

Life Group Notes 9/29/2024  
Pastor Mark Warren Grounded Week 2

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[No doctrine is a given unless it has been found in the Word given by the Holy Spirit and received by you. If you have observations or questions, feel free to send me an email with your comment or observations at [tbeachhead@comcast.net](mailto:tbeachhead@comcast.net). Thank you for taking the time—Pete Mehegan, the Scribe.]

Remember: Be good to one another. Be sensitive and kind. Let God heal our hearts...and guide our discussions. **PLEASE PRE-READ THESE NOTES AND CHOOSE THE DIRECTION THAT IS APPROPRIATE FOR YOUR GROUP.** BE COGNIZANT OF YOUR GROUP'S TIME AND BE SENSITIVE! **Some groups would like to dwell on a single idea. Let the Spirit be your guide. Never feel obligated to complete this study.**

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Note: I have highlighted suggested discussion questions that Pastor Mark has raised this week, 9/29. Let's allow the Holy Spirit to guide all our discussions, using the highlights as trail blazes. **The purpose is to minister to one another.** I include each of the passages mentioned in full, to facilitate the enjoyment of these notes. Footnotes are not meant to distract. This week's footnotes include:

1. [On worship in Spirit and in Truth.](#)
2. [On the Lord's prayer and "forgiving our debts/trespases/sins..." Matthew vs. Luke.](#)

\*\*\***Important:** At the very [end of these notes](#), I've included passages that were mentioned in this week's message for deeper study using SOAP journaling to help further your study during the week. \*\*\*

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**Richie** took time in worship to talk about "true worship." Look up John 4: [21](#) "Believe Me, woman," Jesus replied, "a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. [22](#) You worship what you do not know; we worship what we do know, for salvation is from the Jews. [23](#) But a time is coming and has now come when the true worshipers will worship the Father in spirit and in truth, for the Father is seeking such as these to worship Him. [24](#) God is Spirit, and His worshipers must worship Him in spirit and in truth."

1. What is Jesus talking about?
2. Were they "doing" this worship in Jerusalem?
3. What is the difference between "worshipping what you do not know" and "worshipping what you know?"
4. In Revelation 1, John was "...in the Spirit on the Lord's day." What does that mean?
5. Have you asked God, as Richie suggested? Take a moment to pray that we might all worship the Father in Spirit and in truth.
6. What will change when the Church does this, and the Father responds?

Pastor Mark set today's theme: being grounded in prayer. Then he listed the reasons for this subject.

1. What reasons do you remember?
2. What dangers lie ahead?
3. How real are these dangers? What evidence have we seen that these are real?
4. What preparations are you making for these times?
5. What role should prayer have in these times?

6. What role does prayer have?
7. Talk of prayers that have made a difference in your life.
8. Pastor says we're going to talk about "...how we pray, why we pray, when we pray, and how we pray..." You start. What do you think?

- **Why do I pray?**

Pastor says it is neither ritual nor duty. We need to start with understanding what prayer is. He says, "It is our mechanism to feel close and connected."

1. Pastor spoke of an evening after a busy week, where he only wanted to spend the evening talking with Audra, because conversation was given to us as a means to connection. Does a conversation make you feel closer and more connected?
2. How does that work? What happens if that conversation doesn't happen?
3. How did Adam lose that closeness in the Garden of Eden?
4. Look at Isaiah 59: <sup>1</sup>Surely the arm of the LORD is not too short to save, nor His ear too dull to hear. <sup>2</sup>*But your iniquities have built barriers between you and your God, and your sins have hidden His face from you, so that He does not hear.* <sup>3</sup>*For your hands are stained with blood, and your fingers with iniquity; your lips have spoken lies, and your tongue mutters injustice.* What is the promise here? Is God unwilling to communicate?
5. How do we become unwilling to communicate? Do you have a testimony?
6. Look at Isaiah 1: <sup>18</sup>*"Come now, let us reason together," says the LORD. "Though your sins are like scarlet, they will be as white as snow; though they are as red as crimson, they will become like wool.* <sup>19</sup>*If you are willing and obedient, You will eat the best of the land.* <sup>20</sup>*But if you resist and rebel, you will be devoured by the sword."* What does God through Isaiah call prayer here?
7. How is prayer like reasoning? What is included in "reasoning together?"
8. Pastor says, "Without communication there cannot be closeness. Prayer is communication." Explain.

