



The Rhythm of Prayer

Notes

The Purpose of Rhythm



- Life relies on rhythm
 - Breathing
 - Heartbeat
 - Walking Dancing

The Purpose of Rhythm



- Prayer in the Bible set to music or as poetry
- In Hebrew, v1 of the Psalms includes the instructions as part of scripture
 - Psalms 4 To the Chief Musician. With stringed instruments. A Psalm of David.
 - Psalms 5 To the Chief Musician. With flutes. A Psalm of David.
 - Psalms 6 To the Chief Musician. With stringed instruments. On an eight-stringed harp. A Psalm of David.
 - Psalms 8 To the Chief Musician. On the instrument of Gath. A Psalm of David.
 - Psalms 9 To the Chief Musician. To *the tune of* “Death of the Son.” A Psalm of David.

The Purpose of Rhythm



- Songs help us recall
- Psalms 18:3 I will call upon the Lord | Who is worthy to be praised
- Psalms 42:1 As the deer...
- “Oh for a thousand tongues to sing my dear redeemer’s praise...”
- Charles Wesley - 2,348 songs in two volumes
- The Song at the Sea Exodus 15:1-18
- Moses last instruction was a song Deut 31:30-32:43

The Purpose of Rhythm



- Purpose in Rhythm from the Beginning
- Genesis 1:14 ...and let them be for signs and seasons, and for days and years;
- Exodus 12:9-10 (cp Deut 6:8; Rev 13:16-17)
 - On your hand – Your Actions governed by this remembrance
 - Between your eyes – Your thoughts/Judgement changed
 - May be in your mouth; for with a strong hand – Testimony of relationship
 - From Year to Year – To maintain this relationship you need to mark it year on year

The Purpose of Rhythm



1. You are strengthened by remembrance brought on by rhythm

The Power of Rhythm



- On Sinai – a pattern was received for worship
- Not following the patter is weakness and death
 - Leviticus 10:1-3 Disaster! Nadab and Abihu considered their skill in worship before the Holiness of God. Death!
 - Moses: “God must be regarded as holy.”
- 1 Chron 13 Disaster! The Ark is transported on a cart: Death!
- 1 Chronicles 15:13 “because we did not consult Him about the proper order.”

The Power of Rhythm



- Matthew 6:5-8
 - And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men.
 - And when you pray, do not use vain repetitions as the heathen do.
- Instead...

The Power of Rhythm



- Go in your closet
- Consider the nature of the Father:
 - Faithful, holy, able, providing wisdom, forgiving, healing, desiring repentance, prospering, loving justice, desiring restoration, receiving prayer, and worthy of praise.
- Consider your relationship with your brother

The Power of Rhythm



- The pattern of the Disciple's/Lord's Prayer
- Example: Daniel 6:10 Three times a day, morning, afternoon and evening
- Origin: Numbers 28:1-5 – Three offerings “at the appointed times”
 - Morning and Evening Sacrifice
 - Grain Offering

The Power of Rhythm



- The power of these appointed times
- 1 Kings 18:36-37
 - Association – Lord God of Abraham, Isaac and Israel
 - Declaration – You are God in Israel
 - Relationship – I am your servant
 - Submission – at Your word
 - Testimony – that this people may know

The Power of Rhythm



- Natural Examples:
- A yachtsman must “go with the flow” of the tide
- A musician must be “in tune and in time” with the orchestra/band at the direction of a conductor
- A harvest festival must take place when there is a harvest to present
- A talk about the cross – Easter
- A talk about the coming of Jesus - Christmas

The Power of Rhythm



- cp Luke 12:54-56
- Those confident/comfortable in themselves missed the coming of Messiah
- Those confident in the Lord (Nicodemus, Joseph, Gamaliel) saw the times and became influences to bless.

The Power of Rhythm



- Know when to Pray
 - 1 Chron 14:8-16
 - David enquired before EACH battle, not when in the battle.
 - Different answers on different days
 - Take time to listen to receive divine strategy for the battle you do not yet see

The Power of Rhythm



- Religious?
- Only with a schedule does an athlete become a champion
- The best athletes have the best trainers
- The Rabbi and the Religious man:
 - The religious cannot eat without blessing the Lord.
 - The lover seeks to eat in order to bless the Lord.
- We discipline ourselves with a schedule in the Lord's appointed rhythm so that we can become prayer champions.

The Purpose and Power of Rhythm



1. You are strengthened by remembrance brought on by rhythm. Drawn closer in relationship with Him.
2. Your prayer becomes powerful when in sync with and at the direction of the conductor. His schedule will train you to be a prayer Champion for His glory and not because of your skill.

Consider the rhythms the Lord has ordained in Creation. Join in His orchestra of Prayer, go “with the flow” of his tides, train to be a champion of prayer, for His Glory.