

Prayer - Intimacy with God - Part 1

Psalm 37:4-7

*⁴ Delight yourself in the LORD
and he will give you the desires of your heart.*

*⁵ Commit your way to the LORD;
trust in him and he will do this:*

*⁶ He will make your righteousness shine like the dawn,
the justice of your cause like the noonday sun.*

*⁷ Be still before the LORD and wait patiently for him;
do not fret when men succeed in their ways,
when they carry out their wicked schemes.*

How to become intimate with God - Or How to develop a deep love relationship with the Lord.

- Set aside a time and a place to meet with God daily - spend time with the one you love.
- Overcome interruptions, drowsiness and wandering thoughts. Vary posture - sit, stand, raise your hands, lay face down, kneel, walk, run, dance.... - Write down distracting thought to deal with later.
- PRAY - talk to God, but also listen to God. Worship the Lord in the beauty of His Holiness. Praise Him for His attributes. Speak to Him with abandoned affection.

Bless God The Father - Receive The Father's Love for you personally (Abba)

Bless God the Son - Focus on the sacrifice that Jesus made for you

Bless God the Holy Spirit - Invite His Holy Spirit to change you. Praise God for the Spirit's presence in you. Praise Him that you are the temple of the Spirit of God. (1 Cor 3:16, Psm 22:3).

- Be still in His presence, wait in silence. Learn to recognize the voice of God. Two way conversation with the one you love involves lots of listening and not doing all the talking!
- Sing and make music to the Lord, worship Him in song (and even make up new songs!)
- Read aloud passages of the Word of God. Spend time praying His Word, His living love letter to us. Get to know Him better through His Word. Practice Lectio Divina (Divine reading) and simple meditation on the Word of God.
- Journal your prayers and answers to prayer.
- Practice "Breathing Prayer or Centering Prayer". Listen to your deepest longings and desires in God's presence. Repeat a simple phrase or word that comes to you. Repeat it often, like breathing. Examples may be simply saying "Jesus" repeatedly, or "Lord Jesus Christ, have mercy on me, a sinner"; "Here I am Lord"; "Come Lord Jesus"; or "Speak Lord, for your servant is listening." Make it your own personal cry to God. Maybe it is simply "Help Lord!"
- Worship God in all areas of life, while getting ready in the morning, the face of a child, the beauty of nature as it unfolds each day, converse with him while driving to work, while walking, through art, every waking and sleeping moment... breathing in the very presence of God.

Mary Sterenberg 2014

Prayer - Intimacy with God - Part 2

Isaiah 59:1-3

Sin, Confession and Redemption

¹ Surely the arm of the LORD is not too short to save,
nor his ear too dull to hear.

² But your iniquities have separated
you from your God;
your sins have hidden his face from you,
so that he will not hear.

³ For your hands are stained with blood,
your fingers with guilt.
Your lips have spoken lies,
and your tongue mutters wicked things.”

Blockages to Intimacy with God

Sin in all of its manifestations puts a wall between us and God and not only blocks communion and intimacy with God but also blocks His answers and manifestations of power (Isaiah 59:1-3).

- Unforgiveness (Matthew 6:14-15) Refer to 4-way Forgiveness Prayer
- Unconfessed sin (James 5:16, Psalm 66:18, Proverbs 6:16-19, Romans 1:22-23, 26-27, 31)
- Broken Relationships (I Peter 3:7, I Tim 2:8, Isaiah 1:15,17, Matthew 5:23-24)
- Busyness, over-cluttered lives. (Psalm 46:10)
- A lack of Desperate Hunger for more of God (Matthew 5:6)
- Involvement in the Occult and Magic (Deuteronomy 18:10-12, Acts 8:9-24, Acts 13:4-12, Revelation 21:8)
- Failure to live a disciplined life. (I Timothy 4:7-8; I Peter 2:11-12; I Peter 1:13-15; Galatians 5:16-17),
Not practicing Fasting, Solitude, Watching, Prayer, Study, Meditation....
- Failure to recognize the voice of God and not obeying God's voice (I Samuel 3:4-7; 8:7-10; 12:11-18; John 10:27)
- Refusing to accept brokenness as an opportunity to share in the sufferings of Christ (I Peter 4:7-16)
- Refusal to Die to Self -rather than fight for my rights, I am to lay them down and surrender them to the Lordship of Christ. (I Peter 2:19-25; Luke 9:23, Colossians 3:9-10)

Mary Sterenberg 2014