

## The You are's of prayers – 11/20/2016

What do you typical cover during your time with Jesus talk? What do you talk to Jesus about?

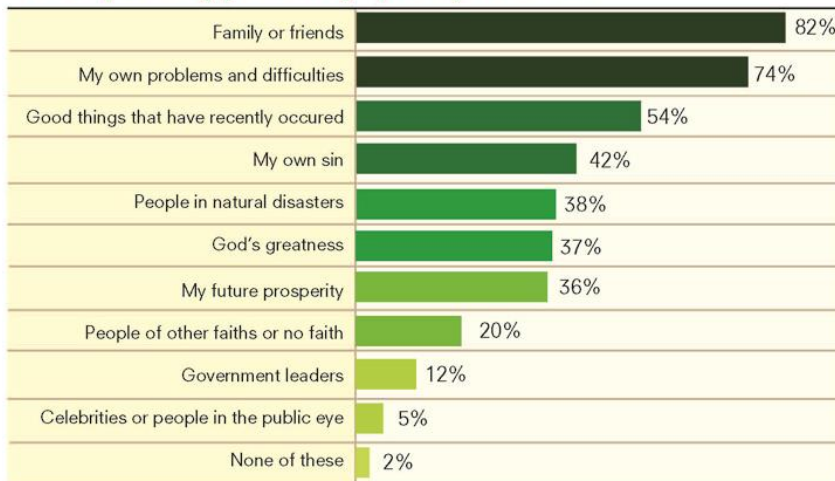
LifeWay did a survey called “Among Americans who pray: People typically pray for...”

*About half of Americans (48 percent) say they pray at least every day, while a third (31 percent) say they pray several times a day. Overall, about two-thirds (65 percent) of Americans say they pray at least once a month.*

What Americans pray for were shown in 11 categories and 10 of them focused on praying for oneself, 74%, or family or friends, 84%. Only 37% of the 48% Americans praying actually prayed for God’s greatness. It’s not wrong to pray for yourself or for others because the bible does state that you are to “Ask, and it shall be given you” in Matthew 7:7 without specifying what you are to pray for.

Among Americans who pray:

### People typically pray for ...



LifeWayResearch.com

Note: Participants could select all that apply



I have been reflecting on my prayer life recently and I noticed that I was the typical prayer in the LifeWay survey of praying for oneself or for someone else.

A picture came to mind of my prayer life of a spoiled child constantly going up to their father demanding something by saying:

I deserve it!, I earned it!, you owe me!, It’s my inheritance!, you can’t deny me!, hand it over now!, Gimmie it!, I’ll die if I don’t get it!, What are you waiting for!, I want it!, Whaaaaa!, I’m expecting it right now!, It’s mine!, I require it!, I desire it!, I need it! Give it to me!



No parent wants the only interaction that they have with their children with them constantly asking or demanding for something. What does a parent want? How about when the majority of the children’s

conversation with the parent are thanking & praising the parent, showing & telling of the parent's goodness to their friends and showing pride & joy.

One time when I was working on the computer I heard my son bring his cousin over to the door way whispering and pointing at me while I was working. He was proud of his father and wanted to show others of my work. That simple act from my son brought joy and happiness to me.

Is that not what the Father, Son and Holy Spirit desires "That all men should honor the Son, even as they honor the Father.." AKJV Jn5:23, and "...blasphemy against the Holy Ghost shall not be forgiven to men." AKJV Mt12:31

Jesus is "...enthroned upon the praises of Israel" Ps22:3. How much enthroning is done in your daily prayers to Jesus? There was very little enthroning in my prayer life as I reflected.

I could easily pray for an entire day of asking for things for myself, my family or for others. I ran into difficulties of what to praise Jesus for and not repeating the same praise. I had only asked for things and never spoke praises to Jesus. My spiritual praise muscle was very weak and I needed to find examples on how to praise Jesus.

How does the bible demonstrate to us how we should be praising Jesus?

Psalms150:1-6 gives directions on how to praise Jesus in a nutshell.

In Ps150:1, "**Praise God in his sanctuary**", you are directed to praise Jesus in His absolute Holiness in heaven. Ps150:1 also directs one to "**praise him in the firmament of his power**". Imagine Jesus sitting on the judgement throne with all the power at His command.

In Ps150:2 you praise Jesus for "**for his mighty acts**" (ie what he has done) and "**his excellent greatness**" (ie His character).

In Ps150:3-5 you pray praise with musical instruments. Whether or not you use musical instruments in your praise and worship of Jesus, it's the emotional reaction of music that you should desire to get to. Praise to Jesus shouldn't be repetitious and monotone. How would you feel if your child thanks you in an emotionless, monotone and bored voice? The praise wouldn't be well received. The praise should be alive like King David dancing joyously before the ark -2Sam6:16.



