

PRAYING IN FIVE DIMENSIONS

40 Days of Prayer

Pastor Warren's sermon transcript

Week 4

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The other day, if you'll pull out your message notes, I was listening to a song and I asked somebody, "Who did that song?" I knew it was a song from the past that I really liked and I said, "Who sang that song?" They said, "Oh, that was The Fifth Dimension." Anybody remember that band? Pop band. Fifth Dimension. I wrote down some of the songs they sang. "Up, Up and Away." Remember that? "Wedding Bell Blues." "Last Night I Didn't Get to Sleep At All." "Grazing in the Grass." It's a gas. "Stone Soul Picnic." "One Less Bell to Answer." Anybody remember that one? "Aquarius: Let the Sun Shine." Oh yeah, everybody. (Singing) Then your favorite of all, "Working on a Groovy Thing."

Anyway, I go, "Yeah, I remember that band, The Fifth Dimension," and then I thought, "What in the world is the fifth dimension?" I thought I'd go look it up. I'll spare you a little bit of the details. It's about mathematics. If you have a dot here and a dot here and you draw a line between it, and that line, that's called the first dimension. It's just a line. If you add another line on it, now you've got two dimensions, because you've got two lines. If you add a third line, now you've got three dimensions. You've got height, depth, or width and breadth, depth. Then, fourth dimension. There's a lot of controversy over what is the fourth dimension. A lot of people think the fourth dimension is time, that it's length of time, okay?

The fifth dimension was first talked about back in the '20s, 1920s, where a couple very bright German scientists came up with a theory. I actually wrote it down. "An attempt to unify the four fundamental forces in nature. Strong nuclear forces, weak nuclear forces, gravity and electromagnetism. It's a mathematical theory. The fifth dimension. It's not directly observable", which means it has no relationship to your life.

Now, I do know that sometimes you feel like you're being pulled in many different directions. I got an email the other day from a young woman who said, "Pastor Rick, help me. I feel like I'm being pulled in every different kind of direction." If you're being pulled in a lot of different kind of directions, then you need a multidimensional way to pray. One-dimensional praying is boring. Two-dimensional praying is boring. One-dimensional praying is unbiblical. One-dimensional praying is ineffective.

This weekend, I want us, as we are in part four of 40 Days of Prayer, I want us to look at the idea of praying in the fifth dimension, praying in five different dimensions. First, before we get into how to pray in five different dimensions, I need to give you a couple of really important review truths, things that you already know but you need to remind yourself of them. Why don't you write these down? These are the fundamental basis of all prayer.

Number one is that God is a multidimensional God.

1. God is a multidimensional God.

He's not one dimensional, he's not two dimensional, he's not three dimensional. You can put on glasses and watch a 3D movie of God. God is a multidimensional God. I say that because the most important thing I can teach you about prayer, and that's what we're looking at now for weeks, the most important thing I can teach you about prayer, your fulfillment in prayer and your fruitfulness in prayer, will be dependent not on how much you know about prayer, but how much you know about God. The more you understand God, the better your prayers are going to be, the more effective they'll be, the more fulfilled they'll be, the more satisfying your prayer life will be.

It's not about learning all about prayer. That's important, but more important than that is understanding God, and it starts with the fact that God is a multidimensional God. What do you mean by that? Well, it means that he's not just one dimension, and you can see this in many different things. Why don't you write these down? First,

- **We see this in God's creation.**

Obviously, you look around and the God who created a multidimensional world and universe is a multidimensional Creator. There are dimensions that we know about, but there are some dimensions we don't even know about. The Bible talks about the spirit realm. We don't know about that. We don't see it, so we don't engage in it.

The Bible says this about creation, which we do see. Romans chapter 1:20, "*Since the creation of the world God's invisible qualities – His eternal power and divine nature – have been clearly seen (in) what has been made, so that men are without excuse.*"

People say, "Well, what about all the people who have never read the Bible?" Well, true, they haven't read the Bible, but you can learn a lot about God just by looking at nature. You don't have to have the Bible for a lot of things about ... For instance, we know that God likes variety. That's obvious. Look at nature. We know that God is organized. That's obvious. We know that God is creative. We know that God likes diversity. We know that God is powerful. When you look at thunder and lightning and earthquakes and storms of asteroids and all the different things in society and in the world, we know in the universe that God is creative and God is great and God is powerful. We learn a lot about God just in nature, so the Bible says we're without excuse.

