



07.23.17 | Disciplines of Desire
Matthew 6:5-18

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“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

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.’

For if you forgive other people when they sin against you,
your heavenly Father will also forgive you. But if you do not
forgive others their sins, your Father will not forgive your
sins.

When you fast, do not look somber as the hypocrites do, for
they disfigure their faces to show others they are fasting.
Truly I tell you, they have received their reward in full. But
when you fast, put oil on your head and wash your face, so
that it will not be obvious to others that you are fasting, but
only to your Father, who is unseen; and your Father, who
sees what is done in secret, will reward you.”

“While we may think we know what we want, we’re often
wrong.”

- Aziz Ansari

“The first online dating services tried to find matches for clients based almost exclusively on what clients said they wanted. But pretty soon online dating companies realized that this wasn’t working. When [companies] began digging into the data, [they] discovered something surprising: The kind of partner people said they were looking for didn’t match up with the kind of partner they were actually interested in.”

- Aziz Ansari, *Modern Romance*

The Holy Spirit wants to recenter your deepest desires through spiritual disciplines.

We need to sort through our deepest desires.

The desire to be seen (v. 5, 16)

“When you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others.”

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting.”

The desire for significance (v. 5b, 16b)

The desire for security (v. 7)

“And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words.”

Idolatry = to worship or serve an appearance.

We need a REASON to sort our deepest desires.

“The Father wants to fulfill your deepest/truest desires.”

Satisfying our desire to be seen (v. 6, 17-18)

“But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you...”

“But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Satisfying our desire for significance (v. 6, 18)

“Then your Father, who sees what is done in secret, will reward you...”

Satisfying our desire for security (v. 9)

“Your Father knows your need even before you ask Him.”
We need a way to RESHAPE our deepest desires.

“By our praying, we are instructing ourselves more than we are Him.”

Martin Luther

Three ways the spiritual disciplines can shape our desires...

The disciplines help us desire a joy beyond the self.
(v. 9-10)

“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven.”

We begin to desire gratitude over discontentment.
(v. 11)

“Give us today our daily bread...”

We begin to desire humility over self-indulgence.
(v. 12-15)

“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.”

“For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not

forgive others their sins, your Father will not forgive your sins.”

Closing Prayer Read as a Congregation:

Heavenly Father, today I pray for the saints in our congregation.

I join with Your desire that we see You as a loving Father and ourselves as children of light.

You have invested so much to bring us into Your family. In Your grace, help us give You a good return on Your investment.

Let us be holy as You are holy.

Let Your name be holy to each person in our congregation today.

Let them reflect that holiness to others so that You are honored in our world.

Let Your saints be more aware Your kingdom ways.

Give them hearts to seek Your kingdom, eyes to see it, and hands to serve it.

Let them accomplish Your will in whatever situation they're in today.

Let them love well in old ways and also new ways.

Please provide for them all they need.

Give them what they need in the physical realm, the financial realm, the emotional and relational realms,

and especially the spiritual realm.

But especially, give them more of Yourself today.

Give them a sensitivity toward sin

so that they acknowledge it and turn from it quickly.

Forgive them and help them forgive others who sin against them.

Then lead them as the True Shepherd leads His sheep.

Take them away from things that would harm both You and them,

and take them toward You.

And when they follow a path that would damage them and You, deliver them.

Bring them back safely, and let them learn because of the experience.