

The Dudes at the Dunes - Men's Retreat 2023

Saturday Evening - Rhythm 3 - Pray - "Talk to Papa"

Psalm 1:1-6, "1. Blessed is the man who does not walk in the counsel of the wicked, or stand in the way of sinners, or sit in the seat of mockers; 2. But his delight is in the law of the Lord, and on his law he meditates day and night. 3. He is like a tree planted by streams of water which yields its fruit in season, and whose leaf does not wither. Whatever he does, prospers. 4. Not so the wicked! They are like chaff that the wind blows away. 5. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous; 6. For the Lord watches over the way of the righteous, but the way of the wicked will perish."
New International Version, 1986.

1. Review. Psalm 1, "Seven Rhythms of a Man's Heart".



Rhythm 1 - Pursue - "Follow the Star". Pursue means to "seek". "Walk" vs. "Race". How often should I "seek"? Goal is to "win" the race. Tourist vs. Pilgrim. Memories vs. "holy & sacred". Wise Men. Look up to move forward. Direction not destination. Ask questions until found. **One question?** "Where is he who is born King of the Jews?"

Rhythm 2 - Read - "Rhythm the Book". Delight means "to find joy". Like finding treasure and pearls. How often should I "read"? Workout vs. rhythm. Jesus used only scripture against Satan. Can you? Precepts vs. Promises. 2,500 vs. 7,500. "Don't you just love the Savior?" **One Question?** "Is the Word of God your very life?"

3. Rhythm 3 - Pray - *“Talk to Papa”*.

v. 2b. “. . . and on his law he meditates day and night.”

What does **“Meditate”** mean?

Google - “Meditation is a practice that involves focusing or **clearing** your mind using a combination of mental and physical techniques.” Primarily a eastern religion practice.

Psalm 1 - Meditation - It’s all about filling your mind!

“chattering”, the “continual chirping of birds.” **Augustine of Hippo** - 354 - 430 AD.

“First intent **observation**, then **comparison** to other scriptures and finally **instruction** for the man to live by.” **Martin Luther**, 1483 - 1586.

“Mediation chews the cud, and gets the sweetness and nutritive virtue of the Word into the heart and life.” **Bartholomew Ashwood** - 1688.

“Mediation does discriminate and characterize a man; by this he may take a measure of his heart, whether it be good or bad . . . As the mediation is, such is the man. Mediation is the touchstone of a Christian; it shows what metal he is made of.”

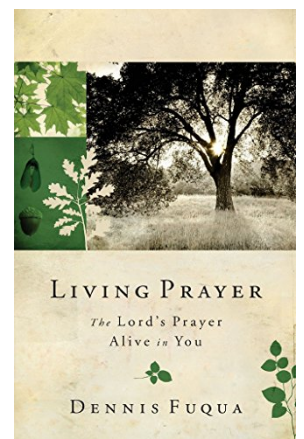
C.H. Spurgeon. 1834 - 1892.

Friday, January 13, 2017, the day I met Dennis Fuqua.

“Living Prayer”, page 28, “Just as the end result of all our interaction with the Word should be mediation, so also the end result of meditation should be prayer. In fact, the final part of meditation is prayer. Meditation begins with **pondering** the text, then moves to **personalizing** it, and concludes with **praying** the text back to God.”



“Prayer does not start in the heart or with your feelings, it begins with the Word of God. Because praying within the Will of God always begins with Meditating on the Word of God . . . Without meditation on God’s Word, your prayers run the risk of being shallow, short sighted and self focused.”
Dennis Fuqua



“Living Prayer”, page 23, “A major purpose of this book will be accomplished if you catch two things right away: **(1) Asking Jesus to teach you to pray is one of the most important questions you can ever ask Him.** (2) And when you ask, His best answer is going to include the same thoughts He included in Matthew 6 and Luke 11 (The Lords Prayer). **The only thing left for you and me is to just do it.**”

The one question Wise Men ask of their Savior . . .
“Can you teach me to pray?”

