

## Sanctification 101

### Lesson 3 Prayer and worship

#### PART I EXPLANATION

**Introduction:** The most important aspect of the Christian life is that we worship the Lord on a daily basis. In many ways it is also the most difficult part of our daily walk with the Lord. Because of this, our prayer life is the most accurate gauge of our Christian life. When you are alone with God in prayer there is no hiding or faking spirituality.

Jesus taught that there are two elements that are necessary to proper worship. For worship to be acceptable it must be done in Spirit and in truth. Worship is not acceptable to the Father that is a work of the flesh. We are *“to worship God in the Spirit and to have no confidence in the flesh”*. Worship in the flesh is a mode of worship that focuses on satisfying the appetites of the flesh. For example, many people avoid particular types of music in worship because they “don’t like it”, not realizing the significance of what they are saying.

Music is closely associated with worship throughout the Bible, because it was created for that purpose. Much emphasis today is placed upon using music in worship that is primarily rhythm and has a heavy beat. What they do not realize is that this appeals almost exclusively to the flesh, which is why an unsaved person can enjoy this type of “worship” at church. They view any music without this beat as “dead”, because not possessing the Holy Spirit, they cannot “worship” in spirit. They have no capacity for genuine worship and do not enjoy worship without the flesh being stimulated.

Music with a heavy rhythm stimulates the body because when the heart hears a beat, it speeds up or slows down, attempting to mimic the beat of the music. It also causes the body to want to dance. To observe this phenomenon, play music with a heavy rhythm and watch a child’s response. They will instinctively begin to dance, because it directly and unconsciously affects their body. (Contrast this with the melody and the harmony of music, which affect the spirit and soul of man respectively.) The “Contemporary worship” performed in churches today fails at this point and is unacceptable to God.

The second element necessary to genuine worship is truth. If our lives are filled with disobedience and hypocrisy we are instantly conscious of it in our devotional life. That is why prayer and genuine worship are often difficult, because it is a reflection upon our whole life. We want to clearly emphasize that the obstacle to our worship is never that God is dissatisfied or upset with us. We have been perfectly reconciled to Him through the death of His Son.

So what is the obstacle to our daily enjoyment of a genuine worship of God? The need for our lives in thought and deed to be reconciled to God’s ways. *“How can two walk together except they be agreed.”* That is why He promises us *“Draw nigh to God and He will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.”* The primary way in which man can genuinely worship God in the Spirit is through a life of subjection and obedience to His word which produces the fruits of a life of prayer, fellowship, and a spiritual understanding of the word of God.

That is why the emphasis in our “devotions” focuses upon the two spiritual exercises of prayer and Bible reading but too often neglects the importance of a life of obedience. The solution to a better prayer life is not more time or more reading about prayer, it is a life of obedience in subjection to God’s word and a dependence upon Him.

**Definitions:** For English use the Webster's 1828 Dictionary and copy all appropriate definitions for each word. For the Greek and Hebrew use a Strong's Concordance and copy the definition. The Strong's number is in parenthesis.

English: **Pray** -

**Prayer** -

**Worship** -

Greek: (1189) **dehomahee** *deh'-om-ahee* -

(2065) **erotaho** *er-o-tah'-o* -

(3870) **parakaleho** *par-ak-al-eh'-o* -

(4336) **prosookomahee** *pros-yoo'-khom-ahee* -

(4352) **proskuneo** *pros-koo-neh'-o* -

Hebrew: (4994) **naw** *naw* -

(6419) **pawlal** *paw-lal'* -

(7878) **seeakh** *see'-akh* -

(7592) **shawal** *shaw-al* -

(7812) **shachah** *shaw-khaw'*

**Quotation:** "If Jesus did it in the morning, how much more important is it for us, before the world gets possession of our thoughts; before Satan fills us with unholy feelings; when we rise fresh from beds of repose, and while the world around us is still! David also thus prayed, [Psa\\_5:3](#); [Psa\\_119:147](#). He that wishes to enjoy religion will seek a place of secret prayer in the morning. If that is omitted, all will go wrong, our piety will wither. The world will fill our thoughts. Temptations will be strong. Through the day, we shall find it impossible to raise our feelings to a state of proper devotion. It will be found to be true universally, "that the religious enjoyment through the day will be according to the state of the heart in the morning, and can therefore be measured by our faithfulness in early secret prayer." How different, too, was the conduct of the Savior from those who spend the precious hours of the morning in sleep! He knew the value of the morning hours; he rose while the world was still; he saw the light as it spread

