



February 16, 2017

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 learning to connect to God intimately, as well as others, is a process of overcoming past wounds.

Learning to Connect Intimately Matthew 6:8-14

Highland Colony Men's Roundtable
www.MensTable.com

Bible Verses: Matthew 6:8-14, Lamentations 3:41, Psalm 119:18, Ephesians 1:18, Romans 5:5, Romans 8:15-16.

Videos: October Sky : He isn't my hero
Resources: (1) Prayer – Experiencing Awe & Intimacy with God by Timothy Keller

Music: You Never Let Go – Matt Redman

(2) The Intimacy Factor by Pia Mellody

Learning to Connect: Personalize God's Word.

1. _____ > Martin Luther suggested that after meditating on the Scripture, you would pray through each petition of the Lord's Prayer, paraphrasing and personalizing each one using your own needs and concerns. Pray from your heart!
a. Example: "Give us our daily bread" = "I commend to you, God my house and property, wife, and child. Grant that I can manage them well, supporting and educating them."
2. _____ > Martin Luther's most famous writing on prayer was in the form of a letter to a friend. Peter Beskendorf was the barber who shaved Luther and cut his hair. Peter asked Luther to give him a way to pray. Peter was devout in his faith, though flawed in many ways. While intoxicated at a family meal, he stabbed his own son-in-law to death. Partly through Luther's intervention Peter was exiled rather than executed, but he endured difficult final years. Luther gave Peter a rich but practical set of guidelines for prayer.
a. Cultivate prayer as a habit through regular discipline. He proposes to pray twice daily.
b. See prayer as lifting of the heart of God (Lam. 3:41).
c. Ponder words of Scripture > Let the words of Scripture focus your thoughts and feelings on God.

Learning to Connect: Listening to the Voice of the Spirit.

1. _____ > Martin Luther, "The Holy Spirit himself preaches here, and one word of His sermon is better than a thousand of our prayers. Many times I have learned more from one prayer than I might have learned from much reading and speculation (Psalm 119:18).
2. _____ > The Spirit, as we reflect on the biblical truth before God, will sometimes fill our heart with rich thoughts and ideas that feel poignant and new to us, even when we are thinking about a text or truth that we have heard hundreds of times before (Ephesians 1:18).
3. _____ > No prayer happens without the work of the Spirit. The Spirit may illumine our minds and assures our hearts with God's reality (Romans 5:5; 8:15-16).

Learning to Connect: Trauma Wounds!

1. _____ > Trauma—childhood wound—is the essential generator of fluctuations in self-esteem between one-up and one-down. If you are NOT going to be able to relate healthfully with God or your partner when you are not safe.
2. _____ > Trauma is the chief generator of the problems we have in the core areas of our Real Self: self-esteem, boundaries, reality, dependence, and regulation of our emotions.
3. _____ > We carry energy that is radiated from a childhood caregiver when he or she has acted shamelessly toward us, as a child, but had not acknowledged it, often hiding the shameless abusiveness behind a wall of anger. We think it is our own.

NOT ABLE TO HEAR: TRAUMA!

1. _____ > You intentionally move to a centered place, a healthy ego state where the voice of the Functional Adult, your Real Self makes relational connection possible.
2. _____ > The voice of the Functional Adult, your Real Self interrupts the conversation between your Adapted Adult Child and the Wounded Child.
3. _____ > The Functional Adult now parents both these ego states by affirming their existence and also assures them that they now have a compassionate and mature parent to care for them.
4. _____ > They do not have to fight for survival by abandoning their authenticity. Finally, they are in safe hands.
5. _____ > Develop properly functioning boundaries that allows you to know your own truth and hear the truth of others without defensive manipulation.

ACTION: Journal This!

1. Are you a good listener?
2. What's it like for you to sit and connect with God?
3. How well do your wife and children feel you are present and connected to them?

Bible Verses

Matthew 6:8-14

8 Don't fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need. **9** With a God like this loving you, you can pray very simply. Like this: Our Father in heaven, Reveal who you are. **10** Set the world right; Do what's best - as above, so below. **11** Keep us alive with three square meals. **12** Keep us forgiven with you and forgiving others. **13** Keep us safe from ourselves and the Devil. You're in charge! You can do anything you want! You're ablaze in beauty! Yes. Yes. Yes. **14** "In prayer there is a connection between what God does and what you do. You can't get forgiveness from God, for instance, without also forgiving others.

Lamentations 3:41

41 Let's lift our hearts and hands at one and the same time, praying to God in heaven:

Psalms 119:18

18 Open my eyes so I can see what you show me of your miracle-wonders.

Ephesians 1:18

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,

Romans 5:5

5 In alert expectancy such as this, we're never left feeling shortchanged. Quite the contrary - we can't round up enough containers to hold everything God generously pours into our lives through the Holy Spirit!