Psa 150:3 Praise him with the sound of the trumpet: praise him with the psaltery and harp.

Psa 150:4 Praise him with the timbrel and dance: praise him with stringed instruments and organs.

Psa 150:5 Praise him upon the loud cymbals: praise him upon the high sounding cymbals.

In Ps150:6, "**Let every thing that hath breath praise the LORD**", you joyfully speak out loud your praise to Jesus rather than only thinking it.

An example of a prayer praise is from King David in Ps 145:1-12, 21

*:1 David's Psalm of praise. I will extol thee, my God, O king; and I will bless thy name for ever and ever.*

*:2 Every day will I bless thee; and I will praise thy name for ever and ever.*

*:3 Great is the LORD, and greatly to be praised; and his greatness is unsearchable.*

*:4 One generation shall praise thy works to another, and shall declare thy mighty acts.*

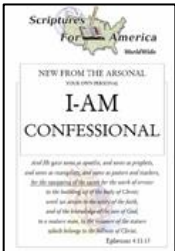
*:5 I will speak of the glorious honour of thy majesty, and of thy wondrous works.*

*:6 And men shall speak of the might of thy terrible acts: and I will declare thy greatness.*

*:7 They shall abundantly utter the memory of thy great goodness, and shall sing of thy righteousness.*

- :8 *The LORD is gracious, and full of **compassion**; **slow to anger, and of great mercy.***
- :9 *The LORD is good to all: and his **tender mercies** are over all his works.*
- :10 *All thy works shall praise thee, O LORD; and thy saints shall bless thee.*
- :11 *They shall speak of the **glory of thy kingdom, and talk of thy power**;*
- :12 *To make known to the sons of men his mighty acts, and **the glorious majesty of his kingdom.***
- :21 ***My mouth shall speak the praise of the LORD: and let all flesh bless his holy name for ever and ever.***

Many ministries have an “I am” list which you repeat to yourself to pray blessings on yourself.



For example you can construct the I AM of “**I am content.**” from Philippians 4:11 which states “*Not that I speak from want; for I have learned to be content in whatever circumstances I am.*”

Or...

The I AM of “**I am saved.**” From Romans 5:9 which states “*Much more then, having now been justified by His blood, we shall be saved from the wrath of God through Him.*”

A similar approach can be used in praying praise to Jesus but instead of stating “I am” you declare the “You are’s” of Jesus’. Many places in the four gospels Jesus states “I am”, “I have”, “I will” or “I can”. You can construct you are’s by changing the verse around such as:

Changing Jn6:48 “**I am that bread of life**” into: Jesus, You are the bread of life.

Or..

Changing Mt11:30 “*for **my yoke is easy, and my burden is light***” into: Jesus your yoke is easy and your burden is light.

The “you are” statements are speaking confirmation of Jesus’ Holiness, His power and Authority, His deeds and His Character.

You can open up the bible to any page and transform passages into You are’s. I chose to go thru the four gospels to create a set of You are’s. The 4 gospels have an overabundance of passages to use.

You can go through each book of the bible and continue with creating the You are’s of Jesus.

Creating and praying the “You are’s” will help stimulate your praise and thanksgiving spiritual muscles that may be weak. The “You are’s” are confessing the words of Jesus about His authority in heaven and on earth, of his mighty works and of His character.

My goal is to pray more praises to Jesus than asking for something of me or others. I encourage you reflect on your prayer life and consider adding more praises to your daily talk with Jesus.

Regards,

Called/Chosen + Hear + Believe + Repent + Confess + Baptize + Abide = Salvation -> Proclaim  
 Mt22:14 + Lk11:28 + Jn3:16 + Mk6:12 +Rm10:9 +Acts2:38 + Heb10:26 = 1 Pt 3:21 -> Mt28:19-20

# You Are's of Jesus

## 1) His Holiness – Ps150:1 “Praise God in his sanctuary”

Jesus, your Father said **“Thou art my beloved Son, in whom I am well pleased.”** Mk1:11

