

# Message Notes

May 3, 2020

Dear God...Pause  
Matthew 6:9; Psalm 46:10  
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- We're learning together how to \_\_\_\_\_ the way Jesus \_\_\_\_\_ us.
- Prayer starts with \_\_\_\_\_ & \_\_\_\_\_ who God is.

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

## Be Still...

- Prayer is \_\_\_\_\_ about a \_\_\_\_\_. (Mt 6:6)
- It requires \_\_\_\_\_ and \_\_\_\_\_. (1 Sam 3:10; Jn 10:27)
- The best way to \_\_\_\_\_ praying is actually to \_\_\_\_\_ praying!
- In \_\_\_\_\_ & \_\_\_\_\_ we can \_\_\_\_\_ God's \_\_\_\_\_.

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

## Know that I Am God...

- God is both \_\_\_\_\_ and \_\_\_\_\_. (Gal 4:6; Acts 4:24)
- *Immanence*: God is fully \_\_\_\_\_ w/us & \_\_\_\_\_ to us.
- *Transcendence*: God is totally “\_\_\_\_\_” and \_\_\_\_\_ by nature.

## Practicing *Selah*

- ① Put \_\_\_\_\_ any \_\_\_\_\_.
  - ② Sit \_\_\_\_\_ and \_\_\_\_\_ deeply.
  - ③ Practice what is called \_\_\_\_\_.
- Meditation isn't \_\_\_\_\_ our minds, it's \_\_\_\_\_ them w/God's \_\_\_\_\_.
  - ④ Take time to \_\_\_\_\_ who God \_\_\_\_\_ is.