

Notes: April 6, 2019

Start: 10 AM

Order of service:

1. Meet and Greet
2. Introduction (if new people)
3. Ma Tov
4. Open in Prayer for service
5. Liturgy – Sh'ma +
6. Announcements
7. Praise and Worship Songs
8. Message
9. Aaronic Blessing
10. Kiddush
11. Oneg

Children's Blessing:

Transliteration: *Ye'simcha Elohim ke-Ephraim ve hee-Menashe*

English: *May God make you like Ephraim and Menashe*

Transliteration: *Ye'simech Elohim ke-Sarah, Rivka, Rachel ve-Leah.*

English: *May God make you like Sarah, Rebecca, Rachel and Leah.*

Introduction: *Balanced Believer – Prayer Part 2 – The Air You Breathe*

What I am about to ask you may seem simple, but I really want you to reflect on them, not just from a general position, but a personal and reflective position.

What is the purpose of prayer?

Why do we pray?

For some, an even harder question is – Why don't we pray? Or Why don't we pray more?

There is such a simplicity to prayer and yet for many it seems so daunting.

It isn't like something you would purchase from Ikea whereby in order to use it, you must first read the directions, then assembly it.

In other words...no additional assembly required.

So, let's answer the questions...

What is the purpose of prayer?

For spiritual growth, nothing can take the place of prayer—simply spending time with God, thanking Him for His gifts to you, praising Him, asking for guidance, admitting your sins and asking forgiveness and help.

So, let's look at this in greater detail.

Admitting Sins and Asking for Forgiveness:

There are plenty of examples in Scripture of this dynamic. Let's look at one of them. 1 Sh'mu'el 7:3 - 13

This marks the beginning of Sh'mu'el's time as Judge of Israel...

1Sa 7:3 Sh'mu'el addressed all the people of Isra'el; he said: "If you are returning to Adonai with all your heart, then be done with the foreign gods and `ashtarot that you have with you, and direct your hearts to Adonai. If you will serve only him, he will rescue you from the power of the P'lishtim."

1Sa 7:4 So the people of Isra'el banished the ba`alim (pagan gods) and the `ashtarot (images of Phoenician goddess) and served only Adonai.

What did we talk about last week – action. Their action was to remove all of the influences of other gods.

1Sa 7:5 Sh'mu'el said, "Gather all Isra'el to Mitzpah, and I will pray for you to Adonai."

Sh'mu'el intercede on behalf of the people.

1Sa 7:6 So they gathered together at Mitzpah, drew water and poured it out before Adonai, fasted that day, and said there, "We have sinned against Adonai." Sh'mu'el began serving as judge over the people of Isra'el at Mitzpah.

Here you have the prayer.

Here you have the admitting of sins.

Here you have the forgiveness of sin – how do we know this...

What happened after...

1Sa 7:7 When the P'lishtim heard that the people of Isra'el had gathered together at Mitzpah, the leaders of the P'lishtim marched up against Isra'el; and when the people of Isra'el heard about this, they were afraid of the P'lishtim.

1Sa 7:8 The people of Isra'el said to Sh'mu'el, "Don't stop crying out to Adonai our God for us, to save us from the power of the P'lishtim."

1Sa 7:9 Sh'mu'el took a baby lamb and offered it as a whole burnt offering to Adonai. Then Sh'mu'el cried to Adonai for Isra'el, and Adonai answered him.

What did the burnt offering do?

Lev 1:2 "Speak to the people of Isra'el; say to them, 'When any of you brings an offering to Adonai, you may bring your animal offering either from the herd or from the flock.

Lev 1:3 If his offering is a burnt offering from the herd, he must offer a male without defect. He is to bring it to the entrance of the tent of meeting, so that it can be accepted by Adonai.

Lev 1:4 He is to lay his hand upon the head of the burnt offering, and it will be accepted on his behalf to make atonement for him.

atonement for their transgression.

1Sa 7:10 As Sh'mu'el was presenting the burnt offering, the P'lishtim advanced to attack Isra'el. But this time, Adonai thundered violently over the P'lishtim, throwing them into such confusion that they were struck down before Isra'el.

