

## **The Forgotten Jesus Podcast**

### **S7E26 - BONUS Episode**

#### **Bonus Episode on Prayer - Mark 1**

**Description – Join us today for a special bonus episode talking about Prayer, the practice of prayer, and silence and solitude.**

Prayer is probably one of the least taught, least talked about and least understood disciplines. When you become a believer, you're told, "Go read your bible and pray." But how many are actually taught about Prayer?

Prayer and gratitude go hand in hand.

Most people don't pray, because they don't think it will work.

For most of us, when we pray, we go to God with our list of "needs." The things we're asking for on our behalf. "God, I need you to do this..." "God, bless me for..."

Mark 1:16-38 - one day in the life of Jesus

1:16-20 - Jesus starts the day by setting up his ministry, and calling the first 4 disciples. (Peter, Andrew, James, John)

1:21 - They go to the synagogue and Jesus casts out a demon. He's preaching and battling the forces of Satan all in one service.

1:29 - They then go to Peter's mother-in-law's house where Jesus then heals Peter's mother in law.

1:32 - It's dusk / night now, and word has gotten out about what happened in synagogue that morning. People are showing up in droves now an knocking on the door; hoping for Jesus to heal them.

So why are there times when Jesus heals and he tells the person healed not to tell anyone, and then there are other times when He tells them to go and tell?

Geography is the answer. Geography is theology in the Bible. If a place is named, it's important.

Jesus had a particular time he met with God, very very early in the morning.

Why in the world would Jesus wake up early? Because he had this pattern to go pray with the Lord very early in the morning.

Jesus also has a particular place. He would go to desolate places to pray. Jesus had a particular time, place, and space to pray and meet with God.

If anyone didn't need to do this, you'd think it would be Jesus. He's God.

Jesus had regular, special places to pray.

This was also very countercultural. The Pharisees wanted to be praying midday on the big streetcorner to maximize their visibility. Jesus is withdrawing to a desolate place to pray and be alone with God.

Prayer is spending time with God, thanking Him for what He's doing in your life, and making time to hear from God.

A model for prayer:

1. Start your prayer time by aligning your will to the Father's.
  - a. You need to hear from God
  - b. You want your prayers to match the will of God.
2. Ask the Father for your requests
3. Have confidence that you'll get an answer.

Why does Jesus start very early the next day in prayer? Because He knows when he's been emptied out in ministry, He needs to be refilled, refreshed by the Father.