

**Blueprint for Prayer: Supplication**  
**Week 5 of the Prayer Series**  
12/7/14

Welcome/intro/if just joining us we're wrapping up a series of messages talking about prayer

And we've been using this framework of ACTS: Adoration, Confession, Thanksgiving, and Supplication as a way to talk through the different elements of prayer

A couple of people have told me that this outline has sort of stressed them out—like there's all this stuff that I'm not doing or I need to be doing

But again the idea isn't to force any of us to do all of this every time we pray, but it IS to help us to be aware of the different elements or aspects of prayer

And if we touch base on all four of these aspects over the course of a couple days or a week then the result is a well-rounded prayer life

Why this is helpful for us is that many of us find ourselves in ruts in prayers, right?

Someone in my small group was talking this past week about how sometimes she feels like a broken record, praying the same stuff over and over again.

Sometimes when I find myself in that place it's because I'm stuck in the same one of these letters and I just keep going back over the same ground over and over again

And bouncing to a different part of prayer helps me to break out of my rut

Today we're closing our prayer series by talking about supplication, which is just basically means asking for stuff

And what's funny about this aspect of prayer is that for most of us it's the most familiar type of prayer

But it's also the riskiest type of prayer and the one most fraught with questions

I was in a seminary class this past week and we were talking about how people have been damaged by mis-use of the Bible

One person shared how their mother had prayed and prayed and prayed for a situation, I think it was someone who was sick

And the person had died and she was heartbroken.

And when she shared her disappointment with some other Christians someone had told her that the reason why she didn't get the answer she wanted was because she didn't have enough faith

It was all HER fault for not trusting God enough. And that had left her feeling angry, guilty, conflicted, and all kinds of twisted up

We talked at the very outset of this series about prayer that prayer does two things: 1. Prayer changes us and 2. Prayer changes things

That somehow in the mystery of the universe and cosmos and how the physical and spiritual world inter-relate

when we pray we engage in a real-time interaction with God where WE are stretched and grown AND somehow God uses those prayers to change human history

Now the first three letters of our acronym here are Adoration, Confession, and Thanksgiving

and while there are challenges to doing all three the truth of the matter is that all three of those are safely between me and God.

I can praise, confess, and give thanks and that's a very personal interaction between me and God and if we're expecting or looking for any kind of specific or practical or tangible outcomes they're all INTERNAL

This part of prayer more or less focuses on my relationship with God and this kind of prayer definitely changes me.

When we move to supplication and asking for things to be different or to change here, then we move into riskier territory

because now either God comes through and the thing we're asking for happens OR it doesn't and we KNOW it or SEE it

Supplication and requests kinds of prayers awaken in us this hope for something to happen—and hope is a dangerous thing because it means we can be disappointed

And for those of us who believe in a good God who loves us, it brings up all kinds of quandaries as to why God DIDN'T do something

And some of us are very uncomfortable with those kinds of questions because we so want to believe that God is a good God and loves us

So we try to come up with ways to defend God—as if God needed our help to defend him!

And we say ridiculous stuff to someone who's grieving the loss of a loved one, "well, if you would have believed more this wouldn't have happened. This must be all your fault."

This morning, we're going to acknowledge a couple of things right up-front: the God that Jesus shows us is good and all-powerful and he doesn't always give us the answers that we want

And sometimes we'll look back on what God doesn't do for us or a prayer he doesn't answer the way we want and we'll be relieved and glad and understand it

And sometimes we'll look back on what God doesn't do for us and it will never, ever make sense and it'll hurt so bad it'll still make you cry or angry years later

Given those realities, what some of us have done is stop asking altogether. We say "God's gonna do what he's gonna do; he knows what I want and what I need, so I'll just pray really general prayers, do my thing, let him do his, and just let the chips fall where they may."