abroad in the east with fresh tokens of his Father's presence, and joined with the universal creation in offering praise to the everywhere present God." Albert Barnes

"What shall we say to those who never pray at all, in the face of such a passage as this? (Mark 1:35) There are many such, it may be feared, in the list of baptized people, many who rise up in the morning without prayer, and without prayer lie down at night, many who never speak one word to God. Are they Christians? It is impossible to say so. A praying master, like Jesus, can have no prayerless servants....To be prayerless is to be Christless, Godless, and in the road to destruction.

What shall we say to those who pray, yet give but little time to their prayers? We are obliged to say that they show at present very little of the mind of Christ. Asking little, they cannot be surprised if they possess little. It will always be found that when prayers are few, grace, strength, peace, and hope are small.

We shall do well to watch our habits of prayer and holy watchfulness. Here is the pulse of our Christianity. Here is the true test of our state before God." JC Ryle

"It cannot be stated too frequently that the life of a Christian is a warfare, an intense conflict, a lifelong contest. It is a battle, moreover, waged against invisible foes, who are ever alert, and ever seeking to entrap, deceive, and ruin the souls of men. The life to which Holy Scripture calls men is no picnic, or holiday junketing. It is no pastime, no pleasure jaunt. It entails effort, wrestling, struggling; it demands the putting forth of the full energy of the spirit in order to frustrate the foe and to come off, at the last, more than conqueror....What a misconception many people have of the Christian life! How little the average church member appears to know of the character of the conflict, and of its demands upon him!...Without prayer—no matter what else he has—the Christian soldier's life will be feeble, and ineffective, and constitute him an easy prey for his spiritual enemies. Christian experience will be sapless, and Christian influence will be dry and arid, unless prayer has a high place in the life. Without prayer the Christians graces will wither and die. Without prayer, we may add, preaching is edgeless and a vain thing, and the gospel loses its wings and its loins." EM Bounds

"Men will not pray at *all* times who do not pray at *a* time." unknown

**Confessions** (Look up and read these articles)

**New Hampshire Baptist Confession of Faith of 1833**

Article XV The Lord's Day

**London Baptist Confession of Faith of 1689**

Chapter 22: Of Religious Worship and the Sabbath Day - paragraphs 1-8

**Spurgeon's Catechism**

**Q** - What is the chief end of man?

**A** -Man's chief end is to glorify God, (1Co 10:31) and to enjoy him for ever (Ps 73:25,26)

## **PART II EXPLORATION**

**Key Questions** (*Answer in writing*)

1. What two elements are necessary for genuine worship?
2. What is something that was created for the purpose of worship?

3. What is the chief end of man?
4. Besides rest, what is the primary purpose of the Sabbath?
5. What is the primary obstacle to daily worship?
6. Why is prayer the most accurate gauge of our spiritual life?
7. What would cause an unsaved person to either enjoy or despise particular styles of worship?
8. Why is “contemporary worship” unacceptable to God?
9. What is the solution to a better prayer life?
10. According to the London confession what is required by God of all men?

**Key Scriptures:** *(summarize what each verse teaches in your own words)*

Genesis 22:5-6 The first reference to worship in the Bible is where Abraham went to offer his \_\_\_ a burnt sacrifice.

Joshua 5:14 When Joshua was confronted by the pre-incarnate Christ he fell on his \_\_\_\_\_ to worship Him.

Psalm 29:2 We should worship the Lord in \_\_\_\_\_ .

