









## Abba!

Was actually an Aramaic word used by small children when informally addressing their fathers.

God doesn't hear us based on our own worthiness but, the Gospel teaches us that it is because of Christ worthiness that we are able to approach the throne of God. Do you believe that? Do you believe that there is nothing you have to do or have done in order for God to hear you? Or do you give God reasons why you are good enough to be heard?

## Romans 4:5

<sup>5</sup> But to the one who does not work [that is, the one who does not try to earn his salvation by doing good], but believes and completely trusts in Him who justifies the ungodly, his faith is credited to him as righteousness (right standing with God).

## Hebrews 4:14-15

<sup>14</sup> Inasmuch then as we [believers] have a great High Priest who has [already ascended and] passed through the heavens, Jesus the Son of God, let us hold fast our confession [of faith and cling tenaciously to our absolute trust in Him as Savior]. <sup>15</sup> For we do not have a High Priest who is unable to sympathize *and* understand our weaknesses *and* temptations, but One who has been tempted [knowing exactly how it feels to be human] in every respect as *we are, yet* without [committing any] sin.

## Hebrews 4:16

Therefore let us [with privilege] approach the throne of grace [that is, the throne of God's gracious favor] with confidence and without fear, so that we may receive mercy [for our failures] and find [His amazing] grace to help in time of need [an appropriate blessing, coming just at the right moment].

## James 4:10

Humble yourselves [with an attitude of repentance and insignificance] in the presence of the Lord, and He will exalt you [He will lift you up, He will give you purpose].

belief + trusts + faith + humility = natural & instinctive PRAYER

## How did Jesus teach us to pray?

### Lesson #1 Parable of Persistence

Then He said to them, "Suppose one of you has a friend, and goes to him at midnight and says, 'Friend, lend me three loaves [of bread]; <sup>6</sup> for a friend of mine who is on a journey has just come to visit me, and I have nothing to serve him'; <sup>7</sup> and from inside he answers, 'Do not bother me; the door has already been shut and my children and I are in bed; I cannot get up and give you *anything*.' <sup>8</sup> I tell you, even though he will not get up and give him *anything just* because he is his friend, yet because of his persistence and boldness he will get up and give him whatever he needs. **Luke 11:5-8**

## What don't you know...

- **Midnight:** in a time without electricity is actually about 4 hours into his sleep
- **His Children:** he was literally sharing a bed & to get up meant waking everyone up
- **The Friend:** this was just a visit NOT an emergency
- **Bread:** 3 loaves was a HUGE ask

## & YET...

because of his persistence and boldness he will get up and give him whatever he needs.

## It wasn't...

because of his friendship  
Let's look at the rest of this Parable. . . .

## Luke 11:9-13

"So I say to you, ask and keep on asking, and it will be given to you; seek and keep on seeking, and you will find; knock and keep on knocking, and the door will be opened to you. <sup>10</sup> For everyone who keeps on asking [persistently], receives; and he who keeps on seeking [persistently], finds; and to him who keeps on knocking [persistently], the door will be opened. <sup>11</sup> What father among you, if his son asks for a fish, will give him a snake instead of a fish? <sup>12</sup> Or if he asks for an egg, will give him a scorpion? <sup>13</sup> If you, then, being evil [that is, sinful by nature], know how to give good gifts to your children, how much more will your heavenly Father give the Holy Spirit to those who ask and continue to ask Him!"

## If Jesus taught this...











praying continually [and had been praying all night]. <sup>13</sup> When he knocked at the door of the gateway, a servant-girl named Rhoda came to answer. <sup>14</sup> Recognizing Peter's voice, in her joy she failed to open the gate, but ran in and announced that Peter was standing in front of the gateway. <sup>15</sup> They said to her "You are out of your mind!" But she kept insisting that it was so. They kept saying, "It is his angel!" <sup>16</sup> But [meanwhile] Peter continued knocking; and when they opened the door and saw him, they were completely amazed. <sup>17</sup> But motioning to them with his hand to be quiet *and* listen, he described how the Lord had led him out of the prison. And he said, "Report these things to James and the brothers and sisters." Then he left and went to another place.