- **How do I pray?**

Pastor says, Jesus told us how to pray, and then turned to Matthew 6 and the Lord's prayer. Look at what Pastor Mark called "the preamble to the Lord's Prayer" first: Matthew 6: <sup>5</sup>*And when you pray, do not be like the hypocrites. For they love to pray standing in the synagogues and on the street corners to be seen by men. Truly I tell you, they already have their full reward.* <sup>6</sup>*But when you pray, go into your inner room, shut your door, and pray to your Father, who is unseen. And your Father, who sees what is done in secret, will reward you.* <sup>7</sup>*And when you pray, do not babble on like pagans, for they think that by their many words they will be heard.* <sup>8</sup>*Do not be like them, for your Father knows what you need before you ask Him.*

1. What do you see? What is NOT prayer? List the "don'ts."
2. Can you tell the difference between the "prayer like the hypocrites," and the prayer of the humble?
3. If these already have their full reward...what lies ahead for them? Can they expect an answer to their prayers?
4. Why doesn't God need many words? By this standard, how adequate are your prayers?

5. Do you always feel that your own prayers are adequate? Explain.
6. Look up what John told us in 1 John 5: *13I have written these things to you who believe in the name of the Son of God, so that you may know that you have eternal life. 14And this is the confidence that we have before Him: If we ask anything according to His will, He hears us. 15And if we know that He hears us in whatever we ask, we know that we already possess what we have asked of Him.* Talk about the adequacy of your prayers in this light.

Now take the time to read the Lord's prayer, often called the "Our Father." *9So then, this is how you should pray: 'Our Father in heaven, hallowed be Your name. 10Your kingdom come, Your will be done, on earth as it is in heaven. 11Give us this day our daily bread. 12And forgive us our debts, as we also have forgiven our debtors. 13And lead us not into temptation, but deliver us from the evil one.'* *14For if you forgive men their trespasses, your heavenly Father will also forgive you. 15But if you do not forgive men their trespasses, neither will your Father forgive yours.*

1. What do you see? Why "our" Father? Why "Father"? How important is the relationship?
2. How close does the Father want to be to us and for us?
3. What happens when His name is magnified above all other names?
4. What changes when His kingdom comes, and, suddenly, it's His will that is done here *just as it is being done in Heaven at every moment?* What does that look like?
5. When this prayer is answered, what changes in our own attitude toward the lost, the least and the found? Does our responsibility shift? How?
6. (Who carries out God's will on earth as the angels do in heaven? How does your own will conform to the implications of this request?)
7. What happens to pain, sickness and cruelty when this prayer is answered?
8. Do you have a testimony?
9. Do you expect God to answer this prayer? When? Today? From the moment you pray this prayer? Why or why not?
10. Is Jesus teaching you to expect an answer to your prayers? Or to pray by rote with no impact? Why is this an important expectation?
11. Notice, this (v. 10) is the first act of intercession in this prayer. How does this plea set up the answers to the rest of the prayer?
12. What are your daily cares and concerns?
13. If our daily bread is provided, how do those cares and concerns change?
14. Look at verse 12 ([and footnote 2 below](#)). To what have our cares and concerns shifted? What role does confession and forgiveness play in our prayers?
15. How does sin separate us from God? How does it separate us from spouse and family?
16. What is the remedy? Review Isaiah 1 [above](#). What is God calling us to today? Following God's example toward you, how do you extend grace to others? Do you have examples to share?
17. Look at verse 13. What does an answer to this prayer look like?
18. Is temptation sin?
19. Trace the pathway to sin. Look at James 1: *13When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does He tempt*

anyone. **14**But each one is tempted when by his own evil desires he is lured away and enticed. **15**Then after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. In this light, what are we asking God for in verse 13 of the Lord's prayer?

20. Look at what Paul says in 1 Corinthians 10: **12** *Therefore let anyone who thinks that he stands take heed lest he fall. 13*No temptation has seized you except what is common to man. And God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide an escape, so that you can stand up under it.**14***Therefore, my beloved, flee from idolatry.* How do Paul's words buttress our own NEED to pray as Jesus taught us to pray?
21. How does verse 12 above become a reminder for us to pray? What are the dangers of falling? What have you seen?
22. How does James encourage us even further? 1:**16***Do not be deceived, my beloved brothers. 17*Every good and perfect gift is from above, coming down from the Father of the heavenly lights, with whom there is no change or shifting shadow. **18***He chose to give us birth through the word of truth, that we would be a kind of firstfruits of His creation.* Is it easier today to distinguish God's good gifts from the world's deadly attractions? Explain.
23. Look at Hebrews 4:**14***Therefore, since we have a great high priest who has passed through the heavens, Jesus the Son of God, let us hold firmly to what we profess. 15*For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who was tempted in every way that we are, yet was without sin.**16***Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.* What do we get when we look to Jesus' own example?
24. Pastor paraphrased the prayer like this: "Lord, protect me from the things that tempt me today, whether it's pride, anger or distractions. Keep my heart pure and my focus on you. Deliver me from any spiritual attacks or negative influences." What do you think? What could you add?
25. Have you ever tried to paraphrase a prayer from the Bible for you own situations?
26. How aware have you become of the negativity that is around us? What do you think the enemy's purpose is in this? Is it working?
27. Is iniquity abounding? Is love growing colder or warmer? Explain.