I want to suggest that this isn't the idea that the Scriptures have nor Jesus has when they call us to pray

And I want to invite us to enter in boldly into the dangerous place of asking God for stuff! To ask him to move and work in ways that might lead to disappointment but at the same time might be the keys to our own personal transformation and quite possibly the key to changing the whole world

If you've got a Bible turn with me to Matt. 6/no Bible on screen/don't own a Bible free Bibles on book table

Going to look at probably the single most famous prayer in all of history today from Jesus, a few of you were wondering if I'd get here as we're talking about prayer, here we are

***<sup>5</sup> "And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. <sup>6</sup> But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.***

***<sup>7</sup> "When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him.***

***<sup>9</sup> "Pray then in this way:***

When I first started my career as a professional Christian type person I was working on a college campus up in Richmond, Virginia

And there were several colleges in and around Richmond but the two largest and most prominent were Virginia Commonwealth University and the University of Richmond

VCU was the school where I served and it was big, urban, downtown, grungy and artsy and largely made up of commuter students

And when I first got there it was kind of the back-up school to the back-up school for many of the students who were attending

Meanwhile, about 15 minutes away was the University Richmond, super-small, super expensive, super-preppy, super wealthy, super-beautiful, full of students who couldn't quite get into Duke

They were about as different as could be. My students at VCU were famous for being very fun, very relaxed, not studying too terribly hard and not super-driven

The University of Richmond students were all type AAA!

And in the Christian community at University of Richmond they were always trying to find new and creative ways to be more super-spiritual and super spiritually intense

So one year one group of students decided that they were going to start a new prayer daily prayer meeting—daily prayer, that's a great thing

However, they decided it wasn't enough to do a daily prayer meeting, in order to be extra-spiritual they had to have it in the middle of the night!

So they instituted a 4 a.m. prayer meeting every day—and if you were really spiritual, you got up and prayed at 4 a.m!

And it sort of became a badge of honor to be exhausted and have bags under your eyes because you either got up to pray or just didn't ever go to sleep and went and prayed at 4 a.m.

Now I'm hoping that at least a couple of you will be praying at 4 a.m. on Saturday night next weekend during our 24-hour prayer event

But Jesus here as he starts to teach about prayer he starts with a couple things we're NOT to do

And the first thing we're to guard against is this pride thing that makes it's way into just about every aspect of our lives and can corrupt even something as good as prayer

Now what I find among many of us is that we've got the opposite problem when it comes to prayer: we feel sort of small and intimidated, insecure about our prayer lives

But here's how this works: pride and insecurity for the most part are two sides of the same coin and are the result of the same operating system at work

And that is they both result from comparison and competition. Pride or insecurity in prayer are both the result of comparing my ability to pray with your ability to pray

And if I hear you praying and I think that I'm somehow a more awesomer pray-er than you are, then that's pride, that's exactly what Jesus is rebuking and correcting for here

And if I hear you pray and I'm not encouraged or blessed by it but instead feel like you're a more awesomer pray-er than me, then that results in insecurity

Either way, we lose! So I want to invite us, call us out of this basic operating system into a different kind of space.

Let's stop comparing ourselves to one another and instead let's face the Lord, go to God, both individually and corporately, and seek him together without spending so much time looking over at everyone else

My kids are involved in a summer swim-league with a team of about 85 other kids

And when you get into the swim meets, some of the really competitive kids really want to win—totally get that, I have that tendency in myself as well, second place is first loser!

But sometimes when they're in a race they'll be so worried about what other kids are doing in other lanes that you'll see them in the middle of a stroke swivel their head around to check the other lanes to see where the other kids are

Do you know what happens when you break your stroke rhythm to look around and see what's happening with other people around you?

You slow down. In fact, one race last summer a kid was just barely winning his race, swiveled to look around and LOST because he had to look

When we're running the race of faith, we are in competition with NO ONE except for ourselves before the Lord

And the more time we waste looking around at others, the less focused we can be on GOD and the work God's given us to do

Jesus says here, "don't let pride corrupt your prayer life." And the root of that corrupting pride is comparison, which undoes us either way into pride or despair

So let's take off comparison altogether and swim our own race and do our own work in prayer that God's called us to do at our own pace as we all face the Lord together and seek him out

And what frees us from this competition, from this comparison, is not only that it's a waste of time and it distracts us

What really frees us from being slaves to competition and comparison is the character and love of the Father

As Jesus opens his most famous teaching on prayer, he starts with dismissing two mistakes people were making in prayer  
praying for the applause of people which was a distinctly Jewish religious leaders problem and babbling and heaping up empty phrases over and over again

In both cases, the mistakes people are making are corrected when we know the nature and love of the Father and remember that he's the primary object of prayer

In both cases, it's the goodness of God that frees us to pray rightly.

Firstly, we can go into our prayer closet, into our rooms and shut the door because the Father is NEAR and CARES and LISTENS to us in prayer

The Father who meets us in secret loves us in secret and if he's our goal in prayer and not the approval of everyone around us, then we will experience the reward of closeness, and relationship

It's the nature of the goodness of the Father that frees us from needing everyone else around us to approve of us—we have the approval and love of a good Father! That's all that matters!