To me, it takes more faith to not believe in God than to believe in God. If I'm walking down a hillside and I see a little stone out of place, I might think that's an accident, but if I'm walking down a hillside and all of a sudden, I see there on that field a Rolex just lying there, are you gonna believe that's an accident? That is evidence of design. Evidence of design, and a design must have a designer. People say, "The universe was created with a big bang." That doesn't bother me. Wherever you got a big bang, you've gotta have a big banger. Somebody had to pull the trigger. Not in a million years would you say that that watch just put itself together, and you could have trillions and trillions and kazillions of years and a watch is not gonna form itself and all of a sudden start ticking on its own. That takes an enormous ... I don't have enough faith to be an atheist, sorry.

My answer is just as speculative as yours is, but it's a whole lot more reasonable than to just say it all just happened. It just happened. Have you ever seen the birth of a baby and how that baby comes together from a simple, single cell and a zygote and then becomes you? There are so many things that say that God is a God of complexity. He's a God of complexity, without even getting to the Bible. Job chapter 11:7-9, Job and God are having a conversation and Job's kind of complaining about what went on in his life and God says, "Wait a minute, I'm the Creator. I'm in charge here," and he says, "Job, let me ask you some questions."

"Can you fathom the limits and bounds of the greatness and power of God? The sky is no limit for God..." You say the sky's a limit. Well, it's not a limit for God, *"but it lies beyond your reach! God knows the world of the dead, but you do not know it."* In other words, there's a whole realm, there's a whole dimension you don't even know about, but God knows about it. *"God's greatness is broader than the earth, and wider than the sea"* (Job 11:7-9).

So, we know that God is a multidimensional God because creation shows the complexity that God created, and so we know that God had to be more complex than that. There's another way we see God's multidimensional nature and that is in Jesus' incarnation.

- **We see it in Jesus' incarnation.**

In other words, when God came to earth and became a human being. Incarnation means God became flesh. The Word became flesh. The Bible says in John 1:14, *"The Word became a human being and lived among us! We saw his glory... and he was full of grace and truth!"*

The fact that God can be God and God can come to earth and be a human means he's multidimensional. He didn't have a problem. If God had wanted to communicate to ants, he would've become an ant. If he wanted to communicate to cows, he would've become a cow, but God wanted to communicate to human beings so he became one of us. That's multidimensional.

The proof is in the fact of Jesus Christ, and the Bible says about Jesus, Hebrews 13:8, *"Jesus Christ is the same yesterday, today and forever."* Do you know anybody like that? Are you gonna be the same forever? You weren't the same you were last week. You lost a few hairs and added a few wrinkles. You're not the same.

What is this saying? Jesus is neither bound by space nor time. Why? He's God. He's multidimensional. The Bible tells us in Revelation chapter 1:4, *"Grace and peace to you from him,"* he's talking about Jesus, *"from him who is and who was and who is to come."* That about includes everything. That certainly isn't describing you. It's not like you were, you are and you will be. Jesus is multidimensional. God the Father is multidimensional.

And then we actually see it in the Holy Spirit, number three. We see God is multidimensional in how the Holy Spirit moves.

- **We see it in how the Holy Spirit moves.**

So, we see it in the whole Trinity. God the Father, God the Son and God the Holy Spirit.

John 3:8, says this. Jesus is talking. He says, *"The wind blows wherever it pleases. You hear its sound, but you don't know where the wind comes from or where it's going. That's the way it is with everybody born of the Holy Spirit."*

You know what he's saying there? He's saying, "You can't put the Holy Spirit in a box. You can't control him. He's like the wind. You don't know where it comes from. You don't know where it's going. You can hear the sound," and he says, "the Holy Spirit moves in dimensions we don't move in." You can't see the Holy Spirit, so clearly that's a dimension that we're not acquainted with. He's saying the Holy Spirit is multidimensional.

Job chapter 9:10-11, he's talking about the Spirit. *"He does wonders that cannot be understood; he does so many miracles, they cannot be counted."* That's what the Holy Spirit does. *"When he passes me, I can't see him and when he goes by me, I don't recognize him! I don't recognize him."*

The Father, the Son and the Holy Spirit are all multidimensional. Now, that's not a big revelation to you. You understand that, but here's the important point. Number two.

2. Because God is multidimensional I'm never alone.

I am never, never, ever alone, because he's in every dimension at the same time. He's in the past, he's in the present, he's in the future. He's here. He's there. He's in heaven. He's on earth. He's in the spirit world. He's in your and my world. God is in every dimension, all the time. He's in you, he's above you, he's around you, because he's multidimensional. It's not a bunch of gods. It's just one God in the person of Father, Son, Holy Spirit, but because God is multidimensional, I'm never alone.

