

Prayer: a conversation with our Abba Father



BY CURTIS YEE

The Serenity Prayer



- **God grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.**

-AA



**• Living one day at a time;
enjoying one moment at a time;
accepting hardships as the pathway to peace;
taking, as He did, this sinful world
as it is, not as I would have it;
trusting that He will make all things right
if I surrender to His Will;
that I may be reasonably happy in this life
and supremely happy with Him
forever in the next.**

Amen.

- Reinhold Niebuhr (1892-1971)

Jesus modeling a Prayer led life



- the Lord Jesus, clearly demonstrated the importance of prayer by His personal example. He prayed at His baptism ([Luke 3:21-22](#)). He prayed and fasted forty days and forty nights in the desert ([Matthew 4:1-10](#)). He rose early in the morning to pray ([Mark 1:35](#)). He often slipped away from the pressing demands of the crowds to pray ([Luke 5:15-16](#)). He prayed all night before choosing His disciples ([Luke 6:12-13](#)). He was alone by Himself to pray to the Father, even after a hectic day of ministry ([Matthew 14:23](#)).
- He took three of His most intimate disciples to a high mountain to pray and was transfigured ([Luke 9:28-36](#)).

Luke 9:28–36



The Transfiguration

28 ...He took along ^bPeter and John and James, and ^cwent up on the mountain ^dto pray.

29 And while He was ^apraying, the appearance of His face ^bbecame different, and His clothing *became white and* ¹gleaming.

30 And behold, two men were talking with Him; and they were Moses and Elijah,

31 who, appearing in ¹glory, were speaking of His ^adeparture which He was about to accomplish at Jerusalem.

The Transfiguration of Jesus (J.C.) w guest appearances by Elijah(E.J) and Moses



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Set Mood : Overexposed bright light



- EJ excitedly: “What up JC, Mooses. Hey JC when you coming back to paradise..it’s been 32 years, and we’re one short on our Pickleball team. And you know Moses was like 120 earth years!, JC we need you back, you’re only 32 and still in your prime!
- JC: And EJ how bout you? How many earth years are you again?
- EJ dramatically: Well, I was technically 54 when in II Kings 2:11 said, "Suddenly a chariot of fire and horses of fire appeared and separated the two of them, and Elijah, **(that’s me EJ)**, went up to heaven in a whirlwind."
- Moses: Yeah, Yeah, we’ve heard that story a 1000 times! You and Enoch are the only ones that didn’t have to experience death on Earth! Jesus how are you coming back? You flying Southwest?, Hawaiian Air? Chariots of Fire? (sarcastically) so how you coming back?
- JC: dead pan:
- EJ, Mosses: Ohhhhh SANP!

Jesus Models Prayer in Gethsemane



- He made a special time and place to pray
- He prayed there often and in community
- He modeled taking a few intimates to pray more personal things
- He modeled ultimate dependence on God the Father for strength and comfort when even his friends could not “keep watch over him”

The A.C.T.S. model for prayer



- ACTS stands for Adoration, Confession, Thanksgiving, and Supplication.
- Adoration means worship. Praise Him for who He is and for all that He has done for you. God delights in your praises!
- Confession, means agreeing with God about the things that you have done wrong. It's a time to express sorrow about what you have said, thought, or done that is not pleasing to Him. Ask God to forgive you for these things. When you confess your sins, you receive God's cleansing and this helps to remove any barrier in your communication with Him (read 1 John 1:9).

The ACTS model for prayer



- Thanksgiving basically means being thankful to God. Thank Him for His love, protection, and provision just to name a few things.
- Supplication is the final component, and this means praying for your needs and for the needs of others, such as friends, family . You may want to pray for such things as God's guidance, wisdom, and opportunities to serve.



What a Friend we have in Jesus,
All our sins and griefs to bear!
What a privilege to carry
Everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear,
All because we do not carry
Everything to God in prayer!