In the second case, Jesus says, "don't babble on and repeat mindlessly and emptily all these heaped up and empty phrases."

These were the practices of the non-Jews around them and the way they related to God was like magic

If you said just the right words in just the right ways you get just this certain outcome—that's what magic is, it's all about manipulating some power by doing or saying just the right formula

Jesus says, “the Father isn’t a genie waiting for you to say the right words in the right order to come out and grant you three wishes!”

You don’t have to go on babbling and heaping up all these words—why? BECAUSE THE FATHER KNOWS what you need.

The Father knows you and he loves to meet with you! Most every wrong practice in prayer comes from not knowing the character of the God we’re praying to

And the picture Jesus paints as he corrects wrong practices and says “don’t do it this way or that way” is he paints a beautiful picture of a GOOD, GOOD Father

Who is eager to meet with you, eager to hear from you, **and who knows exactly what you need**

Now for some of us, this last thing that Jesus says is what throw us off—why should I pray if God already knows what I need?

It seems un-necessary and inefficient and it makes us wonder if God’s playing games with us, right?

But that’s not the picture of the Father Jesus has just given to us. Jesus has just told us about a Father who is eager to meet with us, reward us, hear us, and attend to us

In fact, Jesus assumes the opposite is true: that BECAUSE we KNOW that we’ve got a good Father in heaven who already knows, that should compel to more prayer, bolder prayer, more audacious prayer, more focused prayer, more specific prayer, more free prayer, deeper and wider prayer--not less prayer!

So let’s assume that Jesus is onto something here and maybe knows a thing or two about prayer and let’s drill into this question: Why should we ask if God already knows?

1. Asking is one part of the forging of the relationship

When my kids come to me with their Christmas list, it’s like a snapshot of them right then and there, isn’t it?

What’s on that list is different from what it was a year or two years ago, which was different from 2 years before that

And if I’ve got a minute, just sitting down and hearing them explain why they’re interested in that thing, what’s really appealing to them about the various things on their lists is a window into their souls and what makes them tick

They're unabashed, raw honesty with me is an opportunity for me to listen, love, and build relationship with them

One of the ways that we build a relationship with the God of the universe who is eager to meet with you and reward you

Is by going to him with our requests: God, here is what I want, here's what I'm hoping for, here's what I desire  
right now, in this moment, and it's different now than it was 5 years ago and it'll likely be different 5 years from now, but here's a little bit of who I am and where I am right here and now.

There is an honest engagement, exchange, dialogue, sharing in things that are deep and personal when we go to God with our honest requests and just ask him

## 2. Asking also exposes our hearts to a good Father for transformation

Notice that Jesus says that the Father knows what you NEED. Now, he also knows what you WANT and he also knows that what you NEED and what you WANT are not always the same thing

If you have kids you see this all the time, especially around Christmas time!

So the Scriptures invite us to submit our requests to the Lord—and by submission it means genuinely submitting, giving over, our requests and our hearts along with them to the Lord

And we trust that if Jesus is telling us the truth and this is the nature and character of God the Father then he can be trusted with both our requests and to change and shape the desires of our hearts in good ways

And this requires a bit of an openness and awareness that this is part of the deal with prayer!

We go into prayer submitting our requests and our hearts desires to the Lord and we both say, "This is what I want" AND "I'm open to you re-shaping this in any way you see fit."

## 3. Asking is a part of how God changes the universe

Here's what we see with God in all kinds of areas of life: he seems to delight to do as much as possible in cooperation with the people he created

When he created us, he made us in his image and said to human beings to have dominion over what he had created

It's a borrowed authority, but it's an authority that he established and it's a system of doing things that he delights in because it's his idea

And God goes way out of his way to do things in grossly inefficient, messy, slow, cumbersome, time-consuming ways if it means that he can involve or include you and me in the thing he wants to do

God has given us authority to ask him for things or to do things in this world because he's given us very limited but very real dominion over this world

And so our asking is entering into a very real system of relationships created by God whereby we participate in God's redemptive work

See, from Genesis 1 through the end of Revelation, there's a great redemptive story being told

of a God who creates people in his own image, who rebel against that God, and of a God who pursues his rebellious kids to the ends of death

God is writing a grand story of redemption from the beginning of time to the end of time, from Genesis to Revelation, and we're invited to play a part in that story

Prayer is one of the most significant means of participating in that story

Prayer is an entry point into the drama of redemption, rescue, healing, and re-making all that's broken in this world

a rescue that's being orchestrated by a good God that Jesus tells us is eager to meet with us and who knows us and who loves us

And so that's why we pray to a God who already knows!