Here's what David says. Psalm 139:7-12, *"Where could I go to escape from you?"* He's talking to himself. David writes this down. *"Where could I go to escape from you, [God?] Where could I ever get away from your presence? If I went up to heaven, you'd be there; if I lay down in the world of the dead, you'd be there. If I flew way beyond the east or lived the farthest place to the west, you'd be there too, to lead me. You'd be there too, to help me. I could ask the darkness to hide me... but even darkness isn't dark to you, and the night is as bright as the day. Darkness and light are the same to you."*

Let me give you a little tip. Never try to play hide and seek with God, because every place you try to hide, he's already there. We're talking about the omnipresence of God. He's everywhere. He's in all things. He's beginning and the end. Yesterday, today, tomorrow. God is everywhere, so that means there's no place you've been, there's no place you are, there's no place you're gonna be, that God's not gonna be there. That should encourage you, because you can't go to a place in your future where God is not, so you're never going to be alone.

Now, what does all this have to do with prayer? Well, it has a lot to do with prayer, because what it means is since God is everywhere, and he's in the past, the present, the future, and he's in every dimension of the world, and even the dimensions we don't even know about. There might be 10 dimensions, who knows. Because he's everywhere and in every dimension, you can talk to him about every dimension of your life and he already understands it. I mean, I know there's some

kids who think that God doesn't understand Google or the internet or Candy Crush, but God knew all about ... "Oh you know that one. Somebody laughed at that."

Let's get practical. Because God is a multidimensional God, you certainly don't want to do one dimensional praying. I'm gonna take you to a different level today. I'm gonna talk to you about five dimensions of your life that you can pray about, and what I want to do is explain them pretty quickly and then we're gonna actually practice them in communion.

Number one, first dimension, when I pray, first, I look backwards to the cross.

1. I look backwards to the cross.

I'm talking about in a practical way, when I start my prayers, one of the things I start to do is not with my problems today or my fears about tomorrow, but I start with what I'm grateful for that happened in the past.

It's good to start your prayers with the cross because it starts with an attitude of gratitude. It's a good place to start because it fills you with thanksgiving. When I think about Jesus Christ dying for me on the cross, it instantly reminds me of three things. I wrote them down there for you:

How deeply God loves me, how costly evil and sin is, and how completely I'm forgiven.

That's a good way to start your prayers. How much God loves you, and even though your sins were a mess, you're completely forgiven. I look backwards to the cross.

1 Peter 1:18-19 says this, *"God paid a ransom to save you... God paid a ransom to save you from the empty life... God paid a ransom to save you from the empty life... He paid for you with the precious lifeblood of Christ, the sinless, spotless Lamb of God."*

Do you want to know how much something is worth? Whatever anybody's willing to pay for it. You might have some valuable possession in your home and you think, "It's worth this much." Let me tell you how much it's worth. Not what your dad told you. Not what you think. It's worth whatever anybody's willing to pay for it. If nobody's willing to pay for it, how much you want, it's not worth that, no matter how much you think it is.

How much are you worth? Look at the cross. God sent his own Son. He came to earth to die for you. The Son of God became a Son of Man so the sons of man could be sons of God.

He did what we could not do for ourselves. You couldn't pay for all the things you've done wrong. Neither could I. So he said, "I love him, and I'll do it." That shows how much you're worth. He gave his own self, his own Son, to die for you. When I pray, first thing I like to do is I like to think about how much Jesus loves me and how much I'm forgiven. I look back to the cross. That's a good way to start, and by the way, one of the things that helps me on this is music. You say, "The cross seems so long ago." Get some songs about the cross. Get some songs about Jesus dying and in your time alone with the Lord every day, you need not only to have a prayer list, you need a playlist. Maybe you've never thought about that. You need not only a prayer list

in your quiet time. You need a playlist. You can get songs, "Oh, I like that song about the cross. It makes me think about what Jesus sacrificed for me." That's a good thing.

Now, I want you to think about this. Right now, all of your sins that you've committed, they're all in the past, but so is the cross. It's already been taken care of, because Jesus is the same yesterday, today and forever, and he's multidimensional, all of the sins you haven't committed yet have already been paid for. That's a big deal. That means I go into the future knowing that even though I don't want to sin, I know I'm going to, but I don't want to, but I will, they've already been paid for on the cross, that he took care of it all. He solved my problem before I even knew I had a problem.

