

SERIES SCRIPTURE: **Jeremiah 12:5** "If you have run with the footmen, and they have wearied you, then how can you contend with horses?..."

HOW Can I CONTEND?

#1 CONTEND WITH COVERING

1 Thess 5:12-13 NLT "... HONOR those who are your leaders in the Lord's work."

#2 CONTEND WITH CARE

1 Thessalonians 5:14 NLT "...Take tender care of those who are weak."

#3 CONTEND WITH GRACE

1 Thess 5:15 NLT "...ALWAYS **try to do good** to each other and to all people.

GRACE is GIVEN; Mercy is SHOWN

#4 CONTEND WITH JOY

1 Thessalonians 5:16 NLT Always be joyful.

HAPPINESS vs JOY

Happiness is **External**

Happiness happens by **Chance**

Happiness is based on **Happenings**

Joy is **Internal**

JOY happens by **CHOICE!!!**

JOY is based on **JESUS**

Happiness may NOT be up to you; out of your Control

DON'T let the things you can't Control; Control YOU

By Paul to 1st Church he planted in Europe (Acts 16) in prison in Philippi

Visited About AD 52 wrote the book 10-12 yrs later

Writes to est church in order to Mature them a bit **Joy or Rejoice mentioned 16times**

Written in Prison part of the PRISON Epistles

(Roman Jail) underground no light, chained to guard, awaiting execution, smell

(Philippians 4:4 NIV) Rejoice in the Lord always. I will say it again: Rejoice!

#5 CONTEND WITH PRAYER (CONVERSATIONS W/ JESUS)

1 Thessalonians 5:17 NLT Never stop praying.

A JESUS-FOLLOWER SHOULD FOLLOW JESUS' EXAMPLE

Jesus PRAYED more than He PROTESTED

WE are STILL to be a light in the darkness

to speak up for those who have no voice.

We're Called to condemn evil and sinful behavior.

(possible example: JoJo gay, not winning with SM Blast)

also not Supporting immorality approving Unbiblical standards & calling it Love)

Matthew 14:13

When Jesus heard about John, He withdrew by boat privately to a solitary place. But the crowds found out about it and followed Him on foot from the towns.

Matthew 14:23

After He had sent them away, He went up on the mountain by Himself to pray. When evening came, He was there alone,

MARK 1:35 Early in the morning, while it was still dark, Jesus got up and slipped out to a solitary place to pray.

(try this next wk!)

MARK 6:36 After bidding them farewell, He went up on the mountain to pray.

PRAY WITH STRUCTURE

(Prayer Booklets every morning this wk... Email or Come by Office) YouVersion

Luke 5:16

Yet He frequently withdrew to the wilderness to pray.

Luke 6:12

In those days Jesus went out to the mountain to pray, and He spent the night in prayer to God.

PRAY IN THE SPIRIT (NAMES, FACES, SITUATIONS, PEOPLE, PROBLEMS, PLACES)

Ephesians 6:18 ...Pray in the Spirit at all times, with every kind of prayer and petition...

Romans 8:26

In the same way, the Spirit helps us in our weakness. For we do not know how we ought to pray, but the Spirit Himself intercedes for us with groans too deep for words.

PRAY IN SILENCE (LISTEN 'YIELD'- WHEN YOU LET JESUS GO)

Sitting w/ Jesus 2min Drill throughout Your Day (Deep Breathes, His Name Only)

We try to do this w/ our Children... Learning to HEAR From GOD!

(EX: APPLE FROM A TREE ACROSS THE SEA)

As the World continues to PROTEST we must become People of PRAYER!

NEVER STOP PRAYING!!!

PRAYER is the DIFFERENCE between what I can do & what God Can Do!

#6 CONTEND WITH PRAISE

1 Thessalonians 5:18 NLT Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

(pull out the SUCKER!)

AGAIN a JESUS Follower will FOLLOW Jesus' Example (Pray this WAY... Our Father

Remember where Paul was writing from to the Church in Philippi

Philippians 1:3-6 NIV ³ I thank my God every time I remember you.⁴ In all my prayers for all of you, I always pray with joy ⁵ because of your partnership in the gospel from the first day until now, ⁶ being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.

Phil 4:6-7 ⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.