Adonai saw the blood on the altar of the burnt offering Sh'mu'el made...

Lev 17:11 For the life of a creature is in the blood, and I have given it to you on the altar to make atonement for yourselves; for it is the blood that makes atonement because of the life.'

1Sa 7:11 The men of Isra'el went out from Mitzpah, pursuing the P'lishtim and attacking them all the way to Beit-Kar.

1Sa 7:12 Sh'mu'el took a stone, placed it between Mitzpah and Shen, and gave it the name Even-`Ezer [*stone of help*], explaining, "Adonai has helped us until now."

1Sa 7:13 Thus the P'lishtim were humbled, so that they no longer entered Isra'el's territory; and the hand of Adonai was against the P'lishtim as long as Sh'mu'el lived.

What happened after was Adonai's response.

I shared this last week and believe it to be important to reiterate it again...This goes back again to what Solomon conveyed to the people. Even though this is prior to Solomon, the principle is Adonai's and it is eternal...

2Ch 7:12 Adonai appeared to Shlomo by night and said to him, "I have heard your prayer and have chosen this place for myself as a house of sacrifice.

2Ch 7:13 If I shut up the sky, so that there is no rain; or if I order locusts to devour the land; or if I send an epidemic of sickness among my people;

2Ch 7:14 then, if my people, who bear my name, will humble themselves, pray, seek my face and turn from their evil ways, I will hear from heaven, forgive their sin and heal their land.

2Ch 7:15 Now my eyes will be open and my ears will pay attention to the prayer made in this place.

2Ch 7:16 For now I have chosen and consecrated this house, so that my name can be there forever; my eyes and heart will always be there.

And yet, what I didn't share with you was the motivation. What prompted the people to yearn for Adonai. That is found in verses 1 & 2...

1Sa 7:1 So the men of Kiryat-Ye`arim came and brought back the ark of Adonai. They took it to the home of Avinadav on the hill and appointed his son El`azar to guard the ark of Adonai.

1Sa 7:2 From the day that the ark arrived in Kiryat-Ye`arim a long time elapsed, twenty years; and all the people of Isra'el yearned for Adonai.

The ark of Adonai was back in their presence. And yet what was present then, you have now, individually, residing in you.

The power to be stirred. The power that causes you to yearn more and more for Adonai.

Asking for Guidance:

Praising Him:

Thanking Him:

We find all these aspects in Psalm 5:

Psa 5:1 *[For the leader. On wind instruments. A psalm of David:]* Give ear to my words, Adonai, consider my inmost thoughts.

Psa 5:2 Listen to my cry for help, my king and my God, for I pray to you.

Psa 5:3 Adonai, in the morning you will hear my voice; in the morning I lay my needs before you and wait expectantly.

Psa 5:4 For you are not a God who takes pleasure in wickedness; evil cannot remain with you.

Psa 5:5 Those who brag cannot stand before your eyes, you hate all who do evil,

Psa 5:6 you destroy those who tell lies, Adonai detests men of blood and deceivers.

Psa 5:7 But I can enter your house because of your great grace and love; I will bow down toward your holy temple in reverence for you.

Psa 5:8 Lead me, Adonai, in your righteousness because of those lying in wait for me; make your way straight before me.

Psa 5:9 For in their mouths there is nothing sincere, within them are calamities, their throats are open tombs, they flatter with their tongues.

Psa 5:10 God, declare them guilty! Let them fall through their own intrigues, For their many crimes, throw them down; since they have rebelled against you.

Psa 5:11 But let all who take refuge in you rejoice, let them forever shout for joy! Shelter them; and they will be glad, those who love your name.

Psa 5:12 For you, Adonai, bless the righteous; you surround them with favor like a shield.

All of this constitutes spending time with Adonai.

Psa 32:1 *[By David. A maskil:]* How blessed are those whose offense is forgiven, those whose sin is covered!

Psa 32:2 How blessed those to whom Adonai imputes no guilt, in whose spirit is no deceit!