Pastor says, "Our default in prayer is to run through a list of things we need God to do for us."

1. How does this "template" address our default prayer?
2. Can you show from Jesus' template prayer that our "default" is neither ignored nor neglected?
3. What did Jesus include that we often forget to include?
4. Look back at Matthew 6:8 ([above](#)). What is the "default" that Jesus is telling us to avoid?
5. Why can we avoid babbling like them? Why should we?
6. If the Father **already** knows what we need before we ask, why do we pray? Whom are we reminding that God answers prayer?

7. Who *needs* to be reminded that [1 John 5:14](#) is true? How often do you need to be reminded? Do you have this confidence yet?
8. How do you know if what you ask is according to God's will?
9. If you pray the Lord's prayer right now, how confident will you be that you are praying "according to His will?"
10. How confident have you become that He WILL answer your prayer?
11. What form will His answers take?

- **When do I pray?**

Pastor says, "Jesus modeled that for us. I'd say, 'Pray to start the day.'" Look at Mark 1:35. "[35](#)Early in the morning, while it was still dark, Jesus got up and slipped out to a solitary place to pray."

1. What do you see?
2. Do you have a testimony?
3. The Gospel of Mark begins, saying, "This is the beginning of the Gospel of Jesus Christ, the Son of God." Does early morning prayer make this beginning more significant? Explain. Why is it so simple?
4. Mark asks, "What does your prayer life look like, and when do you pray?" Answer him.
5. He continues, "Would you be willing to get up a little bit earlier, so that you can pray as a higher priority than getting to work or to school?" Answer him. Have you ever tried? Ever succeeded?
6. What would have to change?
7. In answer to the question, "Why would I ever do that?" Pastor Mark quoted Jesus, who said, "I only do what I see the Father doing." Can you see Jesus doing this?
8. How do we know the Father gets up early in the morning to pray? Where do we see this?
9. Why was the Father waiting for Adam in the cool of the day? How does fellowship with the Father become so pivotal to His purpose in creation?

- **How often should I pray?**

Look up 1 Thessalonians 5:17. "*Pray without ceasing.*"

1. Any questions? Explain. Is it ever appropriate not to pray?
2. Does this mean "prayer all day long?"
3. Is this a burden or an attitude?
4. What does an "attitude of prayer" require?
5. Pastor Mark says, "If prayer is about a relationship, prayer without ceasing looks like you have a friend with you all of the time, with whom you check in regularly." Explain.
6. Does this work? Is this a new thought for you? Explain.
7. How does this return US to the garden in the cool of the day?
8. Look at James 1:5 "[5](#)Now if any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him." How does this simplify "praying without ceasing?" How often do you find yourself lacking wisdom?

9. James goes on to say this: *6But he must ask in faith, without doubting, because he who doubts is like a wave of the sea, blown and tossed by the wind.* Look back at what we learned, praying the Lord's prayer in faith, nothing doubting. Review again what 1 John says about confidence in our prayer above. Why is faith in our own prayers a KEY principle, to know that our prayers are NOT just words, but mountain movers and event makers?

Pastor gives us steps to remember:

- **Praise:** Give everything in praise and adoration to God, Who dwells in heaven, Whose name is above all names. We do this not for His sake, as if He needs it, but to remind ourselves how Good HE is when circumstances sow doubt.
- **Repent:** Confess your sins one to another. Forgive debts and trespasses and sin.
- **Ask:** Ask simply for your simplest needs, guidance, provision and strength and wisdom...and do not neglect the needs of your neighbor. Intercede for yourself and others.
- **Yield:** Not my will by yours be done. Thy kingdom come thy will be done. This is yielding to His plans and surrendering your own. "Father you have a mission for me to be on, you have commissioned me today...Lead me, not into temptation, but to fulfillment. I want to get away, to listen. I yield and surrender to your plan."

