

Sermon Outline

HOW TO PRAY WHEN YOU'RE *NOT* ASHAMED | Nick O'Neil

Bible Reading: Psalm 90

How to pray when you don't feel ashamed

1. How to pray when you *don't feel ashamed*

2. Lord, you are our everlasting refuge (vv. 1-2)

3. Lord, you crush us to dust (vv. 3-6)

"By the sweat of your brow you will eat your food until you return to the ground, since from it you were taken; for dust you are and to dust you will return." (Genesis. 3:19)

And the LORD God said, "The man has now become like one of us, knowing good and evil. He must not be allowed to reach out his hand and take also from the tree of life and eat, and live forever (Genesis. 3:22-24)

Then the LORD said, "My Spirit will not contend with humans forever, for they are mortal; their days will be a hundred and twenty years." (Genesis. 6:1-3)

4. Lord, we're consumed by your anger (vv. 7-10)

5. Teach us to number our days (vv. 11-12)

We learn to appreciate the access to God which Christ has won for us only after we have first seen God's inaccessibility to sinners. We can cry 'Hallelujah' with authenticity only after we have first cried 'Woe is me, for I am lost'. In Dale's words, "it is partly because sin does not provoke our own wrath, that we do not believe that sin provokes the wrath of God" [1]
(John Stott, *The Cross of Christ* (IVP: London, 1989), 129.)

For the wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness,...
(Romans 1:18)

Since, then, we know what it is to fear the Lord, we try to persuade others.
(2 Corinthians 5:11)

Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling,... (Philippians 2:12)

Since you call on a Father who judges each person's work impartially, live out your time as foreigners here in reverent fear. (1 Peter 1:17)

6. Relent, Lord! (vv. 13-16)

But if Christ is in you, then even though your body is subject to death because of sin, the Spirit gives life because of righteousness. And if the Spirit of him who raised Jesus from the dead is living in you, he who raised Christ from the dead will also give life to your mortal bodies because of his Spirit who lives in you. (Romans 8:10-11)

7. Pray this prayer, this year