Psa 32:3 When I kept silent, my bones wasted away because of my groaning all day long;

Psa 32:4 day and night your hand was heavy on me; the sap in me dried up as in a summer drought. (Selah)

Psa 32:5 When I acknowledged my sin to you, when I stopped concealing my guilt, and said, "I will confess my offenses to Adonai"; then you, you forgave the guilt of my sin. (Selah)

Psa 32:6 This is what everyone faithful should pray at a time when you can be found. Then, when the floodwaters are raging, they will not reach to him.

Psa 32:7 You are a hiding-place for me, you will keep me from distress; you will surround me with songs of deliverance. (Selah)

Psa 32:8 "I will instruct and teach you in this way that you are to go; I will give you counsel; my eyes will be watching you."

Psa 32:9 Don't be like a horse or mule that has no understanding, that has to be curbed with bit and bridle, or else it won't come near you.

Psa 32:10 Many are the torments of the wicked, but grace surrounds those who trust in Adonai.

Psa 32:11 Be glad in Adonai; rejoice, you righteous! Shout for joy, all you upright in heart!

Can we gauge our spiritual maturity by our prayer life?

How often do you do this?

Think of prayer like breathing...

A person's average respiration is 12 – 20 breaths per minute.

Breath is required to maintain conscientiousness for living.

Prayer is required to maintain conscious connection to Adonai where we have life in abundance.

Breath provides oxygen to the blood

Prayer provides oxygen to our relationship with Adonai.

What is the role of oxygen for our bodies?

Oxygen is important to every cell in your **body**. ... **Oxygen**, through a process called oxidation, chemically changes food and liquid into energy. It's this "**oxygen** fire" that contracts our muscles, repairs our cells, feeds our brains, and even calms our nerves. Not only that, but breathing is our **body's** chief cleansing tool.

This gives greater understanding to the life is in the blood – Leviticus 17:11

Are these very characteristics not also found when we pray.

Are we not repaired (healed) when we pray?

Are we not fed with the wisdom of Adonai when we pray?

Are we not calmed when we pray?

What happens when we are lacking oxygen

If **blood oxygen levels are too low**, your body may not work properly. **Blood** carries **oxygen** to the cells throughout your body to keep them healthy. Hypoxemia can cause mild problems such as headaches and shortness of breath – the oxygen fire is not working efficiently and to its fullest potential.

What happens when your body is deprived of oxygen?

If a pulse ox measured **your blood oxygen level**, a normal reading is typically between 95 and 100 percent. ... **The** lower **the oxygen level**, **the** more severe hypoxemia. This **can** lead to complications in body tissue and organs.

Breathing is something you do, without having to think about it. It is a natural function of our bodies. It is required by our bodies so that we not only live, but function as well. The better our breath, the better our blood oxygen level (which should be between 95 – 100%) the better we function.

Why can't prayer be like that?

Caution – Too Much is not good.

Can we pray too much?

What I mean by this is that if prayer is the only thing we do, we are not function as we were created to do so.

Back to breathing again.

What happens when your body takes in more oxygen than it has the capacity to handle?

If you breathe air with a **much** higher than normal O₂ concentration, the **oxygen** in the lungs overwhelms the

blood's ability to carry it away. The result is that free **oxygen** binds to the surface proteins of the lungs, interferes with the operation of the central nervous system and also attacks the retina.

As with everything, there is a balance.

Sometimes we think too much.

Sometimes we get in our own way

Sometimes we overcomplicate the simple.

So when Adonai breathed life into us in Genesis 2:7

Gen 2:7 Then Adonai, God, formed a person [*Hebrew: adam*] from the dust of the ground [*Hebrew: adamah*] and breathed into his nostrils the breath of life, so that he became a living being.

Consider Yeshua for a minute...

Luk 5:16 However, he made a practice of withdrawing to remote places in order to pray.

Psa 150:1 Halleluyah! Praise God in his holy place! Praise him in the heavenly dome of his power!

Psa 150:2 Praise him for his mighty deeds! Praise him for his surpassing greatness!

Psa 150:3 Praise him with a blast on the shofar! Praise him with lute and lyre!

Psa 150:4 Praise him with tambourines and dancing! Praise him with flutes and strings!

Psa 150:5 Praise him with clanging cymbals! Praise him with loud crashing cymbals!

Psa 150:6 Let everything that has breath praise Adonai! Halleluyah!