And when we pray, Jesus says this is how we should pray

And look at how many different requests or supplications are loaded up in here!

***"Our Father in heaven,  
hallowed be your name,  
<sup>10</sup> your kingdom come,  
your will be done,  
on earth as it is in heaven.  
<sup>11</sup> Give us today our daily bread.  
<sup>12</sup> And forgive us our debts,  
as we also have forgiven our debtors.  
<sup>13</sup> And lead us not into temptation,<sup>[a]</sup>  
but deliver us from the evil one.<sup>[b]'</sup>***

A bunch of years ago I was at a conference where the speaker for the week basically walked through this prayer line-by-line over the course of 5 days

And he invited us and challenged us to spend a week or more praying each phase and building our prayers around it

So what I did was I took each phrase and I prayed it for at least a couple of days, some I think I did for a week or longer.

And what I found as I did that was that every single line made for GREAT supplication, framed my requests in new and profound ways.

“Our Father in heaven”—there were all kinds of people around me in my family and community who didn’t relate yet to God as their good Father

“Our Father in heaven” when I turned it into a request became a request for all these people around me to know the goodness of a good Father who loves us

“Hallowed be your name” became probably my favorite request to God

O God, hallowed be your name in my home, in my parenting, in my marriage, in my work, in this county, in my relationships, in how I play and how I spend my money and in my thought life and motives and dreams and hopes

God, hallowed be your name here at Woods Charter among the faculty and administrators and staff, among the students

Hallowed be your name in my quiet and sleepy neighborhood, in the businesses that we share space with in our office spaces down at Chatham Mills

Hallowed be your name is the supplication and request that God might work to bring his goodness and grace and glory to bear in each and every situation and person we love and care about

“Your kingdom come” –Jesus talked about kingdom and what life in the Kingdom of God was like as one of his primary teaching points in his ministry

And no matter what you think about what’s happened in Ferguson  
the prayer “Jesus, would your kingdom come here” would be about as good a prayer as we could hope for and ask for

Your kingdom come here that brings peace, justice, forgiveness, light, truth, reconciliation, healing, conviction of sin, freedom and joy

“Your will be done on earth as it is in heaven”—this became just like one of those Mad Libs we talked about several weeks ago in Philippians

Just fill it in: your will be done in my life, in my heart, in my marriage, in whatever decisions I'm facing, in my kids lives

"Give us this day our daily bread"—praying this for several days helped me to receive the simple grace that God was giving to me, helped me to not take His gifts for granted

Whether it was food to eat or clothes on my back or cars that worked or clean water to drink or my wife who is wonderful and I'm so tempted to take her for granted

Asking God to give me my daily bread tuned me into the gifts coming my way all the time AND reminded me of my daily, simple dependency on him

"Forgive me my debts" --asking for forgiveness wasn't a new thing, and we talked about the gift that confession is for us a couple of weeks ago

But being disciplined each day to acknowledge my indebtedness to the Lord and ask forgiveness was a good discipline for me.

"As we forgive our debtors" this is a whole different animal, isn't it?

Spend a couple of days praying forgiveness and blessing for anyone and everyone who's ever hurt you along the way and you open up a window to understand and experience grace and mercy and freedom in a way that you've never known before

"God, I forgive that person their debt, their sin against me. Bless them I pray"

For some of you, that's a parent, a spouse, an ex-spouse, a son or daughter, a good friend, an old boyfriend or girlfriend, a boss or co-worker

And for some of you, you kind of sort of want to pray that prayer and forgive them and you kind of sort of don't

So if you can't yet say with full conviction "I forgive that person their debt and sin against me" maybe start here:

"God I WANT to, or I'd LIKE TO be able to forgive their debt, just like you've forgiven me, please help me to forgive."