Matthew 6:5-13 Hypocrites love to pray where they can be \_\_\_\_\_. Christ instructed us to pray in our \_\_\_\_\_ because our Father can see in \_\_\_\_\_ and will reward us \_\_\_\_\_. He instructed us not to use \_\_\_\_\_. Our Father knoweth what we \_\_\_\_\_ before we \_\_\_\_\_ .

Matthew 7:7-11 We are encouraged to pray because if we ask it shall be \_\_\_\_\_. If we knock He will \_\_\_\_\_. Every one that asketh \_\_\_\_\_. God illustrates His willingness to answer our requests as a father will help out his son. If man who is \_\_\_\_\_ will help out his child how much \_\_\_\_\_ shall our heavenly Father \_\_\_\_\_ to them that ask.

Matthew 26:41 Christ emphasized the need to \_\_\_\_\_ and \_\_\_\_\_ to prevent from falling into \_\_\_\_\_. Too often our \_\_\_\_\_ is willing but the \_\_\_\_\_ is weak.

Mark 11:24 It is important that we \_\_\_\_\_ that we will receive what we have asked for.

Luke 18:1 We ought \_\_\_\_\_ to pray and not to \_\_\_\_\_ and get tired of asking.

John 4:23-24 True worship must be in \_\_\_\_\_ and not in the flesh, in \_\_\_\_\_ and not in error.

John 15:7 Those that \_\_\_\_\_ in Christ will receive what they \_\_\_\_\_ for.

Romans 8:26 The \_\_\_\_\_ helps us when we pray because we \_\_\_\_\_ not what we should pray for. The Spirit intercedes with \_\_\_\_\_ which we can't.

Philippians 3:3 The true Israel are those that \_\_\_\_\_ God in the Spirit and have no confidence in the \_\_\_\_\_.

I Thessalonians 5:17 We are to pray without \_\_\_\_\_.

I Timothy 2:8 Paul encouraged us to pray \_\_\_\_\_ with clean \_\_\_\_\_.

James 1:5-8 If anyone lacks \_\_\_\_\_ he can \_\_\_\_\_ God and He will give it to him. The only requirement is that he must ask in \_\_\_\_\_ without \_\_\_\_\_. If we waver we will not \_\_\_\_\_ any answer from the Lord. We must be willing to do whatever He reveals to us. The danger is when we are \_\_\_\_\_ minded which is the cause of our instability.

James 4:1-3 One reason we don't receive answers to prayer is because we fail to \_\_\_\_\_. Another reason is that we ask \_\_\_\_\_ that we may fulfill our \_\_\_\_\_ and not the will of God.

James 5:13-16 When we are \_\_\_\_\_ we are encouraged to pray. The prayer of \_\_\_\_\_ shall save the sick. We are to confess our \_\_\_\_\_ and pray that we may be \_\_\_\_\_.

I John 3:22 We receive what we ask of Him in prayer because we \_\_\_\_\_ His commandments and do those things that are \_\_\_\_\_ in His sight.

I John 5:14-16 God's children have \_\_\_\_\_ that we can ask \_\_\_\_\_ thing according to His \_\_\_\_\_ and He hears us and will give the requests that we \_\_\_\_\_.

\_\_\_\_\_ of Him. We can even pray for the \_\_\_\_\_ of our brethren and God will spare them.

**Key Chapter(s)** (*Read daily and summarize in your own words the meaning of the chapter*):  
Daniel 9

### **PART III EXPECTATION**

**Memory verse:** Ephesians 6:18

**Personal definition:** (*Write a definition in your own words*)

Prayer:

Worship:

**Personal confession:** (*Study the confessions and summarize them in your own words*)

Lord's Day -

**Meditation question:** (*be prepared for discussion*)

If God is Sovereign in accomplishing His purpose why should we pray?

**Extra Credit:**

Before you pray write out a list of ten specific things you are going to pray for and give scriptures why God should answer each of them.

On a scale of one to ten, how is your daily worship?

What is one area of your life needs to change to improve it?