Romans 8:15-16

5 Those who think they can do it on their own end up obsessed with measuring their own moral muscle but never get around to exercising it in real life. Those who trust God's action in them find that God's Spirit is in them - living and breathing God! **6** Obsession with self in these matters is a dead end; attention to God leads us out into the open, into a spacious, free life. **7** Focusing on the self is the opposite of focusing on God. Anyone completely absorbed in self ignores God, ends up thinking more about self than God. That person ignores who God is and what he is doing. **8** And God isn't pleased at being ignored. **9** But if God himself has taken up residence in your life, you can hardly be thinking more of yourself than of him. Anyone, of course, who has not welcomed this invisible but clearly present God, the Spirit of Christ, won't know what we're talking about. **10** But for you who welcome him, in whom he dwells - even though you still experience all the limitations of sin - you yourself experience life on God's terms. **11** It stands to reason, doesn't it, that if the alive-and-present God who raised Jesus from the dead moves into your life, he'll do the same thing in you that he did in Jesus, bringing you alive to himself? When God lives and breathes in you (and he does, as surely as he did in Jesus), you are delivered from that dead life. With his Spirit living in you, your body will be as alive as Christ's! **12** So don't you see that we don't owe this old do-it-yourself life one red cent. **13** There's nothing in it for us, nothing at all. The best thing to do is give it a decent burial and get on with your new life. **14** God's Spirit beckons. There are things to do and places to go! **15** This resurrection life you received from God is not a timid, grave-tending life. It's adventurously expectant, greeting God with a childlike "What's next, Papa?" **16** God's Spirit touches our spirits and confirms who we really are. We know who he is, and we know who we are: Father and children.

You Never Let Go By Matt Redman

Even though I walk through the valley
Of the shadow of death
Your perfect love is casting out fear

And even when I'm caught in the middle
Of the storms of this life
I won't turn back, I know You are near

And I will fear no evil
For my God is with me
And if my God is with me
Whom then shall I fear?
Whom then shall I fear?

Oh no, You never let go
Through the calm and through the storm

Oh no, You never let go
In every high and every low
Oh no, You never let go
Lord, You never let go of me

And I can see a light that is coming
For the heart that holds on
A glorious light beyond all compare

And there will be an end to these troubles
But until that day comes
We'll live to know You here on the earth

And I will fear no evil
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INTIMACY WITH GOD



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Learning to Connect Intimately

Matthew 6:8-14

Learning to Connect: Personalize God's Word.

1. **Be aware of your own needs and concerns** > Martin Luther suggested that after meditating on the Scripture, you would pray through each petition of the Lord's Prayer, paraphrasing and personalizing each one using your own needs and concerns. Pray from your heart!
 1. Example: "Give us our daily bread" = "I commend to you, God my house and property, wife, and child. Grant that I can manage them well, supporting and educating them."
2. **Meditate on God's Word** > Martin Luther's most famous writing on prayer was in the form of a letter to a friend. Peter Beskendorf was the barber who shaved Luther and cut his hair. Peter asked Luther to give him a way to pray. Peter was devout in his faith, though flawed in many ways. While intoxicated at a family meal, he stabbed his own son-in-law to death. Partly through Luther's intervention Peter was exiled rather than executed, but he endured difficult final years. Luther gave Peter a rich but practical set of guidelines for prayer.
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2. **See with your Heart** > The Spirit, as we reflect on the biblical truth before God, will sometimes fill our heart with rich thoughts and ideas that feel poignant and new to us, even when we are thinking about a text or truth that we have heard hundreds of times before (Ephesians 1:18).
3. **Illumination** > No prayer happens without the work of the Spirit. The Spirit may illumine our minds and assures our hearts with God’s reality (Romans 5:5; 8:15-16).

Learning to Connect: Trauma Wounds!

1. **Unable to listen or talk** > Trauma—childhood wound—is the essential generator of fluctuations in self-esteem between one-up and one-down. If you are NOT going to be able to relate healthfully with God or your partner when you are not safe.
2. **Problems** > Trauma is the chief generator of the problems we have in the core areas of our Real Self: self-esteem, boundaries, reality, dependence, and regulation of our emotions.
3. **Carried Shame** > We carry energy that is radiated from a childhood caregiver when he or she has acted shamelessly toward us, as a child, but had not acknowledged it, often hiding the shameless abusiveness behind a wall of anger. We think it is our own.

NOT ABLE TO HEAR: TRAUMA!

1. **Recovery** > You intentionally move to a centered place, a healthy ego state where the voice of the Functional Adult, your Real Self makes relational connection possible.
2. **Integration** > The voice of the Functional Adult, your Real Self interrupts the conversation between your Adapted Adult Child and the Wounded Child.
3. **Re-parenting** > The Functional Adult now parents both these ego states by affirming their existence and also assures them that they now have a compassionate and mature parent to care for them.
4. **Safe** > They do not have to fight for survival by abandoning their authenticity. Finally, they are in safe hands.
5. **Restoring Intimacy** > Develop properly functioning boundaries that allows you to know your own truth and hear the truth of others without defensive manipulation.

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GOD

