



## ***Praying with Passion for People***

<sup>9</sup> For what thanksgiving can we return to God for you, for all the joy that we feel for your sake before our God, <sup>10</sup> as we pray most earnestly night and day that we may see you face to face and supply what is lacking in your faith? <sup>11</sup> Now may our God and Father himself, and our Lord Jesus, direct our way to you, <sup>12</sup> and may the Lord make you increase and abound in love for one another and for all, as we do for you, <sup>13</sup> so that he may establish your hearts blameless in holiness before our God and Father, at the coming of our Lord Jesus with all his saints.” (1Thessalonians 3:9-13)

### **Introduction**

### **Begin with Thankfulness (v. 9)**

<sup>2</sup> We give thanks to God always for all of you, constantly mentioning you in our prayers, <sup>3</sup> remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.” (1 Thessalonians 1:2-3, ESV)

Lou Gehrig: “Today I consider myself the luckiest man on the face of the earth.” (Farewell speech in Yankee Stadium on July 4, 1939 that you can access at [baseballhall.org/discover/lougehrig-luckiest-man](http://baseballhall.org/discover/lougehrig-luckiest-man))

### **Pray for Opportunities to be of Help (vv. 10-11)**

C.S. Lewis: “I am often, I believe, praying for others when I should be doing things for them. It's so much easier to pray for a bore than to go and see him.” (*Letters to Malcolm: Chiefly on Prayer*, 66.)

## Pray for an Environment of Love (vv. 12-13)

(See also Philippians 1:9)

\*Recommended book for the whole series: *A Call to Spiritual Reformation* by D.A. Carson.

---

### Your Prayer Lab

A Prayer Lab means it's time to experiment. To try new things. If walking while you pray helps, then walk. If you've never tried journaling your prayers, why not try it. You can pray out loud, silently, on your knees, outdoors, or indoors. You can pray in your own words or pray through the prayers of the Bible.

Each day we will follow a simple progression of *Open, Pray, and Rest*:

*Open* – Take a few moments (a minute or two) and in quietness, open your heart to God's transforming love and provision. "*Be still and know that I am God.*" Ps. 46:10

*Pray* – Talk with God about what's on your heart. Then, pray through the prayer suggestions below. "*...pour out your heart before him; God is a refuge for us.*" Ps. 62:8

*Rest* – Conclude your time by resting in God's loving presence. Perhaps reflect on one verse of Scripture that encourages your heart or something that God impressed upon you.

**Monday:** Use the *Open Pray Rest* progression above. During the *Pray* portion, read 1 Thessalonians 3:9-13, giving special attention to the passion with which Paul prays. Talk to God the Father about Paul's passion for people and the people you are passionate about. Ask him to give you passion for what he is passionate about.

**Tuesday:** Use the *Open Pray Rest* progression above. During the *Pray* portion, read 1 Thess. 3:9-13 again and notice what brought Paul joy. What brings you joy about the people in your life? Talk to God about that. Ask the Father to give you his joy for what lies ahead in your day/week.

**Wednesday:** Use the *Open Pray Rest* progression above. During the *Pray* portion, read 1 Thess. 1:2-10, noting Paul's gratitude for people and what God was doing in their lives. Talk to God the Father about your gratitude for people and what he is doing in their lives.

**Thursday:** In this week's passage, 1 Thess. 3:9-13, notice Paul's longing to see the community of believers abound in love (i.e. literally live in an environment of love). Now open to 1 Cor. 13 and using Paul's words on love, ask the Father to help you and those you love, abound in that kind of love.

**Friday:** Use the *Open Pray Rest* progression above. During the *Pray* portion, read Philippians 4:4-7, noticing how joy, peace and gratitude all relate to one another. What are you thankful for this day? And where do you need his peace? Take some time to thank God and ask for his peace that passes understanding.