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The Prayer Life of Jesus; Mark 1:35-39  
GPBC  
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Introduction – We have stepped into 2020 with an emphasis on placing in hearts in and under the Word. We desire to know God, to hear from God. There's no better place than His Word. The more our hearts are exposed to the Word, the more His light shines, His truth reassures, and His grace sustains us. 2 ways that we can consistently place our hearts in the Word are reading through the Bible and memorizing verses of Scripture. So we have reading plans, reading partners if you need help staying on track, and every two weeks we will introduce another Treasure Verse for us to treasure up together. Psalm 119:11 The Word of God is without a doubt the primary place we meet with God. However, our communion with God wouldn't be complete without prayer.

We go to the Word to hear from God; we go to prayer to speak to God. In the Word, we have His voice. In prayer, we have His ear. We go to the Word to mine for all the riches of promises and truths; we go to prayer to cling to and affirm and stand in those rich promises and truths. In His Word, God pours out His heart to us; in prayer, we pour out our hearts to God! We can find no greater example for prayer than our Lord Jesus Christ. May God move us to pattern our own prayer lives after that of His only begotten Son!

- I. Jesus' Prayer Life was a Priority
  - a. "And rising early in the morning, while it was still dark" – Jesus not only began His day in prayer; Jesus prayed before the day began! Before the sun rose up in the sky, Jesus bowed His head in prayer. Before the birds began their singing, Jesus began His praying. Before the cool and dark of the night gave way to the warmth and light of day, Jesus was warming His soul in the presence of the Father.
  - b. Prayer, to our Lord, was certainly a priority. He didn't pray if He had the time. He made sure to have the time. Prayer wasn't something He would do after He accomplished all His other tasks; prayer was for Him what He needed to pursue those tasks.
  - c. One way to measure our priorities is to measure our prayer lives. Where does prayer fall in our day to day schedule of things that we

- must do, have to do, and want to do? Do we squeeze prayer in a few minutes here or there, or do we make sure to make room for prayer?
- d. You certainly don't have to pray before dawn in order to make prayer a priority in your life. It's not so much about the time that we prayer as it is about that we pray.
  - e. Paul says in 1 Thess 5:17 that we are to pray without ceasing. That is, we are to always be in an attitude and sense of prayer, a constant awareness that we need God's grace moment by moment throughout our day. That takes into account those quick prayers we often pray, usually short prayers for God's help in our lives or the lives of others. "God help me now." "God be with her during this struggle." "God help me on this test." "Lord, bless this food."
  - f. Mark 1:35 is not that kind of short, constant seeking of God's grace. This kind of praying is a daily, quality time spent with the Lord giving Him praise, wrestling with God over issues in our lives, agonizing with God over the spiritual needs and lostness of others, confessing sin, thanksgiving for all God has done for us, seeking His grace for the day ahead, aligning our hearts with His Word. A prayer life requires time and focus and spiritual energy and devotion.
  - g. Therefore, if we are to pray, it must be a priority in our lives.
  - h. First thing in the morning is not a mandate, but it is a great way to make sure we're praying. There is no better way to begin your day than to begin it in prayer. If we try to pray later in the day, many days will get too busy, we get pulled here and there, we have to do this and that, and before you know it, the day is over and we haven't even spoken to our Father. If we wait until bedtime to pray, often we're tired and exhausted, and if we pray at all, it just doesn't have our focus as it would have. We simply won't pray as we would have prayed if we have blocked out the time and made it a priority.

## II. Jesus' Prayer Life was Private

- a. "He departed and went out to a desolate place" Remember in Matthew when we studied the sermon on the mount, Jesus instructed His disciples that when they prayed, to go to a room and shut the door and then pray.
- b. Now why is that?

- i. Private prayer guards our hearts from concern over what others think. The point in Matthew 6 is that the Pharisees made a show of their prayers to impress others. “Look how great I can pray!” Sometimes we are overly concerned of what others may think of us if they hear our prayers. “I can’t pray about that, what would they think?” Private prayer guards our hearts from pride and fear. Nobody is listening but God!
  - 1. There is a place for public prayer; Jesus prayed publicly. But private prayer affords us intimate, close communion with our Father.
- ii. Private prayer frees us to totally open our hearts and lay our burdens and concerns and needs before the Lord.
- iii. Private prayer is essential in developing our relationship with our Father. As we pray with open heart, the Lord builds our faith, deepens our affections for Him and others, realigns our hearts. God does extraordinary things in our lives and in answer to our prayers, when we pray!
- c. The key to any relationship is communication. How is it then that we so often neglect private prayer? If we feel distant from God, overwhelmed by sin, cold toward the things of God, maybe we need to check our prayer life.

### III. Jesus’ Prayer Life was Practiced

- a. “and there He prayed” Jesus didn’t just teach on prayer, He prayed. He didn’t just agree with prayer, He prayed. He didn’t just believe in prayer, He prayed!
- b. We may struggle with praying. I don’t know how to pray. I don’t know what to say. I don’t know where to begin!
- c. Pray! Talk to your Father. Enjoy your heavenly Father. Pour out your heart to God. Lift every burden, care, and need. Thank Him for every provision and grace. Seek His blessing for others. Pray for the gospel to advance around the world. Lift up our brothers and sisters in Christ who are paying dearly for their faith around the world. Pray for our church. Pray!
- d. 1 Peter 5:7 – cast all your anxieties on Him, because He cares for you.

- e. Hebrews 4:16 – Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.
  - f. Romans 10:1 – Brothers, my heart’s desire and prayer to God for them is that they may be saved.
  - g. James 4:2 – you do not have, because you do not ask
  - h. James 5:17-18 – Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for 3 years and 6 months it did not rain on the earth. Then he prayed again, and heaven gave rain, and the earth bore its fruit.
  - i. 2 Chron 7:14 – If my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.
  - j. Prayer must be practiced.
- IV. Jesus’ Prayer Life was Necessary
- a. Now you might be wondering, why was it necessary for Jesus to pray? He is the Son of God. He has authority over all things. He was not only 100% God, He was also 100% man. He grew tired. He grew spiritually weak and exhausted. He was tempted in all things just as we are. He had to pray, and He wanted to pray.
  - b. He prayed to be sustained in ministry.
  - c. He prayed as a ministry. John 11:41-42
  - d. He prayed in His darkest hour. Mark 14:34-36
  - e. He prayed during His most severe trial. Luke 23:34
  - f. If it was necessary for Jesus, how much more should we pray?

Conclusion – If we at Grassy Pond Baptist Church will be a people of the Word and a people of pray, only heaven knows what the Lord will do with a people who communion daily and closely with Him! I don’t know what all He’ll do, but I do know He’ll do these things: He’ll sustain us through unimaginable trial, He’ll use us to further His gospel in unimaginable ways, and He’ll answer prayer to an unimaginable degree – Ephesians 3:20-21 - For He is able to do far more abundantly than all that we ask or think according to the power at work within us, to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.