

Sermon Notes Page – Pastor Kurt Tomlinson

Listen – Praying in a Noisy World

Week #4 – Everyone Needs Help

July 2, 2023

Psalm 25:1-6

- Listen, Praying in a Noisy World – Bishop Reuben P. Job
  - o Learning to listen – “The remedy lies in learning again the habit of listening to God in all things and at all times (p. 5)
  - o Weekly Prayer Practice #1 – Sitting in Silence
    - Morning time: \_\_\_\_\_
    - Evening time: \_\_\_\_\_
  - o Week Prayer Practice #2 – Giving God our Fears, Needs, and Hopes.
    - Take the time to release at least one fear, one need, and one hope each day.
  - o Weekly Prayer Practice #3 – Intentionally Listen
    - In practicing #1 & #2, intentionally listen for God.
- Week #4 – Everyone Needs Help
  - o Lessons from the news – 2023 and 1973.
  - o Often, we find ourselves in a hole.
  - o Psalm 130:1 – Out of the depths I cry out to you, Lord.”
  - o Crying out IS listening!
- Weekly Prayer Practice #4 – Meditation
  - o Meditation is nothing more than listening, reflecting, rehearsing, and ruminating.
  - o “...the great God of the universe, the Creator of all things *desires our fellowship*” – Richard Foster.
  - o The Lectio Divina
    - <https://www.upperroom.org/resources/lectio-divina-praying-the-scriptures>
    - Step #1 – Read – and listen for a *word* or *phrase* that leaps out at you.
    - Step #2 – Read – and meditate, contemplate, consider your *word* or *phrase*.
    - Step #3 – Read – and consider how God is calling you through your *word* or *phrase*.
    - Psalm 25:1-6:
      - <sup>1</sup>In you, Lord my God, I put my trust.
      - <sup>2</sup>I trust in you; do not let me be put to shame,  
nor let my enemies triumph over me.
      - <sup>3</sup>No one who hopes in you will ever be put to shame,  
but shame will come on those who are treacherous without cause.
      - <sup>4</sup>Show me your ways, Lord, teach me your paths.
      - <sup>5</sup>Guide me in your truth and teach me, for you are God my Savior,  
and my hope is in you all day long.
      - <sup>6</sup>Remember, Lord, your great mercy and love, for they are from of old.