Now, if you are using this notebook, and I don't know if you brought it with you today. If you didn't, I want you to write "page 94 to 96" right under that point, 94 to 96. Because in page 94 to 96, we're gonna cover a little bit more of what I just talked about.

This week, if you're on track with us, we're gonna be going into the Lord's Prayer, so number one, I first look backwards. I look backwards to the cross. That's one dimension.

Dimension number two, I look upward into the face of a loving Father.

2. I look upward into my Father's loving face.

That's the second thing I like to do when I pray. I start by thinking about the cross and then I turn from the past backwards to looking upward into my heavenly Father's face.

The first thing you want to focus on is that God wants you to see him not as your dictator, not as your boss, not as your supervisor, not as your coach. When Jesus said, "This is how you should pray," he said, "You should call God 'Father.'" Father. We don't realize how radical that is, because in the Old Testament, however, nobody called God "Father." Maybe one or two times, for thousands of years. God's called "Majestic," "King of Kings and Lord of Lords," "Creator," and a lot of other really big terms. Only a couple people, for thousands of years, called God "Father," and Jesus, one of the things he came to do is to explain what God's really like, and he says, "God wants you to call him 'Father.'"

Do you call God "Father" in prayer? God tells you to. How many times do you say, "Now, Lord ..." "Now, God ..." and what other terms you use? I want you, this next week, every prayer you pray, start with, "Father." Why? It's the term God wants to be called. You say, "Well, my father wasn't a very good father." Your God isn't your father and your father isn't your God. God is a perfect Father. Caring, close, considerate, consistent, capable, perfect. Every other human father's imperfect, but God is the perfect loving Father, and he says, "I want you to call me Father." When Jesus said, "Start every prayer with this, 'Our Father,'" he's serious about it. This week instead of praying, "Now, Lord ..." "Now, God ..." I want you to say, "Now, Father."

The way you see God will control your life more than any other thing in your life. The way you see God will determine, as I said, whether your prayers are fruitful and fulfilling or not. It's how you see God, and when Jesus says, "Pray 'our Father,'" he means it. If you only make one change

in your prayer life and you simply start calling "God," not "God," not "Lord," not "Creator" or any other term, call him "Father." It'll radically change your prayer life, because what you call somebody sets the tone. If somebody comes in and calls me Reverend Warren, I know this is gonna be a formal meeting, and they haven't the slightest idea. If somebody walks in and, "Hey Rick," now I know we're on the same level. We can talk.

You see, what you call God sets your tone for the prayer, and a lot of you, when you pray, you act like you're applying for a loan at a bank, and the loan officer is God, or you're giving a deposition to an attorney and you're scared to death you're gonna say the wrong thing, or you're taking a lie detector test with the FBI. How you see God will determine how much you enjoy prayer. It's your Father and he loves you, and the Bible says you're to call him your Father. That one change will make a major difference in your prayer. Stop calling God "God." Stop calling Lord "Lord." It's okay, God is God and Lord is Lord, but start until you build it into your mind, that God is my Father. In fact, he's not just your Father. Repeatedly, Jesus uses the term "Daddy." Much more intimate.

In Romans chapter 8:15-17, it says this. Talking about prayer, he says, *"You should not act like cowering, fearful slaves..."* Like oh man, if I go to God, I'm gonna get beat. *"You should not act like cowering, fearful slaves, since God's Spirit has adopted you as children into God's family."* [That's what happens when you're saved. You get adopted into God's Family! So you're now a child of God. You're in the family of God. You're adopted. It says,] *Instead,* [instead of being cowering and fearful,] *by his spirit, we simply cry out, Abba! Father! and God's spirit affirms that we really are his children! And since we are now God's children, we're also heirs with Christ.* [It means we're in the family, it means you're gonna inherit everything] *and we will share both in his suffering and his glory!"*

Friends, this verse is so packed with life changing truth. If ever I asked you to memorize a verse, you ought to memorize that one right there. It's long, but when you understand all the truths in it, it'll change your life, it'll change your prayer, it'll change everything about you. First, he says, "I'm no longer the slave of fear." We sing that song. You shouldn't act like fearful slaves. As I said, whatever you think God is like determines how you pray, and if you think God is an interesting creator or an unpleasable deity or an untouchable stranger, your prayers aren't going to be worth what you waste your breath on.

