

02-21-10 Prayer :: The Power of Community

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Great crowds were following Jesus. He turned around and said to them, "If you want to be my follower you must love me more than your own father and mother, wife and children, brothers and sisters — yes, more than your own life. Otherwise, you cannot be my disciple. And you cannot be my disciple if you do not carry your own cross and follow me. "But don't begin until you count the cost... Luke 14:25-28 NLT

The enemy wants you to be stuck in the past.

All of us have chapters we wish we could rewrite.

Dr. Harold Bloomfield says, "Unresolved emotional pain wreaks havoc on your immune system, cardiac function, hormone levels, and other physical functions.

We must make peace with our past because our life may literally depend on it." To get over your past you must:

1. Start looking at it differently.

Ask God for wisdom. Reframe it. Ask, How did it make me stronger? Don't focus on what you lost, but on what you gained.

2. Understand the difference between guilt and shame.

Guilt is feeling bad about what you've done – it's healthy; shame is feeling bad about who you are – it's toxic and debilitating. All of us have things we'd like to change about ourselves, but when God created us He said, "It was very good" (Ge 1:31), so start seeing yourself as He sees you.

3. Stop punishing yourself with the "if only's."

After stumbling badly and having God pick him up, David wrote: "Happy is the person whose sins are forgiven...whom the Lord does not consider guilty" (Ps 32:1-2 NCV).

Forgive yourself; God has. Because He sees you through the cross, you are "accepted"

4. Move from pain to gain.

Healing takes time, so expect some anger, fear and sadness. Don't disown them; they're part of the process. But don't adopt them either; know when it's time to

move on. You can't walk backwards into the future, and the future God has in mind contains more happiness than any past you can remember.

“Behold, I make all things new.”

Rev 21:5 NKJV

Your past can either be an albatross around your neck, or the wind beneath your wings.

So:

5. Accept what happened.

6. Bury the past or live with its ghosts.

7. Get out of the blame game.

Blame is a waste of time. When you blame yourself you multiply guilt, chain yourself to the past, and increase your already low self-esteem. When you blame God you cut yourself off from His power, doubt replaces trust, and you put down roots of bitterness that make you cynical. When you blame others you add to the distance between them and you, and lose the only option that works – forgiveness.

“They shall obtain joy and gladness; sorrow and sighing shall flee away.”

Isa 51:11 NKJV

And you cannot be my disciple if you do not carry your own cross and follow me. Luke 14

- **A DISCIPLE OF JESUS BREAKS BREAD.**

Every day (the disciples) continued to meet together in the temple courts. They broke bread in their homes... Acts 2:46

BREAKING BREAD

1) DEMANDS EXTREME COMMITMENT.

They devoted themselves to the apostles' teaching and to the fellowship, to the breaking of bread and to prayer. Acts 2:42

fellowship: *koinonia* (koy-nohn-ee'-ah); to share, to participate in a common cause, to engage in social communion

- **Christians enjoy a personal relationship with Jesus.**
- **Disciples enjoy a shared relationship with Jesus.**
- **Christians fall away too easily because they are lonely**
- **Disciples find strength in community.**

"...For where two or three come together in my name, there am I with them." Matthew 18:20

<i><u>Love one another...</u></i>	John 13:34
<i><u>Be devoted to one another...</u></i>	Rom. 12:10a
<i><u>Honor one another...</u></i>	Rom. 12:10b
<i><u>Accept one another...</u></i>	Rom 15:7
<i><u>Serve one another in love.</u></i>	Gal 5:13
<i><u>Be compassionate to one another...</u></i>	Eph 4:32
<i><u>Submit to one another...</u></i>	Eph 5:21
<i><u>Encourage one another...</u></i>	1 Thess 5:11
<i><u>Spur one another on toward love...</u></i>	Heb 10:24
<i><u>Live in harmony with one another...</u></i>	1 Peter 3:8
<i><u>Offer hospitality to one another...</u></i>	1 Peter 4:9

2) PRODUCES EXTREME RESULTS.

Everyone was filled with awe, and many wonders and miraculous signs were done by the apostles. Acts 2:43

All the believers were together and had everything in common. Selling their possessions and goods, they gave to anyone as he had need. Acts 2:44-45

Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Acts 2:46-47

"...Love one another. As I have loved you, so you must love one another. By this all men will know that you are my disciples, if you love one another." John 13:34-35