



dba  
New  
Covenant  
Church

Sunday School Lesson

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## **ADULTS / YOUNG ADULTS / BABES**

Meditational Prayer is a two-way communication

Scripture Reading before Invocational Prayer: St. John 10:27-30 My sheep hear my voice

Scripture Lesson: Psalm 19:1-14 God expressly speaks through Creation and His Word

Subject: **LET THE WORDS OF MY MOUTH, AND THE MEDITATION OF MY HEART, BE ACCEPTABLE IN THY SIGHT, O LORD, MY STRENGTH, AND MY REDEEMER.**  
(Psalm 19:14) KJV

Text: Joshua 1:8 What are the words of thy mouth? Words of my mouth are Scripture the living word (Hebrews 4:12). When we meditate on scripture, we spiritually digest the living word (Jeremiah 15:16, Psalm 19:14, Psalm 119:11-16, Psalm 1:2) savor or chew on it until it becomes a part of who we are and what we speak (St. Luke 6:45) For of the abundance of the heart his mouth speaketh.

Introduction: Psalm 19:12 Who can understand his errors? (cf. Psalm 139:23-24) God knows a great deal more evil or errors in us than we do ourselves! Presumptuous sin is called the great transgression for no sacrifice was accepted for it. (Numbers 15:28-31, Heb. 10:26)

Prayer is meant to be a conversation, where man and our Creator, God the Father relate to each other in an intimate personal way. When you're praying, make sure to listen to what God is telling you either through His word or as a direct revelation to your heart (Which will always line up with the word of God). (St. Matt. 16:16-17, 1 Timothy 4:13-16)

Communication is a two-way street. It doesn't consist of one person doing all the talking while the other does all the listening. You may have to develop an ability to listen, because God has some very awesome things to say if we learn to hear Him. (2 Corinthians 10: 5, Romans 8: 26-27) Faith and hearing go hand and hand; hearing God increased our faith. (Romans 10:17).

1 Thess. 5:16-18 pray without ceasing means to have our minds always on the things of God, to be in constant communication with him, so that every moment may be as fruitful as possible.

God is not someone we visit with for one hour on Sunday morning and ignore the rest of the week or unless we have an emergency. He is someone we live with daily and share a daily sometimes moment by moment intimate relationship with. God the Father and His son Jesus **Christ is our life** (Colossians 3:3) meaning all that we are or hope to be or achieve in this life is through him (Gal. 2:20, Acts 17:28, Col. 1:17).

A good model would be Father, I thank you for listening and speaking to me when I pray. I want to recognize your voice and hear You speak throughout the day. In Jesus Name. Amen.

Meditation or Devotion is essential for two-way prayer we should make it a daily practice of sitting with a journal or notebook or diary, getting very quiet and having a written conversation with God, or committing scripture to memory. Be still and know that I am God (Psalm 46:10, Habakkuk 2:1-4, Isaiah 30:21)

Prayer is a dialogue, not a monologue. It's two-way communication; God's voice is the most essential part of life's journey. When we listen to God's voice as we pray, it gives us confidence that He too is listening to us. (Psalm 116:1- 4) We must not just see prayer as a petition for our wants but must practice listening to Him as well (2 Tim. 2:7, Phil. 4:6-8, Isaiah 26:3). God is eager to speak to us but we are the ones who don't know how to listen or claim to not have the time to do so. As we journey through life, we must develop a lifestyle of spending time with God that is undisturbed and focused, a time to shut out the noise and thoughts of the world and devote our total being to listening to Him (St. Matthew 6:5-8). We may want to get in a quiet place and be still perhaps read a few scriptures then began not only to speak but to listen.

St. John 16:13 the Holy Spirit will speak of Christ

Jeremiah 33:3 call unto me and I will answer thee

2 Timothy 3:16-17 scripture speaks of God's desires for our lives.

Hebrews 1: 1 – 5 spoken unto us by His Son

St. John 8:47 He that is of God heareth God's words

St. Luke 11:28 Yea rather, blessed are they that hear the word of God, and keep it.

Romans 8:14 led by the Spirit they are the sons of God

Psalms 85:8 I will hear what God the LORD will speak

Hebrews 2:1 we ought to give more earnest heed to the things we have heard

St. Matthew 11:15, Revelation 2:7 He that hath an ear let him hear what the spirit saith unto the Churches.