“The Lord’s Prayer” Matthew 6 & Luke 11.

Upward - Adoration & Petition *

“Our Father, who art in heaven, hallowed be Your name.
Your kingdom come, Your will be done, on earth as it in heaven.”

Inward - Petition & Confession *

“Give us this day our daily bread. Forgive us our sins . . .”

Outward - Intercession & Petition *

“. . . as we forgive those who have sinned against us.
And lead us not into temptation but deliver us from evil.”

Benediction - (this is not in the text)

For thine is the kingdom and the power and the glory forever. Amen.

*These insights are courtesy of Bill Richardson, Light of the World Prayer Center

How often should we pray?

What would Beethoven’s Dad say? What does my wife say? What do my kids need?

1 Thessalonians 5:16-18, “Rejoice always, pray without ceasing, in everything **give thanks**; for this is the will of God in Christ Jesus for you.” **Philippians 4:6-7**, “Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” **P & P?**

Daniel 6:10, “Daniel always prayed to God three times every day. Three times every day, he bowed down on his knees to pray and **praise God**. Even though Daniel heard about the new law, he still went to his house to pray. He went up to the upper room of his house and opened the windows that faced toward Jerusalem. Then Daniel bowed down on his knees and prayed just as he always had done.” Six verses later, lions den!

Daniel 6:26-27, “I am making a new law. This law is for people in every part of my kingdom. All of you must fear and respect the God of Daniel. “Daniel’s God is the living God; he lives forever. His kingdom will never be destroyed. His rule will never end. God helps and saves people. He does amazing miracles in heaven and on earth. He saved Daniel from the lions.” **Upward, Inward, Outward.**

Psalms 1:6, “For the Lord watches over the way of the righteous, but the way of the wicked will perish.”

“Prayer is more Caught than Taught.” Bill Richardson
Director, Light of the World Prayer Center

“Could you not “pray” with me one hour?”

Matthew 26:36-46, “Then Jesus went with them to a place called Gethsemane, and he said to his disciples, “Sit here, while I go over there and pray.” 37 And taking with him Peter and the two sons of Zebedee, he began to be sorrowful and troubled. 38 Then he said to them, “My soul is very sorrowful, even to death; remain here, and watch with me.” 39 And going a little farther he fell on his face and prayed, saying, “**My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.**” 40 And he came to the disciples and found them sleeping. And he said to Peter, “**So, could you not watch with me one hour? 41 Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.**” 42 Again, for the second time, he went away and prayed, “My Father, if this cannot pass unless I drink it, your will be done.” 43 And again he came and found them sleeping, for their eyes were heavy. 44 So, leaving them again, he went away and prayed for the third time, saying the same words again. 45 Then he came to the disciples and said to them, “Sleep and take your rest later on. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. 46 Rise, let us be going; see, my betrayer is at hand.”

Jesus wanted his friends to pray with him?! He wanted relationship.

Word of wisdom - Never miss weddings, funerals, babies or times to pray.

Peter denies Jesus three times in **Matthew 26:75**, “And Peter remembered the saying of Jesus, “Before the rooster crows, you will deny me three times.” And he went out and **wept bitterly.**” **Psalms 51:17**, “The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.” **P & P?**

Direction, Balance & Rhythm - Three Pillars of a Champion Runner.

Direction gives a runner his - **Strategy.** **Balance** gives a runner his - **Strength.**

Rhythm gives a runner his - **Speed.** Peter lost all three for a time . . .

Acts 6:2-4, ““It is not right that we should give up preaching the word of God to serve tables. Therefore, brothers, pick out from among you seven men of good repute, full of the Spirit and of wisdom, whom we will appoint to this duty. **But we will devote ourselves to prayer and to the ministry of the word.**”

Prayer is “Talking to Papa”
Breakfast with my Dad.



Psalms 1:2b, “. . . and on his law he meditates day and night.”