

■ **It's where we lay down our burdens.** God daily lifts our burdens, carries our concerns, and forgives our sins when we confess them.

放下重擔

■ **It's where we weep over our trials and heartaches.** When we go into our prayer room and cry out to God, He understands and mends our broken hearts.

除去試煉及傷心

■ **It's where we forgive others.** The Lord not only forgives our sins but helps us battle through our hurts so we can forgive others.

原諒人

■ **It's where we are strengthened.** In this holy place we have the privilege of discussing every area of our lives. As we pour out our hurts, sorrows, and burdens, the Lord comes to strengthen us.

得著堅固

RESPONSE

■ Where do you go to pray in private? If you have a specific place, how has it become your holy place?

If you haven't yet found a place, what can you do to find one?

■ Has a daily prayer time become your habitual pattern? If so, how has this practice benefited you and deepened your relationship with Christ? If you struggle with consistently meeting in private with the Lord, what is hindering you? What can you do to overcome these obstacles?

哪裡是你禱告的內屋？聖潔之地向他傾心吐露？

你有養成每日禱告與神親近神的習慣嗎？

To purchase this message on CD or DVD, please visit store.intouch.org or call 1-800-789-1473.

To download this Sermon Note, visit intouch.org/sermonnotes

耶穌為我們設立了禱告的樣樣，把每天第一向父神禱告，我們應當效法主耶穌。

InTouch Ministries.
intouch.org

Copyright © 2016 by In Touch Ministries, Inc. All rights reserved. In Touch grants permission to print for personal use only.