

Fellowship Notes

P90X - Part 1

John Youell, Jr.
September 26, 2010

P90X

(James 5:16 NLT) *"The earnest prayer of a righteous person has great power and produces wonderful results."*

The Basics

✓ **Prayer is a _____ between God and humanity.**

(Psalm 91:15 NLT) *"When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation."*

(John 5:19 NLT) *"I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing..."*

✓ **Keep It _____.**

(Matthew 6:5 NLT) *"When you pray, don't be like the hypocrites who love to pray publicly on street corners and in synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get."*

(Matthew 6:7-8 NLT) *"When you pray, don't babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him!"*

✓ **Prayer can _____ our _____.**

(1 Samuel 1:4-11 NLT) *"On the days Elkanah presented his sacrifice, he would give portions of the meat to Peninnah and each of her children. And though he loved Hannah, he would give her only one choice portion because the Lord had given her no children. So Peninnah would taunt Hannah and make fun of her because the Lord had kept her from having children. Year after year it was the same - Peninnah would taunt Hannah as they went to the Tabernacle. Each time, Hannah would be reduced to tears and would not even eat. 'Why are you crying, Hannah?' Elkanah would ask. 'Why aren't you eating? Why be downhearted just because*

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P90X - Desperate For Change

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you have no children? You have me - isn't that better than having ten sons?' Once after a sacrificial meal at Shiloh, Hannah got up and went to pray. Eli the priest was sitting at his customary place beside the entrance to the Tabernacle. Hannah was in deep anguish, crying bitterly as she prayed to the Lord. And she made this vow: 'O Lord of Heaven's Armies, if you will look upon my sorrow and answer my prayer and give me a son, then I will give him back to you. He will be yours for his entire lifetime, and as a sign that he has been dedicated to the Lord, his hair will never be cut.'

(1 Samuel 1:19-20 NLT) *"...the Lord remembered her plea, and in due time she gave birth to a son. She named him Samuel, for she said, 'I asked the Lord for him.'"*

Desperate for Change

1. **Clear out the _____ and clean up the _____.**

(2 Corinthians 10:3) *"...we take captive every thought to make it obedient to Christ."*

(Philippians 4:8 NLT) *"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."*

2. **Commit to a _____.**

(1 Timothy 4:7-8 MSG) *"Exercise daily in God - no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever."*

3. **Choose a _____.**

(Philippians 3:13-14) *"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*

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(James 5:16 NLT) *"The earnest prayer of a righteous person has great power and produces wonderful results."*

The Basics

✓ Prayer is a **ACTIVE CONVERSATION** between God and humanity.

(Psalm 91:15 NLT) *"When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation."*

(John 5:19 NLT) *"I tell you the truth, the Son can do nothing by himself. He does only what he sees the Father doing...."*

✓ Keep It **REAL**.

(Matthew 6:5 NLT) *"When you pray, don't be like the hypocrites who love to pray publicly on street corners and in synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get."*

(Matthew 6:7-8 NLT) *"When you pray, don't babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. Don't be like them, for your Father knows exactly what you need even before you ask him!"*

✓ Prayer can **TRANSFORM** our **LIVES**.

(1 Samuel 1:4-11 NLT) *"On the days Elkanah presented his sacrifice, he would give portions of the meat to Peninnah and each of her children. And though he loved Hannah, he would give her only one choice portion because the Lord had given her no children. So Peninnah would taunt Hannah and make fun of her because the Lord had kept her from having children. Year after year it was the same - Peninnah would taunt Hannah as they went to the Tabernacle. Each time, Hannah would be reduced to tears and would not even eat. 'Why are you crying, Hannah?' Elkanah would ask. 'Why aren't you eating? Why be downhearted just because*

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Desperate for Change

1. Clear out the **JUNK** and clean up the **INPUTS**.

(2 Corinthians 10:3) *"...we take captive every thought to make it obedient to Christ."*

(Philippians 4:8 NLT) *"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise."*

2. Commit to a **TRAINING PROCESS**.

(1 Timothy 4:7-8 MSG) *"Exercise daily in God - no spiritual flabbiness, please! Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever."*

3. Choose a **GOAL**.

(Philippians 3:13-14) *"Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus."*