***13 And lead us not into temptation*** many commentators suggest that "lead us not into a time of testing" is more of what Jesus is saying here

God doesn't tempt us, but we are sometimes led through the fire of testing and this is a humble prayer, recognizing our limitations and dependence

Praying this for others for a couple of days helped me to pray for folks who WERE in times of testing and facing great difficulty

And led me to ask God to spare them, to keep it as short as possible and for them to experience his comfort

***“but deliver us from the evil one”*** was probably the prayer I had prayed the least—we could spend several weeks talking about how the Bible talks about Satan and demons

And maybe at some point we’ll do that

But in a nutshell let’s say this: the Scriptures are emphatic about the existence of evil and the existence of evil as a spiritually embodied reality

In other words, there’s not just bad karma floating around out there but there are evil forces, there are evil beings intent on destruction

And what people tend to do as a group is we fall off into one of two extremes:

A small group of us over-focus and hyper-focus on the evil one to point where Satan is behind every rock and a demon made that person cut you off in traffic today

A small group of us can give Satan way too much power and attribute way too much in our world to his work

On the other extreme is where most of us tend to fall and that is we think Satan is a silly idea for kids that no reasonable rational adult should take too seriously

So we shrug off or at least don’t take too seriously what the Scriptures describe as a very real spiritual presence at work

Let me say that I think Satan is delighted with either one of these extremes: to both give him too much power and attention or to deny that he exists, he’s fine with either one

The Scriptures tell us that Satan is real and God is more real. And so Jesus invites us to pray: “Deliver us from the evil one.”

My dad worked in secret ops and in the intelligence community for at least a part of his time in the Navy—and there were times when he couldn’t tell us much about what he was doing on a day-to-day basis

But we did know this: that there were all kinds of threats that we were being delivered from and saved from that we would never, ever know about

But we were being delivered because of the vigilance of many, many other people

Praying this prayer made me ask the question: “God, how are you always and already at work protecting and delivering me from the evil one?”

And it drew me into thanksgiving for his vigilance and protection over me

But it also made me more aware of the ways that temptation or testing or attack was sometimes at work right around my life, in the periphery or the margins and it caused me to name it and ask God to do away with it

Jesus here in this great prayer calls us to a right relationships all around:

- right relationship with God
- right relationship with God’s kingdom and God’s will and work in the world
- right relationship where we appreciate and ask for God’s provision of what we need

- a right relationship with sins we’ve committed and a right relationship with people and the sins that have been committed against us
- and a right relationship with temptation, trials, and the evil one

One of my favorite authors says “Jesus isn’t just nice, he’s brilliant. Really.” And this prayer shows how brilliant he is as he teaches us to pray

So we’re going to enter into Jesus’ brilliance as we talk practically about our blueprint for supplication:

### ***[Blueprint for Supplication]***

1. Try praying a phrase of the Lord’s prayer each day for anything and everything you pray for

Take a test drive of this great prayer this week and see if it doesn’t help you to pray a little more creatively for the people and situations around you.

2. Make dedicated time for prayer

10 minutes, 15 minutes, 30 minutes, an hour

try it a couple days a week, or 5 days a week, or 7 days a week

Praying on the go is great, but if all we’re doing is praying on the run, then the only kind of interaction we’re going to have the God of the universe is the kind where we’re skimming across the surface rather than plunging in deep

3. (my last shot at talking about this) Try journaling

I was talking with a guy this past week who read the book “Too Busy Not To Pray” that’s on the book table as a part of this series

And for the first time over the past couple of weeks he's started to try journaling as an application of reading that book

And he said "I'm A.D.D. in prayer and this has totally helped me to focus."

And I agreed and said that I felt like journaling helped my focus by at least 50% and he said, "Oh yeah, AT LEAST 50%"

4. Suggestion: Make a prayer list—sometimes it's hard to keep track of all the stuff that you're supposed to be praying for

So for some of you who love lists anyway it'd be great to make a list and start tracking what you're praying for and who you're praying for and keep it somewhat organized

The problem with the prayer list idea is that it can get overwhelming!