Jesus, you are **“Son of the Highest”** Lk1:32

Jesus, **“holy is [your] name”** Lk1:49

Jesus, you are **“, The Christ of God”** Lk9:20

Jesus, **“The Spirit of the Lord is upon [you]”** Lk4:18

Jesus, you **“sit on the right hand of the power of God”** Lk22:69

Jesus, **“thou art the Son of God; thou art the King of Israel.”** Jn1:49

Jesus, you came **“in [your] Father's name”** Jn5:43

Jesus, **“the scriptures... testify of [you]”** Jn5:39

Jesus, **“thou hast the words of eternal life”** Jn6:68

Jesus, you and the **“Father are one”** Jn10:30

Jesus, you are the Father's **“only begotten Son”** Jn3:16

Jesus, you **“came forth from the Father”** Jn6:28

Jesus, you are **“from above”** and are **“not of this world”** Jn8:23

Jesus, you came to do the will of your Father Jn6:38

## 2) His Power & Authority – Ps150:1 “: praise him in the firmament of his power”

Jesus you taught **“as one having authority”** Mt7:29

Jesus, **“All things are delivered unto [you by your] Father”** Mt11:27

Jesus, you **“cast out devils by the Spirit of God”** Mt12:28

Jesus, you **“shall shew judgment to the Gentiles.”** Mt12:18

Jesus, Your Father has **“committed all judgment unto [you]”** Jn5:22

Jesus, you **“shall rule [your] people Israel.”** Mt2:6

Jesus, you gave us **“the keys of the kingdom of heaven”** to bind and loosen Mt16:19

Jesus, your **“kingdom there shall be no end”** Lk1:33

Jesus, you know all the **“thought[s] of [our] heart”**

Jesus, you **“delivered [us] out of the hand of our enemies”** Lk1:74

Jesus, all things are **“possible with God”** Lk8:27

Jesus, you **“send the promise of [your] Father upon [us]”** Lk24:49

Jesus, you **“lay down [your] life, that [you] might take it again”** Jn10:17

Jesus, your **“judgment is true”** Jn8:16

Jesus, **“as [you] hear, [you] judge: and [your] judgment is just”** Jn5:30

Jesus, you send the Comforter from the Father Jn15:26

## 3) His Deeds or Purpose – Ps150:2 “Praise him for his mighty acts:”

Jesus, you came **“that [we] might have life, and that [we] might have it more abundantly”** Jn10:10

Jesus, you **“have finished the [Father's] work which [the Father] gavest [you] to do”** Jn17:4

Jesus, you **“manifested thy name unto the men”** Jn17:6

Jesus, You healed **“all manner of sickness and all manner of disease”** Mt5:23

Jesus, you **“rebuked the winds and the sea; and there was a great calm.”** Mt8:26

Jesus, you **“save [your] people from their sins”** Mt1:21

Jesus, you **“hath power on earth to forgive sins”** Mk2:10

Jesus, you were **“walking on the sea”** as in dry land Mt14:25

Jesus, you came to call **“sinners to repentance”** Mt9:13

Jesus, you were sent **“unto the lost sheep of the house of Israel”** Mt15:24

Jesus, you **“came not to send peace, but a sword”** Mt10:34

Jesus, you **“shewed strength with [your] arm; [you] hath scattered the proud”** Lk1:51

Jesus, you “**down the mighty** “ and “**exalted them of low degree.**” Lk1:52  
Jesus, you “**filled the hungry ... and the rich [you] hath sent empty away**” Lk1:53  
Jesus, you “**cast out them that sold [in the temple] and them that bought**” Lk9:45  
Jesus, “**All things were made by [you]**” Jn1:2  
Jesus, you changed the water into wine Jn2:9  
Jesus, you came “**to save the world**” Jn12:47  
Jesus, you give us your peace Jn14:27

4) His Character – Ps150:2 “praise him according to his excellent greatness.”.

Jesus, you are humble “**See thou tell no man**” Mt8:4  
Jesus, you are “**meekest and lowly in heart:**” Mt11:29  
Jesus, your “**mercy is on them that fear [you]**” Lk1:50  
Jesus, your “**yoke is easy, and [your] burden is light.**” Mt11:30  
Jesus, you “**will have mercy, and not sacrifice**” Mt12:7  
Jesus, you “**have compassion on the multitude**” Mt15:32  
Jesus, you gave your life as “**ransom for many**” Mk10:45  
Jesus, “**grace and truth came by [you]**” Jn1:17  
Jesus, you are the corner stone, “**The stone which the builders rejected**” Lk20:17  
Jesus, you are “**the Lamb of God, which taketh away the sin of the world**” Jn1:29  
Jesus, you are “**the living bread which came down from heaven**” Jn6:51  
Jesus, you are “**the true Light**” Jn1:9  
Jesus, you are “**the light of the world**” Jn9:5  
Jesus, you are “**the door of the sheep.**” Jn10:7  
Jesus, you are “**the door... if any man enter in, he shall be saved, and shall go in and out, and find pasture.**” Jn10:9  
Jesus, you are “**the way, the truth, and the life: no man cometh unto the Father, but by [you].**” Jn14:6  
Jesus, you are “**the good shepherd: the good shepherd giveth his life for the sheep.**” Jn10:11  
Jesus, you are “**the good shepherd, and know [your] sheep:**” Jn10:14  
Jesus, you “**lay down [your] life for the sheep.**” Jn10:15  
Jesus, you are “**resurrection, and the life**” Jn11:25  
Jesus, you are “**the true vine, and [your] Father is the husbandman**” Jn15:1  
Jesus, you are “**the vine, [we] are the branches**” Jn15:5