



## THE ADVENTURE OF INTIMACY

Prayer is the experience of intimacy. Every man believes in prayer in some form, whether a cry of desperation in a foxhole or the true expression of a heart focused on worship. Prayer is a connection of intimacy and becomes the means of experiencing the awe of God. Intimacy is the deep longing of every man and yet so many men suffer from the inability to attain truth, respect, and lasting love in their relationships. This series will explore how to experience true intimacy and trusting love with God and in your most important relationships.

**A Man understands that he must understand what it means to be connected in order to experience intimacy.**

January 19, 2017

**Connected!**  
**Ephesians 1:15 - 19**

**Highland Colony Men's Roundtable**  
[www.MensTable.com](http://www.MensTable.com)

**Bible Verses:** Ephesians 1:15-19, Matthew 6:5,6.  
Job 23:1-3, John 4:23, I Samuel 12:23, I Kings 8:42.  
Psalm 73:17

**Music:** Michael W Smith – The Lord's Prayer

**Videos:** The Basketball Diaries – Give Me Some Money  
**Resources:** (1) Prayer – Experiencing Awe & Intimacy with God by Timothy Keller  
(2) The Intimacy Factor by Pia Mellody

### Connected to Reality.

1. "I am \_\_\_\_\_." (Matthew 6:5,6 – your private prayer life) > You must be committed to growth in your outer life and your inner life. Outwardly, you need to project confidence, spiritual and emotional health and wholeness. Inwardly, you must face self-doubts, anxieties, self-pity, and old grudges. You need solitude, self-examination, and reflection to grow inwardly. Quote by John Owen.
2. "I \_\_\_\_\_!" (Job 23:1-3) > Nothing great is easy. To struggle greatly connects you reality. To begin to feel lonely and hungry is an important first step in connecting to God. Although, that can be extremely disorienting and confusing. The pursuit of God and being connected to Him eventually bears fruit, because God seeks for you to worship Him (John 4:23).
3. "I am \_\_\_\_\_." > Everywhere God is, prayer is! You must treat God as God (I Samuel 12:23; I Kings 8:42). You must recognize the greatness of God. The Book of Job is much about Job's suffering and pain—worked through with prayer. Jesus taught His disciples to pray, healed people with prayers, and insisted that some demons could be cast out only through prayer. The power of the Spirits descended on the early Christians in response to prayer. All Christians are expected to have a regular, faithful, devoted, fervent prayer life.
4. "I \_\_\_\_\_!" (Psalm 73:17). > Prayer is a natural human instinct. There is something in us from God that knows we are not alone in the universe, and that we were not meant to be alone. Prayer is "God's breath in man returning to his birth." The Hebrew word for "Spirit" and "breath" is the same. Prayer is nourishing friendship. Prayer is a journey. Prayer helps us endure. Prayer means knowing yourself as well as God.

### Connected to a Spiritual Reality!

1. \_\_\_\_\_ > The most destructive effect of your addictions and disorders. You feel the you have become "terminally unique!" Your grandiosity is "out of control."
2. \_\_\_\_\_ > Everywhere you turn you find yourself at the center of a hostile universe against which you must defend yourself by dishonesty or hostility or withdrawal. You are defiant or abashed, and always feeling shame. AA describes this state as being "an arrogant doormat" or "that piece of garbage around which the entire universe revolves." This is when you must begin to embrace your story and face the wounds from your past. *Quote from Pia Mellody.*

### Connected to Real Relationship!

1. Embrace \_\_\_\_\_ > Neither inferiority—a one down issue— or superiority—a one up issue—provides a framework for healing. Those voices come from childhood trauma.
2. Examples of Issues that must be faced:
  - a. \_\_\_\_\_ > one down.
  - b. \_\_\_\_\_ > one up = invulnerability.
  - c. \_\_\_\_\_ > one up = perfectionism.
  - d. \_\_\_\_\_ > one up = anti-dependence.
  - e. \_\_\_\_\_ > one up = controlling rigidity.

### ACTION: Journal This!

1. When do you feel connected to God? To someone else?
2. What part of your story is hard for you to acknowledge?
3. When relationships don't work, do you feel one up or one down?

## Bible Verses

### **Ephesians 1:15-19,**

**15** That's why, when I heard of the solid trust you have in the Master Jesus and your outpouring of love to all the Christians, **16** I couldn't stop thanking God for you - every time I prayed, I'd think of you and give thanks. **17** But I do more than thank. I ask - ask the God of our Master, Jesus Christ, the God of glory - to make you intelligent and discerning in knowing him personally, **18** your eyes focused and clear, so that you can see exactly what it is he is calling you to do, grasp the immensity of this glorious way of life he has for Christians, **19** oh, the utter extravagance of his work in us who trust him - endless energy, boundless strength!

