

Worship, Prayer and Communion
Lesson 03 in the series, "Winning the Battle in Your Mind"

1. Personal times of praise and worship help remind us of who God is and what He can do!

"But as for me, I will sing about your power. Each morning I will sing with joy about your unfailing love. For you have been my refuge, a place of safety when I am in distress." Psalm 59:16 (NLT)

"I will sing of the LORD's unfailing love forever! Young and old will hear of your faithfulness. Your unfailing love will last forever. Your faithfulness is as enduring as the heavens." Psalm 89:1-2 (NLT)

2. Prayer helps us align our thoughts with God's character and God's will.

"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'" Matthew 6:9-13 (NIV)

"The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life..." Psalm 23:1-6 (NIV)

3. Communion helps remind us that Jesus' sacrifice is enough to overcome anything we face.

"Jesus said, 'I have been very eager to eat this Passover meal with you before my suffering begins. For I tell you now that I won't eat this meal again until its meaning is fulfilled in the Kingdom of God.' Then he took a cup of wine and gave thanks to God for it. Then he said, 'Take this and share it among yourselves. For I will not drink wine again until the Kingdom of God has come.' He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, 'This is my body, which is given for you. Do this to remember me.' After supper he took another cup of wine and said, 'This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you.'" Luke 22:15-20 (NLT)

- a. Jesus' body was broken so that we could be healed and made whole.

"He was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed." Isaiah 53:5 (NLT)

"He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed." 1 Peter 2:24 (NLT)

"...He tore down the wall we used to keep each other at a distance. ...Instead of continuing with two groups of people separated by centuries of animosity and suspicion, he created a new kind of human being, a fresh start for everybody. Christ brought us together through his death on the cross. The cross got us to embrace, and that was the end of the hostility." Ephesians 2:14-16 (MSG)

- b. Jesus' blood was spilled so that we could have a right relationship with a holy God and overcome our enemy, the devil.

"...It has come at last— salvation and power and the Kingdom of our God, and the authority of his Christ. For the accuser of our brothers and sisters has been thrown down to earth— the one who accuses them before our God day and night. And they have defeated him by the blood of the Lamb and by their testimony..." Revelation 12:10-11 (NLT)

"Under the old system, the blood of goats and bulls and the ashes of a heifer could cleanse people's bodies from ceremonial impurity. Just think how much more the blood of Christ will purify our consciences from sinful deeds so that we can worship the living God. For by the power of the eternal Spirit, Christ offered himself to God as a perfect sacrifice for our sins." Hebrews 9:13-14 (NLT)

Because of Christ and our faith in him, we can now come boldly and confidently into God's presence. Ephesians 3:12 (NLT)

"...I will never fail you. I will never abandon you.' So we can say with confidence, 'The LORD is my helper, so I will have no fear. What can mere people do to me?'" Hebrews 13:5-6 (NLT)

Tommy Green • 09-05-21 • tommy.green@gracefm.org