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### **The Follow-up Application**

1. Use the [SOAP journal studies](#) below throughout the week.
2. Pray a prayer that you know is according to God's will, as 1 John 5:13-15 describes it. Write down your expectations. What will you see, when you pray this prayer?
3. Take a moment to describe what the answer to the Lord's prayer looks like. Write down the first evidence you see this week of an answer to that prayer.
4. Be grounded this week in prayer, not ritual or routine. Note how your relationship changes this week.

### **Take the time to pray.**

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#### **Scribe's Notes:**

1. **On worship in Spirit and in Truth**—I have been baffled by Jesus' words to the woman at the well almost more than by any other Word the Lord spoke. That's why I include it in these notes. There is almost no verse in the Bible that has produced more books, essays, writings, sermons and opinions than these, and, at least in my experience, mostly unhelpful. (If you've read a book on "worship in spirit and truth" that was helpful please share the title with your lifegroup.) I have come to believe that the quest for true worship is the only real quest we've been given, as worship is a response to the two

greatest commandments. When you are loving God with your whole being, you are worshiping Him, and when you are loving your neighbor, you are responding to God in worship and thanksgiving. Hence, this is the quest Pastor Mark described today in his message: the quest for relationship and communion. In the scripture, we are told by Paul in Galatians 5, “**15**But if you keep on biting and devouring one another, watch out, or you will be consumed by one another. **16**So I say, walk by [in] the Spirit, and you will not gratify the desires of the flesh. **17**For the flesh craves what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are opposed to each other, so that you do not do what you want.” (Do you have a testimony?) Paul outlines here a clear conflict that he had experienced personally, that he clarified in Romans 7, where he concluded, “...**18**I know that nothing good lives in me, that is, in my flesh; for I have the desire to do what is good, but I cannot carry it out. **19**For I do not do the good I want to do. Instead, I keep on doing the evil I do not want to do.” (You can look it up). Clearly, being in the Spirit has impact in worship and in conduct. The New Testament show us three times when the Apostles were in the spirit: Acts 2, when the Spirit arrived; Acts 10, when Peter sees the vision on the roof top; and Revelation 1, where John is in the Spirit on the Lord’s day. Do you have a testimony? Have you ever been “in the Spirit?” Can you prove it?

2. **On the Lord’s prayer and “forgiving our debts/trespases/sins...”**

**Matthew vs. Luke**—Protestants and Catholics have been known to baffle new believers with their different versions of the Lord’s prayer, especially when it comes to forgiving. Episcopalians and Lutherans traditionally have asked God to forgive us our trespases, although with modernized liturgies this can change, while Congregationalists and Reform-based churches ask God to forgive debts. The Roman Catholics have only been asking in English since the sixties and Vat II, and their liturgy is regularly brought up to date. A familiarity with the original Greek versions of the prayer help clarify the discrepancies in terms of what is being forgiven. In Matthew, Jesus teaches us to ask God to forgive our “ὀφείλημα” (*opheilema*), defined in Strong’s as “the *result* of having a debt, focusing on the after-effect of the obligation.” It is not just the debt itself, but every obligation such a debt brings. (Remember, Proverbs says, “The borrower is a slave to the lender.”) He is to forgive us those debts, as we forgive our ὀφειλέταις, (*opheiletai*)...notice the definition: “(a) a debtor, one who owes, one who is indebted, (b) one who has sinned against another (*an Aramaism*), a sinner.” The Aramaism is important, as it has been shown that the gospels quote Jesus speaking in Aramaic, the common language of Galilee. It highlights that every version we use of the Lord’s prayer can be explained from the

original Greek versions. Luke's version of the prayer ask God to forgive us our "ἁμαρτίας" (*hamartias*), "sins/trespases," as we forgive everyone ὀφείλοντι (*ophelonti*) "indebted" to us. Now you decide what the best translation is...and remain flexible in your own understanding.

**For further study:**

Take a moment each day this week to apply the **SOAP**... (**S**cripture—Copy the scripture. / **O**bservation—Write what you see. / **A**pplication—What is God saying? / **P**ray—What is your response?) ...method to some of the scripture we looked at this week:

Monday: John 4:21-24
Tuesday: Galatians 5:15-18
Wednesday: Romans 7:18-20
Thursday: Isaiah 59:1-3
Friday: Isaiah 1:18-20
Saturday: 1 John 5:13-15
Sunday: James 1:13-18

Once again, some passages suggested here have more than the usual number of verses. This is not to increase the burden but to provide clarity of context. Pick the verses that speak to you most clearly, and run these through the SOAP steps.