You know, it's always easy to tell what people think about God. It's real simple. Listen to their prayers. Listen to how they talk to God. Do they talk to God like he's their Father? Their Abba? Their Daddy? Do they have a family relationship or is it a much more formal thing? Do you feel like the guy who's talking to God in prayer is really more of a stranger and he's reading a speech to the teacher at the front of the class? For many people, God's a school master and it's the teacher and he's like, "Please, sir, may I go to the bathroom?" God is your Father.

Now, this passage gives us three very important points about prayer you need to learn, memorize and never forget. Three ways God wants your prayers to be. If you want to pray prayers that God likes to listen to and if you want to pray prayers that you get answers to, and if you pray prayers that you enjoy praying, it needs to have these three things.

Number one,

- **God wants my prayers to be personal! Abba! Daddy!**

Write that down. Personal. He says, "When we come to God, we don't just call him 'Father,' we call him 'Abba.'" "Abba" is the most basic root word in the Aramaic language, which Jesus spoke. If you go to any Middle Eastern city right now and you see a little kid walking down the street, you hear him say, "abba, abba, abba." It's the word for daddy. It doesn't mean "father," it doesn't mean "dad," it means "dada." In fact, it sounds like it. Abba. It's the easiest thing for a baby to say, it's like "abba, dada, papa."

When my grandkids were born, they said, "What do you want them to call you?" I said, "Papa." Why? Because they learn to say "papa" before they can say "father" or "mother." Papa. Mama. Dada. Abba. It doesn't even mean "dad." It means "daddy." It's not the term of even like a five-year-old or a seven-year-old. This is the term of a baby. Papa. Dada. Abba. Jesus says, "That's how you address God." Whoa, would that change the way you pray? That's the most intimate ... God wants intimacy with you. He created you for intimacy. It's a baby term. He says, "When you come and pray, your prayers are not to be flowery and beautiful and erudite and cool. Your prayers are to be simple, childlike, unpretentious." Just what you see is what you get. Honest, unpretentious, unassuming. Is a toddler worried about making a good impression? Abba. Papa. Dada. God says, "When you come to me, that's how you come to me." If you don't come to me like that, you don't know me. You don't know God.

"Oh, thou most grace and holy potentate." God's going, "Huh? I told you to call me dada. Abba." That's the kind of intimacy ... I dare you to start using the word "Abba, Papa," to refer to your Father in heaven. Unpretentious, unassuming, honest, childlike. When you settle this issue, it'll change the way you pray, because who you think you're talking to sets the tone. Every misunderstanding of prayer is a misunderstanding of God.

So my homework for you this week, and I'm serious about this, I want you to start every pray with "Daddy" or "Papa" or "Father." Every prayer. Why? That's how God says he wants to be addressed. You need to change the way you talk to God. Jesus did not come to earth for you to not use the term he told us to use. "When you pray, say 'Our Father.'" Daddy.

You say, "I don't feel comfortable doing that." That's your problem. That's why you suck at prayer. If you can't say "dada" or "papa" or "abba" or "daddy" to God, you suck at prayer. You need to grow up and start saying "dada." God says, "Number one, more than anything else, more than what you say, I want it to be personal. I'm your Father, so stop talking to me like I'm your boss or your recruiter. I'm your Daddy." When you and come and talk to your daddy, you're not worried about being cool, you just come and talk to your daddy.

Number two, he says it ought to be not only personal, it needs to be passionate.

- **God wants my prayers to be passionate! Cry out!**

He says, "When we pray, we cry out, 'Abba, Father.'" Notice we simply cry out. Circle that. We simply cry out. You know, I've noticed that children cry a lot. They cry out a lot. In fact, they're not even embarrassed to cry in a mall or in line at a store. They couldn't care less. If they're unhappy, they cry out and they let everybody know. They are totally unpretentious. Are you that way in prayer? Are you more worried about what other people think about your prayer than actually talking to God? Your prayers are not gonna matter much as long as you're worried about what other people think of your prayer. He says, "When you come, it needs to be personal but it also needs to be passionate."

Cry out. Put a little "oomph" into it. God, I have got to have this. God, I need you. Daddy, help me. I am being tempted like nothing else, Daddy. I need your help and I'm going under and I've got bills to pay and I can't make the decision of what to do. Do I hold on or do I let go? How do you know to do that? Do I accept job A or job B, and do I marry this or that or don't marry or whatever and Daddy, I need your help. I need your help. Have you ever gotten emotional with God? God loves it when you share your emotion. Why? Because God is an emotional God. The only reason you have emotions is because God created you in his image.