So here's an idea to help organize that a little bit that might be helpful:

5. Try a prayer calendar

Mondays, you pray for your immediate family and the people in your workplace

Tuesdays you pray for your kids school and the people in your small group and friends who are sick or in trouble of any kind

Wednesdays you pray for yourself—stuff going on inside your heart and mind, maybe some dreams or goals or character and personal growth

Thursdays you pray for your neighbors and the local issues that concern you: poverty, hunger, environmental issues, homelessness,

Friday you pray for the world and stuff you see on the news that stresses you out and you pray for your extended family

This isn't the kind of thing that helps everyone but it might be helpful for many of you who feel overwhelmed and just need to bring some order to the chaos

6. Try prayer-walking with gravel

For those of you who struggle to sit still for any length of time for anything, but you want to try to set aside some focused time for prayer, try this

Go for a walk and as you start your walk pick up a handful of gravel or pick a handful of grass

And with each piece of grave or each blade of grass, pray for something or someone:  
a friend in need, a family member, a situation, something inside of you that  
you want to grow in or become

Then toss that out, you've given that request over the Lord, and you can go on to the  
next prayer request

When your hands are empty, you're half-way done with your walk, you pick up  
another handful and go back—or maybe you re-load a couple of times along the way

Try some of these supplication ideas this week and let me know how they work for  
you and if you need more help I'll be glad to help you

God invites you and I to pray as a part of our participation in his redemptive story

Because from Genesis 1 through the end of Revelation, there's a great redemptive  
story being told  
of a God who creates people in his own image, who rebel against that God,  
and of a God who pursues his rebellious kids to the ends of death and even into the  
depths of hell

And while prayer is one of the ways that we participate in that story, the main actor  
in that story is God himself

And the turning point of that story, the place where that whole story makes a  
dramatic turn is in the life, death, and resurrection of Jesus

In a couple of weeks we'll celebrate Jesus' birth—the answer to all our prayers ever  
that God would tear open the heavens and come down

But today, this first Sunday in December, we celebrate the reason for his coming,  
which was to lay down his life for lost and rebellious kid like you and me

The Scriptures explain that when we were alienated from God, God himself came  
down in the form of a man named Jesus

Jesus isn't just nice, he's brilliant. And he's not just brilliant, he's the holy one, the  
perfect one, sent from God to be the perfect sacrifice for us, to ransom us and rescue  
us from sin and from death

See, Jesus invites his followers to pray “deliver us from the evil one” and then here's  
what he does: he himself becomes the answer to that prayer

He's the one who delivers us from the evil one, once and for all. He is our ransom  
and our rescue

God in his great love and joy and holy creativity creates a perfect world and gives us humans dominion over it

We use that power to hand over God's great creation to Satan, to the evil one.

It wasn't Satan's in creation, but when God gives us power to be managers and stewards over it, we also have the power to give it away to evil

And in the passage just before the one we read, Jesus spends 40 days in the desert and he's being tempted by Satan

And at one point Satan shows him all the kingdoms of the world in an instant and he says, "I will give you all of these for they are mine to give, if you will bow down and worship me."

And when Satan says that, he's totally right: because we gave over God's good creation to Satan, all of the earth WAS under his power and rule and authority and they WERE his to give

And Jesus has come back to re-claim what was originally God's to begin with and in that moment, he has a choice:

he can either bow down and worship Satan and get what he came for  
OR he can choose the nails of the cross

ONE of those options is pain-free for Jesus, it's quicker it's easier and it's all right there for the taking

And it's the completely WRONG way to do what he came to do and if he'd done this, the consequences might have been irreversible

it might have so disrupted and damaged the physical and spiritual world that all of our existence might have been nothing but a living hell

THE OTHER of those options in front of Jesus is long, grueling, painful, awful, and crushing—it's the pain of death, it's nails driven into his wrists, it's abandonment by friends and even by God his Father

The road forks right there—and this morning we celebrate that Jesus has delivered us from the evil one and re-claimed all that has ever been made

and that he did so in the right way so that you and I might not just survive  
but LIVE

Jesus, on the night he was betrayed by one of his friends took bread and broke it and said, "This is my body, broken for you, eat this in remembrance of me."

And he took the cup and he said, "This is my blood, poured out for the forgiveness of sins, drink this in remembrance of me."

And then he went to his death to deliver US from the evil one.

This morning: pass the elements, ask you to hold them and once we've all been served we'll pray the Lord's prayer together and then take and eat

The bread is gluten free, the grace and mercy are free as well, if you're a Jesus-follower this morning, this is for you

While we enter into this time of communion, we're going to have prayer ministers in the back

If you're not yet a Jesus-follower, we invite you to consider the grace made available to you in Jesus this morning

And if you're ready to say yes to Jesus' free offer of grace and deliverance then they'd love to pray for you

Others of you, you're following Christ this morning but there's stuff, there's pain, there's junk in your life that you need to deal with first

While we sing and pass out the elements, we want to invite you to go and get some prayer.

Our deliverer has come, my friends, let us celebrate his deliverance for us.