

SERMON NOTES

Ps Nathan Bean
Nexus Church
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The Power Of Prayer Pt.2

Luke 10:38-42; 11:1

opening prayer

Begin in prayer, asking Holy Spirit to guide discussion and open hearts to hear the Lord speaking.

ice breaker

What is one thing that distracts you during prayer? How do you handle it?

overview

- Our Father hears our prayers based on our status as sons and daughters, not on perfect performance.
- We must reject fatalism and embrace the biblical truth that our prayers matter.
- *Mary and Martha principle*: learn to slow down enough to sit at Jesus' feet and adore Him.
- Transformation occurs by daily repentance, keeping our hearts honest, soft and open.
- A forgiven heart is a forgiving heart; the opposite is also true.

3 revolutionary aspects of prayer

Through Jesus, and by the Spirit, we now have access and authority to pray:

1. In any language
2. At any time
3. Anywhere

go deeper

This teaching from Ps Nathan invites us into a revolutionary understanding of prayer that breaks free from performance-based religion and draws us into an intimate relationship with our Father. We discover that prayer isn't about finding the right words, the perfect technique, or accumulating enough spiritual merit to unlock God's favour. Instead, we're reminded that our prayers are heard because of our identity as sons and daughters, not because of our perfect performance.

The transformation happens when we move from Martha's frantic activity to Mary's posture of sitting at Jesus' feet in adoration, in **Luke 10**. This is about stopping ourselves in our tracks when we're in *doing mode* unto the Lord, and choosing the better thing: sitting at the feet of Jesus to be with Him and glean from Him. When we slow down enough to truly encounter God's presence, we create space for authentic transformation.

The teaching challenges us to move beyond rote prayers and into specific, heartfelt repentance that addresses the actual condition of our hearts. We're reminded that there's no human relationship quite like our relationship with God, where we stand completely unmasked. In that vulnerable place, we discover the power of daily repentance as the pathway to freedom. In that place, the Lord can go deeper, revealing the hidden motivations behind our actions and flooding us with His transforming love. What a beautiful image of posturing ourselves to receive the kindness of our Father's embrace!

reflection

Take a few minutes to silently reflect on the questions below. Write down anything the Lord reveals to you.

Knowing we come before our loving Father, what is one thing you need to confess to the Lord right now?

discussion

- 1** The sermon emphasised that a *non-specific apology* is the worst kind of apology. Why is being specific in our repentance important for transformation?
- 2** Read **Luke 11:1**. The disciples asked Jesus to teach them to pray, not to preach or do miracles. What does this tell us about where spiritual power comes from?
- 3** Ps Nathan: "*If you don't slow down enough to have an adoring relationship with our Father in heaven, you will never develop the depth that you need.*" What do you find difficult about slowing down to adore Jesus?

application

Seek to integrate these practices into your devotion time with the Lord this week.

Adoring:

- Before opening your Bible or praying about needs, spend 5 minutes simply sitting in God's presence.
- Imagine yourself sitting at Jesus' feet.
- Tell Him you love Him; thank Him for who He is, all He's done.

Repentance:

- Pray through the Lord's Prayer slowly and intentionally.
- When you reach *forgive us our sins*, be specific; name actual behaviours, attitudes, or thoughts that need forgiveness.
- Invite the Lord to search your heart and restore you (**Ps 51:10-12**).

closing prayer

- Any specific prayer points across the group.
- New depths in adoring Jesus.
- Developing a lifestyle of honest repentance.

MORE RESOURCES

The Power Of Prayer Pt.2

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Reminder: Help your group understand that prayer is about relationship, not perfection or performance. Share your own struggles with prayer to create a safe space for honesty. Follow up with group members this week to encourage them in their prayer commitments

Prayer/praise report from your group? Anything else you think we should know? [Click here](#) to pass it on to our Pastoral Team so we can address it in our weekly meeting.

additional questions

1. Read **Luke 10:38-42**. Do you relate more to Martha or Mary in your spiritual life? Explain.
2. What practical steps could you take this week to create space for sitting at Jesus' feet without distraction?
3. Read **Ps 51:1-4, 10-12**. What makes David's repentance so powerful and authentic?
4. Read **Matt 6:14-15**. Why do you think Jesus so closely connects our forgiveness of others to God's forgiveness of us?
5. Based on the above, Ps Nathan proposed, "*Unforgiveness infuses everything... affecting every single relationship you have.*" If comfortable, unpack this together and discuss any experiences of this truth.
6. Discuss the difference between forgiving someone and no longer allowing someone the same access to your life that they once had.

deeper study

- Read through the Lord's Prayer (**Matthew 6:9-13**) and take a few minutes to properly focus on each phrase. Meditate on anything you feel the Lord highlights.
- Study **Psalm 51** - David's prayer of repentance. Be open to what you could integrate into your own prayer approach.