

LONG WANDERING PRAYER - HOPE FOR THOSE WITH SPIRITUAL A.D.D.

Over the last few weeks, we have been focusing the preaching on the Person and work of the Holy Spirit. We have learned that when we commit our lives to Christ, we are filled with the Holy Spirit. Last week we learned that the Holy Spirit is our “Paraklytos” – our Comforter, our Counsellor and our Advocate. Previously, Roelof interviewed some who have recently begun attending this church and demonstrated the opportunity of growing a relationship with a relative stranger, through sitting down and spending time getting to know a person.

How is your relationship with God at the moment? Alternatively, how is your time with the Lord at present? What are you discussing with Him? What is He revealing of Himself to you?

If you have begun this experience of renewing a personal relationship with the Lord, then I would like to consider some more practical aspects of this relationship.

Read: Ephesians 6:18

“Pray in the Spirit at all times with every kind of prayer and request there is ...”

What does it mean to pray in the Spirit?

The passage qualifies what it means through the use of two concepts; **First, the Dimension** – “at all times”. Paul uses three words in Greek; a preposition “dia” meaning “through” or “at” ; “pas”, meaning “all, any, every, the whole” and “kairos”, meaning “the unique opportunity in this, critical moment.. - right now!!”

Secondly, the Expression – “ with every kind of prayer ... and request there is!” Again, in the Greek .”pas” all, any every, the whole” - “praying” and “supplicating – or requesting”

Question: Now, when I asked you earlier, how your time with sitting down and getting to know the Lord is going how is it possible to pray “.. at all times, with every kind of prayer and request there is..” ?

Has anyone here ever felt that you begin responding to the Holy Spirit as your Comforter, and then your mind drifts off and you become distracted by some tangent issue – only to come back at some later stage and feel like you’ve left God hanging? How many of us end the day praying to the Lord, and we fall asleep halfway through ...?? How many partners start snoring during the reading or prayer of the other partner leading the devotion ...??? How many parents start nodding off as the little one is still busy thanking God for “... the puppy, and the butterflies, and please bless all the butterflies friends, and granny, ..”??

And satan comes right in as the accuser and tries to blame and shame us for not being spiritually focused or disciplined enough!!

Paul encourages us to “...pray at all times” (1 Thessalonians 5:17) Can he really mean that we must speak to God in the second person singular all day long? Perhaps he means for us to open up all of our thinking to God as a form of prayer.

Application:

If you feel as if you struggle with spiritual Attention Deficit Disorder, then the Holy Spirit brings us hope today! Is there any Biblical framework for this kind of wandering prayer?

If there was ever a man who knew how to pray in the Spirit, it was King David. David Hansen in his book “Long, wandering prayer” says “The psalms are the prayer book and the hymn book of the Bible. God’s people have been praying them and singing them for years” .

Listen to how David’s mind wanders in prayer;

Read: Psalm 55

Psalm praying appears to be a running inner dialogue with God.

Again, David realizes something that the Lord already knows ... that the Lord chooses to show him, and so he prays “LORD, you have examined me and you know me. You know everything I do; from far away you understand all my thoughts. You see me, whether I am working or resting; you know all my actions. Even before I speak, you already know what I will say. (Psalm 139:1-4)

If the Lord already knows what we are thinking before we shape these thoughts into words, what is the point of prayer?

The answer must be relationship!!

Getting to know God deeper – hungering and thirsting after God must involve far more than speaking and listening as we would to another human being.

The point is this - that the Lord of the Universe is speaking loud and clear!! – generally, through His creation - and specifically through the life and testimony of Jesus the Messiah!!

The Holy Spirit proceeds from the Father and the Son to infill us and bring us into the experience of what we have been created for – a deeply authentic, personal relationship with God !!

It is important to God that we grow to experience the communication He has purposed – thinking ... speakinglistening ... rephrasing and confirming . venting .. pleading thanking

This is what it means to pray in the Spirit . . to pray long, wandering prayer . . Trust the Holy Spirit as He guides and leads us in the flow of our unfolding lives in Him.