

Key: Green is “On the Screen”. Yellow is “Video”. Aqua is “Special Emphasis”.

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Title Slide – “Prayer: What does a treadmill have in common with your Prayer Life?”

4/17/16

This week... “Prayer: What does a treadmill have in common with your prayer life?” I tracked down a compilation video of what the internet calls – Treadmill Fails... let’s watch!

“Top 5 Treadmill Fails” – Video

That is pretty funny! Has anybody ever been on the wrong end of a camera when that happened while you were on a treadmill?

Brooke Page House and Treadmill story! I had never been on a treadmill...

Pretty funny – I know.

You know there are some things that you hear when it comes to working out on a treadmill. I should know, Ha Ha...

10. No workout Buddy, it’s not fun and really boring.

9. No Childcare.

8. I’m too big.

7. I’m depressed, tired, and have no energy.

6. I don’t know how.

5. I don’t care enough.

4. No time.

3. Takes too long to see results.

2. Lack of motivation and drive.

1. I already took a shower.

If we are not careful, our prayer time can begin to sound like all the excuses we have for not getting on the treadmill to exercise!

This morning I want to tell you that too often we can come up with excuse after excuse not to pray. Notice I said we. Not just you, not just me, but all of us!

Turn in your Bibles to Psalm 51

Let’s stand together as we pray!

We all would say that we want to be a man or woman after God's Heart! There is a cycle that we constantly live in, I have affectionately called it the "Treadmill of Prayer" or the "Lord: It's Me Again Cycle". Each trip through, we realize something about ourselves through this cycle. I prayerfully hope that you will see yourself in this cycle somewhere, and that you recognize that there is hope for you. In 1, 5, or maybe 10 years you will be amazed at the man or woman of God that you have become!

4 Stops on this Treadmill...

Stop #1 – Painfully Looking at your insides.

Psalm 51:1-4 ¹ Have mercy on me, O God, because of your unfailing love. Because of your great compassion, blot out the stain of my sins. ² Wash me clean from my guilt. Purify me from my sin. ³ For I recognize my rebellion; it haunts me day and night. ⁴ Against you, and you alone, have I sinned; I have done what is evil in your sight. You will be proved right in what you say, and your judgment against me is just.

- God it is me again. David knew that this was not the first time that he had been in front of God saying, "Lord I am sorry."
- Have Mercy on Me
- Unfailing Love
- Great Compassion
- Blot Out
- Wash Away
- Purify Me
- David is saying that his sins are always before him.
- Until we have truly repented of the sin, the motive, and the attitude of sin - IT WILL ALWAYS BE BEFORE US!
- Our sins are always against God, but they have an effect on the people around us. We may think that we have offended our brother by our sin, but it is against God that we have blown it - Remember He wrote the Book!

Stop #2 – A Passionate Yearning for change.

Psalm 51:5-7 ⁵ For I was born a sinner— yes, from the moment my mother conceived me. ⁶ But you desire honesty from the womb, teaching me wisdom even there. ⁷ Purify me from my sins, and I will be clean; wash me, and I will be whiter than snow.

- God I know that I was born into sin, but that is no excuse. I have the blood of the lamb.
- At this time it was a sacrificial lamb, but then the LAMB came to be the sacrifice! That would be the Lamb of God who came to take the sins of all mankind! PTL! Jesus came that we may have life and life more abundantly!
- Put the truth in the most inward parts of my being! God will impart wisdom from on high!

- Hyssop is what was offered to Christ on the cross. Clean me out with whatever, do it however – I WANT TO BE CLEAN – LIKE CHRIST!

Stop #3 – Listening to the Promising Hope that tomorrow you will be more than you are today.

Psalm 51:8-11 ⁸ Oh, give me back my joy again; you have broken me— now let me rejoice. ⁹ Don't keep looking at my sins. Remove the stain of my guilt. ¹⁰ Create in me a clean heart, O God. Renew a loyal spirit within me. ¹¹ Do not banish me from your presence, and don't take your Holy Spirit from me.

- Wash me again... David is saying in all this that he wants to be happy again. I want to hear the joy of my salvation and the gladness that fills my heart knowing that you are there!
- In my brokenness, let me will rejoice - Why - you have put new life into them!
- Hide your face from my sins - He throws them away, as far as the East is from the West! He blots them out. Blot out literally means wipe away/to be vanished! This is what happens when there is true repentance! The sinful nature vanishes!
- Create in me a Clean Heart! Get rid of the filth God!
- Renew a loyal Spirit - That I may never give up and quit! Always head to the cross. Keep your chin up. Quick down, quick up! Never throw in the towel.

Stop #4 – Passing On the heart of God to others.

