

CALL FOR HELP

PAUSE
WEEK 2 // DANNY ANDERSON

Hear my cry for mercy as I **call to you for help**, as I lift up my hands toward your Most Holy Place. *Psalm 28:2*

Prayer is at the _____ of a growing relationship with God.

“Prayer is simply a two-way conversation between you and God.”
— Billy Graham

“I have come to the conclusion that most people’s biggest problem with prayer is God. They envisage him scowling, perpetually disapproving, invariably disappointed and needing to be placated or persuaded in prayer.”
— Pete Greig

1. Pausing helps you to quiet the _____.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place**, where he prayed. *Mark 1:35*

But Jesus often withdrew to **lonely places** and prayed. *Luke 5:16*

“...the real problem with the Christian life comes where people do not usually look for it. It comes the very moment you wake up each morning. All of your wishes and hopes for the day come rush at you like wild animals. And the first job each morning consists simply in shoving them all back; in listening to that other voice, taking that other point of view, letting that other larger, stronger, quieter life come flowing in. And so on, all day.” — C.S. Lewis

“Stopping to be still before we launch into prayer helps us to recenter our scattered thoughts, priming our hearts and minds for worship.” — Pete Greig

2. Pausing helps you to let go of _____.

*“Be **still**, and know that I am God...”* *Psalm 46:10*

“Moments of stillness at the start of a prayer time are moments of surrender in which we stop competing with God, relinquish our messiah complexes, and resign from trying to save the planet.” — Pete Greig

3. Pausing helps you to shed the _____.

Choose a _____ and a _____ to pause.

For you are all children of God through faith in Christ Jesus.
Galatians 3:26