### **Job 23:1-3**

**1** Job replied: **2** "I'm not letting up - I'm standing my ground. My complaint is legitimate. God has no right to treat me like this - it isn't fair! **3** If I knew where on earth to find him, I'd go straight to him.

### **John 4:23**

**23** But the time is coming - it has, in fact, come - when what you're called will not matter and where you go to worship will not matter.

### **Matthew 6:5,6**

**5** "And when you come before God, don't turn that into a theatrical production either. All these people making a regular show out of their prayers, hoping for stardom! Do you think God sits in a box seat? **6** "Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace.

### **I Samuel 12:23**

**23** "And neither will I walk off and leave you. That would be a sin against God! I'm staying right here at my post praying for you and teaching you the good and right way to live.

### **I Kings 8:42**

**42** People are going to be attracted here by your great reputation, your wonder-working power, who come to pray at this Temple.

### **Psalms 73:17**

**7** Until I entered the sanctuary of God. Then I saw the whole picture:

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# INTIMACY WITH GOD



# THE ADVENTURE OF INTIMACY

Prayer is the experience of intimacy. Every man believes in prayer in some form, whether a cry of desperation in a foxhole or the true expression of a heart focused on worship. Prayer is a connection of intimacy and becomes the means of experiencing the awe of God. Intimacy is the deep longing of every man and yet so many men suffer from the inability to attain truth, respect, and lasting love in their relationships. This series will explore how to experience true intimacy and trusting love with God and in your most important relationships.

**CONNECTED!**

***Ephesians 1:15-19***

# Connected to Reality.

1. “I am **Integrated**.” (Matthew 6:5,6 – your private prayer life) > You must be committed to growth in your outer life and your inner life. Outwardly, you need to project confidence, spiritual and emotional health and wholeness. Inwardly, you must face self-doubts, anxieties, self-pity, and old grudges. You need solitude, self-examination, and reflection to grow inwardly. Quote by John Owen.
2. “I **Struggle!**” (Job 23:1-3) > Nothing great is easy. To struggle greatly connects you reality. To begin to feel lonely and hungry is an important first step in connecting to God. Although, that can be extremely disorienting and confusing. The pursuit of God and being connected to Him eventually bears fruit, because God seeks for you to worship Him (John 4:23).

# English Theologian John Owen

“A minister may fill his pews, his communion roll, the mouths of the public, but what that minister is on his knees in secret before God Almighty, *that is and no more.*”

GOD



# Connected to Reality.

3. “I am **Centered**.” > Everywhere God is, prayer is! You must treat God as God (I Samuel 12:23; I Kings 8:42). You must recognize the greatness of God. The Book of Job is much about Job’s suffering and pain—worked through with prayer. Jesus taught His disciples to pray, healed people with prayers, and insisted that some demons could be cast out only through prayer. The power of the Spirits descended on the early Christians in response to prayer. All Christians are expected to have a regular, faithful, devoted, fervent prayer life.
4. “I **Value Prayer**!” (Psalm 73:17). > Prayer is a natural human instinct. There is something in us from God that knows we are not alone in the universe, and that we were not meant to be alone. Prayer is “God’s breath in man returning to his birth.” The Hebrew word for “Spirit” and “breath” is the same. Prayer is nourishing friendship. Prayer is a journey. Prayer helps us endure. Prayer means knowing yourself as well as God.

# Connected to a Spiritual Reality!

1. **Spiritual Isolation** > The most destructive effect of your addictions and disorders. You feel the you have become “terminally unique!” Your grandiosity is “out of control.”
2. **Self-centered Fear** > Everywhere you turn you find yourself at the center of a hostile universe against which you must defend yourself by dishonesty or hostility or withdrawal. You are defiant or abashed, and always feeling shame. AA describes this state as being “an arrogant doormat” or “that piece of garbage around which the entire universe revolves.” This is when you must begin to embrace your story and face the wounds from your past. Quote from Pia Mellody.



# Connected to Real Relationship!

1. Embrace **Your Real Self** > Neither inferiority—a one down issue— or superiority—a one up issue—provides a framework for healing. Those voices come from childhood trauma.
2. Examples of Issues that must be faced:
  1. **Self-esteem** > one down.
  2. **Boundaries** > one up = invulnerability.
  3. **Reality** > one up = perfectionism.
  4. **Self – Care** > one up = anti-dependence.
  5. **Moderation** > one up = controlling rigidity.

# **ACTION: Journal This!**

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**GOD**