## **Paul knew it | 2 Cor 12:7-9a**

Because of the surpassing greatness *and* extraordinary nature of the revelations [which I received from God], for this reason, to keep me from thinking of myself as important, a thorn in the flesh was given to me, a messenger of Satan, to torment *and* harass me—to keep me from exalting myself! <sup>8</sup> Concerning this I pleaded with the Lord three times that it might leave me; <sup>9</sup> but He has said to me, "My grace is sufficient for you [My lovingkindness and My mercy are more than enough—always available—regardless of the situation]; for [My] power is being perfected [and is completed and shows itself most effectively] in [your] weakness."















from the life of God [with no share in it; this is] because of the [willful] ignorance and spiritual blindness that is [deep-seated] within them, because of the hardness and insensitivity of their heart.

<sup>19</sup> And they, [the ungodly in their spiritual apathy], having become callous and unfeeling, have given themselves over [as prey] to unbridled sensuality, eagerly craving the practice of every kind of impurity [that their desires may demand]. <sup>20</sup> But you did not learn Christ in this way! <sup>21</sup> If in fact you have [really] heard Him and have been taught by Him, just as truth is in Jesus [revealed in His life and personified in Him], <sup>22</sup> that, regarding your previous way of life, you put off your old self [completely discard your former nature], which is being corrupted through deceitful desires, <sup>23</sup> and be continually renewed in the spirit of your mind [having a fresh, untarnished mental and spiritual attitude], <sup>24</sup> and put on the new self [the regenerated and renewed nature], created in God's image, [godlike] in the righteousness and holiness of the truth [living in a way that expresses to God your gratitude for your salvation.]

## **Based on this Scripture, can a non-believer understand the things of God?**

### **NO**

- in the futility of their minds
- understanding is darkened and their reasoning is clouded
- [willful] ignorance and spiritual blindness that is [deep-seated] within them
- hardness and insensitivity of their heart
- callous and unfeeling







**Phil 2:12**

So then, my dear ones, just as you have always obeyed [my instructions with enthusiasm], not only in my presence, but now much more in my absence, continue to work out your salvation [that is, cultivate it, bring it to full effect, actively pursue spiritual maturity] with awe-inspired fear and trembling [using serious caution and critical self-evaluation to avoid anything that might offend God or discredit the name of Christ].

**For those who answered yes...**

Would you want to know & avoid anything that might offend God or discredit the name of Christ

**I hope & pray...**

That you answered yes.  
Because I know that I am about to challenge some of you.

**Can Yoga truly be Christian?  
Just by changing the music & what you meditate on?**

**Just a reminder....**

You shall not bow down to worship their gods, nor serve them, nor do [anything] in accordance with their practices. You shall completely overthrow them and break down their [sacred] pillars *and* images [of pagan worship]. <sup>25</sup> You shall serve [only] the Lord your God, and He shall bless your bread and water. I will also remove sickness from among you. **Exo 23:24-25**

Lined writing area consisting of 20 horizontal lines.





commonly used symbol in Hindu iconography, associated with many powerful deities. Lakshmi (the goddess of abundance) is often shown sitting on an open lotus and holding another in her hand. The same is true of Ganesha, the elephant-headed destroyer of obstacles, and Lord Vishnu, who is said to represent the principle of preservation in the universe. And lore has it that wherever the Buddha walked, lotus flowers bloomed.

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- *called the Padmasana, the destroyer of the diseases of the Yamis.*
- *reaching the Brahma [ **Brahma** is said to be the creator of the whole universe. The other two gods are Vishnu, the preserver, and Shiva, the destroyer, all three of which make up the Trimurti. Hindu tradition states that **Brahma** had four heads. ... The tradition also states that the four heads of **Brahma** **represent** many aspects of Hinduism. ] randra (the great hole), they make the mind calm.*
- *The Yogi who, sitting with Padmasana, can control breathing, there is no doubt, is free from bondage.*
- This asana is indicated for the awakening and development of latent physic, psychic, mental and spiritual forces.
- During the practice of this asana, the practitioner obtains easily a state of profound meditation, contemplation, worship or prayer. Its persevering practice leads to the revelation of the Supreme Self, Atman, and it makes possible a beatific state of communion/fusion with the Divine







**1. Spiritual foundation:** Yoga is inextricably based on Hinduism. Two aspects of the simplest kind of yoga (asanas: physical exercises; and pranayama: breath work) are purported to be the third and fourth step of an eight-step discipline leading a participant to Samadhi (enlightenment, God-consciousness).

