

# YOU HAVE HEARD THAT IT WAS SAID: TEACH US TO PRAY

Sunday message from September 18th, 2022

~ Notes & Reflections ~

## [Matthew 6.5-18](#)

- **“Be careful not to practice your righteousness in front of others to be seen by them.” (Matthew 6.1)**
  - ❖ Jesus shifts His focus to the motivations of the hearts of His listeners.
- **Our spiritual practices create space to open our hearts for God to form us. Jesus moves us away from religious morality toward a deep movement of the heart that, in turn, leads us to the heart of the Father.**
  - ❖ Take a moment before God asking Him, “How can I move deeply toward You?” What comes to mind (a Scripture passage, picture, word, action, person, etc.)? How is God inviting you to move toward Him in that?
- **In [Matthew 22.35-38](#) and [Luke 10.25-28](#), Jesus invites us to love God with every fiber of our being.**
  - ❖ Read these two passages slowly. What does it mean to “love God with all your heart”?
- **In [Abba’s Child](#), Brennan Manning defines the heart as the deepest essence of personhood, the core of who we are. Our heart has a deep desire for belonging with God.**
  - ❖ How do you respond to Manning’s description of the heart? How does this definition impact your understanding of the invitation to “love God with all your heart”?
  - ❖ What would it look like to know Jesus’ heart and to open yours for Him to know?
- **John, “the disciple Jesus loved”, describes and writes from intimate relationship with Jesus.**
  - ❖ Read [John 15.4, 5, 9](#) and [John 13.21-24](#) (NASB or NKJV). How would you describe John’s relationship with Jesus?
  - ❖ John, resting on Jesus’ chest probably heard His heartbeat. Take a moment to imagine what that would have been like for John.
  - ❖ Imagine yourself laying your head on Jesus’ chest as John did. What would that feel like? What would shift in your heart as you heard His? What might He say to you?
- **What would it look like to approach the practices of prayer and fasting as if you were laying your head on Jesus’ chest and listening to His heartbeat?**
  - ❖ Through our spiritual practices create space to open our hearts for God to deeply form us, leading us to His Father heart.
  - ❖ How would this approach change your understanding of the purpose of prayer and fasting? How would it change your motivation to pray and fast?
  - ❖ How might your practice of prayer and fasting change with this approach? What would it look like?
  - ❖ What might keep you from laying your head on Jesus’ chest and listening to His heart? Spend a moment before God asking Him to reveal this to you. Then, respond to Him in prayer, silence, worship, changing your physical posture, etc. as He leads.
- **“Jesus, let me hear Your heartbeat.”**
- What statements or aspects of this message bring comfort? Which bring conviction? Take some time to talk to God about what bubbles up as you read/hear and reflect on this message.
- What might God be inviting you into as a response to this message/reflection on prayer?