

The Challenge – Week 2
Upward Prayer Sermon Notes
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1. Give God Gratitude

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

You can either speak and show gratitude or live under entitlement's curse.

Every time I think of you, I give thanks to my God. – Philippians 1:3

You can choose gratitude or you can experience exhaustion.

1. Give God Gratitude
2. Remember Rest

Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. –Matthew 11:28

Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. –Matthew 11:29

So then, a sabbath rest still remains for the people of God. -Hebrews 4:9

After God created everything from the aardvark to the zebra—God rested.

In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. –Mark 1:35

1. Give God Gratitude
2. Remember Rest
3. Adoration Always

Adoration means we are shocked and surprised and startled by God’s goodness and have no choice but to be fully present in the moment.

An addiction to distraction is the death of adoration.

Bless the Lord, O my soul,
and all that is within me,
bless his holy name. -Psalm 103:1