Psalm 51:12-17 ¹² Restore to me the joy of your salvation, and make me willing to obey you. ¹³ Then I will teach your ways to rebels, and they will return to you. ¹⁴ Forgive me for shedding blood, O God who saves; then I will joyfully sing of your forgiveness. ¹⁵ Unseal my lips, O Lord, that my mouth may praise you. ¹⁶ You do not desire a sacrifice, or I would offer one. You do not want a burnt offering. ¹⁷ The sacrifice you desire is a broken spirit. You will not reject a broken and repentant heart, O God.

- David makes another reference to the joy of his salvation. It is very important that we realize the joy we should have by being a child of the King!
- Willing Spirit - God I will go anywhere, do anything, say anything, and pray and preach anything - BECAUSE of YOU and YOU ONLY! I know that you will sustain me!
- The key to being a successful evangelical person, not just being a Christian, is found in verses 10-12. After all this has happened, then look at the results.
 - Teach Transgressors your ways!
 - Sinners will turn back to you!
 - All because I repented of every sinful fiber in my body and soul.
 - He has delivered us from deeds that deserved death (Bloodguilt)! We are saved, we have reservations, and there are no more long lines to disappointment! The Lord has saved us!! We are going to spend eternity with HIM!
 - Things close to God's heart. Not religion, but relationship.
 1. Broken Spirit
 2. Broken and contrite Heart

- **These things God will not reject. He longs to comfort us. As hungry as we are to be forgiven and used by Him, He is that much more hungry to forgive, than we are to be forgiven! All so we can be used by Him!**

Final Stop... Turn in your Bibles...

Resting in the Presence of an Almighty, Graceful, Loving God!

Exodus 33 (NLT)

¹ The Lord said to Moses, "Get going, you and the people you brought up from the land of Egypt. Go up to the land I swore to give to Abraham, Isaac, and Jacob. I told them, 'I will give this land to your descendants.' ² And I will send an angel before you to drive out the Canaanites, Amorites, Hittites, Perizzites, Hivites, and Jebusites. ³ Go up to this land that flows with milk and honey. But I will not travel among you, for you are a stubborn and rebellious people. If I did, I would surely destroy you along the way."

⁴ When the people heard these stern words, they went into mourning and stopped wearing their jewelry and fine clothes. ⁵ For the Lord had told Moses to tell them, "You are a stubborn and rebellious people. If I were to travel with you for even a moment, I would destroy you. Remove your jewelry and fine clothes while I decide what to do with you." ⁶ So from the time they left Mount Sinai, the Israelites wore no more jewelry or fine clothes.

⁷ It was Moses' practice to take the Tent of Meeting and set it up some distance from the camp. Everyone who wanted to make a request of the Lord would go to the Tent of Meeting outside the camp.

⁸ Whenever Moses went out to the Tent of Meeting, all the people would get up and stand in the entrances of their own tents. They would all watch Moses until he disappeared inside. ⁹ As he went into the tent, the pillar of cloud would come down and hover at its entrance while the Lord spoke with Moses. ¹⁰ When the people saw the cloud standing at the entrance of the tent, they would stand and bow down in front of their own tents. ¹¹ Inside the Tent of Meeting, the Lord would speak to Moses face to face, as one speaks to a friend. Afterward Moses would return to the camp, but the young man who assisted him, Joshua son of Nun, would remain behind in the Tent of Meeting. **Moses Sees the Lord's Glory**

¹² One day Moses said to the Lord, "You have been telling me, 'Take these people up to the Promised Land.' But you haven't told me whom you will send with me. You have told me, 'I know you by name, and I look favorably on you.' ¹³ If it is true that you look favorably on me, let me know your ways so I may understand you more fully and continue to enjoy your favor. And remember that this nation is your very own people."

¹⁴ The Lord replied, "I will personally go with you, Moses, and I will give you rest—everything will be fine for you." ¹⁵ Then Moses said, "If you don't personally go with us, don't make us leave this place. ¹⁶ How will anyone know that you look favorably on me—on me and on your people—if you don't go with us? For your presence among us sets your people and me apart from all other people on the earth." ¹⁷ The Lord replied to Moses, "I will indeed do what you have asked, for I look favorably on you, and I know you by name." ¹⁸ Moses responded, "Then show me your glorious presence."

¹⁹ The Lord replied, "I will make all my goodness pass before you, and I will call out my name, Yahweh, before you. For I will show mercy to anyone I choose, and I will show compassion to anyone I choose. ²⁰ But you may not look directly at my face, for no one may see me and live."

²¹ The Lord continued, "Look, stand near me on this rock. ²² As my glorious presence passes by, I will hide you in the crevice of the rock and cover you with my hand until I have passed by. ²³ Then I will remove my hand and let you see me from behind. But my face will not be seen."

The Cycle Stops...

Painfully looking at your insides.

A Passionate Yearning for change.

Listening to the Promising Hope that tomorrow you will be more than you are today.

Passing On the heart of God to others.

Resting in the Presence of an Almighty, Graceful, Loving God!

Pray & Dismiss