**2. Spiritual perception:** Yoga is part of a belief system that endorses ideas like pantheism, the concept that the universe is an emanation of God, so all things have a divine essence. That leads to self-deification: the idea that we are God—absolutely wrong.

**3. Spiritual deception:** There is a satanic influence behind the practice of yoga. The "power" unleashed through the practice of yoga is called the "kundalini" (meaning serpent power). Yet a serpent is a symbol of Satan (see Gen. 3, Rev. 12).

**4. Spiritual transfer:** Serious students of yoga usually desire something called *shaktipat* (a guru's power to transmit a spiritual awakening of the kundalini). Yet this is nothing more than the transference of a demon spirit. It can result when the word "OM" is chanted, or by assuming various yoga postures that are dedicated to Hindu deities.

**5. Spiritual intrigue:** People who get involved in the basic physical exercises often get intrigued by the deeper philosophical aspects of yoga and end up being wooed away from the firm foundation of biblical revelation.

**6. Spiritual endorsement:** Even if a yoga class is seemingly benign with no spiritual emphasis and no Hindu trappings; and the teachers are Christian and Christian worship music is played, still, by participating in a "yoga" class, Christians are endorsing a non-Christian belief system. That is wrong and an insult to the Lord Jesus Christ.

**7. Spiritual compromise:** The word "yoga" means yoke, and by involvement, we are automatically being yoked together with nonbelievers. The Bible warns against that (2 Cor. 6:14-18). On the other hand, Jesus said, "Take My yoke upon you" (Matt. 11:29).

This teaching is based on a mini-book written. Many more significant details are covered in [Episodes 11 and 12](#) of Mike Shreve's podcast, *Revealing the True Light*.

### **Because Even if just one...**

**Is seen as offensive, doesn't it mean that ALL of it is?**

I barely touched the surface of all that yoga is -  
No amount of music or meditating on Scripture can change what your body is worshiping

### **Should a Christian...**

### **In conclusion...**

### **We Are Called To Love God With All Your Heart**

"And now, Israel, what does the Lord your God require from you, but to fear [and worship] the Lord your God [with awe-filled reverence and profound respect], to walk [that is, to live each and every day] in all His ways and to love Him, and to serve the Lord your God with all your heart







## GOING DEEPER

### Read | Numbers 11:1-3

- The people of Israel had become complainers. What action did it provoke in the Lord? \_\_\_\_\_
- What did Moses do when the people cried out? \_\_\_\_\_
- What was the response of the Lord? \_\_\_\_\_

### Read | Daniel 10:2-4 & Daniel 10:9-13

- How many days had Daniel prayed & fasted? \_\_\_\_\_
- From what DAY that Daniel had set his heart on understanding & humbling himself before God were his word heard & a response sent? \_\_\_\_\_
- Who delayed the delivery of his answer? \_\_\_\_\_  
\_\_\_\_\_ For How long was he delayed? \_\_\_\_\_
- What angel came to help the other angel? \_\_\_\_\_

### Read | Jonah 3

- God sent Jonah on a mission to proclaim a message: What was God going to do to the nation of Nineveh? \_\_\_\_\_  
\_\_\_\_\_
- When the people of Nineveh believed Jonah's warning, what did they do? What was the prayer the King of Nineveh was hoping God would hear? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Did their prayer change God's mind? Or Was God going to save them anyway? \_\_\_\_\_  
\_\_\_\_\_

Write | Romans 12:1-2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Now that you have completed this lesson:**

- Briefly give a definition of your Biblical stance for your belief.
- Write down 3 specific places in Scripture that clearly states your understanding.

As defined by the Bible, what is PRAYER \_\_\_\_\_

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**Scripture that supports this statement is:**

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As defined by the Bible, what is WORSHIP? \_\_\_\_\_

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**Scripture that supports this statement is:**

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*NOTE: YOU MAY FIND THAT YOUR UNDERSTANDING WILL GO DEEPER AS YOU MOVE THROUGH THE FOLLOWING LESSONS. FEEL FREE TO REVAMP & ADD TO YOUR STATEMENTS AS YOU GROW SPIRITUALLY MATURE.*