God shares emotions. The Bible says God gets angry, God gets frustrated, God gets jealous, God loves, God gets impatient. Why do you do that? Because you're made in his image. There ought to be some things in life that make you mad. There ought to be some things in life that frustrate you, and you cry out to God. You put some feelings in your prayer. You're not meeting with your tax preparer. "Well, did I do line 482?" Personal passion.

The third thing is it needs to be a partnership.

- **God wants my prayers to be a partnership! By His Spirit**

Some of you, this is going to be a big surprise for you. Did you know that when you pray, the Holy Spirit actually prays with you? Yeah. Every time you pray, God is actually talking to himself with you, about you. Look at this verse up here on the screen. Romans 8:26:

"The Holy Spirit helps us with our weakness. We often don't even know how to pray as we should." Yeah, anybody agree with that one? He says, "I don't know what to pray, I don't know what to say," okay? We often don't know what to say. *"We don't know how to pray as we should, but the Spirit Himself speaks to God for us, even begs God on our behalf with deep groanings and feelings..."* [He's passionate. The Holy Spirit's passionate about you. You may be thinking "God, I'd like to have this," and the Holy Spirit's going, "God, they need this!"] *He even begs God on your behalf with groanings and feelings that words cannot express!"*

Okay, now what in the world does that mean? Let's first cover a couple things. Your loving heavenly Father understands that you often don't know how to pray. Your loving heavenly Father understands that you often don't know what to say. Your loving heavenly Father understands that you often don't even know how to say it. You can't put it into words. Any parent understands that. When my kids were little and they would come to me and they would try to say something and they couldn't even put it into words themselves, but I knew what they meant, and as their loving father, I knew even though they couldn't even say. They didn't know what they were talking about. I knew what they were talking about. They didn't know what they were feeling. I

knew what they were feeling. I knew the answer before they even made the request. That's called being a dad.

God is not upset when you go, "God, I don't even know what to say, God, but I'm just checking in." God says, "Good on you. Great. That's my girl. That's my boy." "I don't even know what to say. I'm just checking in, Father." "Well that's good, great. Thanks for checking in. Let's just hang out for a while. You don't even have to say anything. Let's just hang out." You don't always have to be moving your mouth to pray. "I just want to sit here and be in your presence for a little bit."

Then the Bible says that God joins with you and talks to himself when you talk to him. You go, "Is that a little weird? God prays to God?" Oh come on, you never talk to yourself? You do it all the time. Let me ask this. How many times is somebody talking to you and while they're talking to you, you're talking to yourself about them? How often does that happen? All the time. Why? You're made in the image of God.

Now, while you're talking to God, God can talk to himself about you. When you talk to God, it's called prayer. When God talks to himself, it's called self-talk, not prayer, but the Holy Spirit, the Bible says, talks to God in relationship. Father, Son, Holy Spirit is three persons in one God. It's just God. I'm a father. I'm a son. I'm a person. I'm just one guy, but God talks to himself about you. You need to know that so that every time you pray, you're not just praying on your own. God goes, "Ah, they're talking now. My daughter's talking, my son's talking. That's great." What a joy it is when your kids take their first words and you carry on conversation with people yourself while others are talking to you, and your heavenly Father does the same.

Sometimes I'm out on the patio after a service and I'm talking to you and you're talking to me and I'm smiling and I'm listening and I'm talking to God about you while you're talking to me. I'm saying, "Lord, I don't know what they need but you do and I don't know the hurt that's hidden but you do and God, would you bless them?" I'm talking to God about you while you're talking to me, so this is very easy, obviously, for God to do. If you're keeping your notebook, write "page 68 to 70" at the bottom of that point, because in that study we're gonna cover a little bit more, some implications of this.

Okay, number three. We're talking about multidimensional, five-dimensional praying. I pray looking back to the cross, I pray looking up into my loving Father's face, number three, I look inward, this is third dimension, I look inward when I pray to Jesus living inside of me.

3. I look inward to Jesus Living Inside Me

Did you know that Jesus is in you? When you become a Christian, when you step across the line, he puts his Spirit in you. Jesus is in you. For that matter, this may shock you, the Trinity is in you, because you don't get God piece meal. When you got Jesus, you got the Holy Spirit. When you got the Holy Spirit, you got the Father. The Trinity is inside you. You say, "Well, that's a dimension I don't understand, I don't even feel." Got it, but it's the reality, whether you feel it or not. The Trinity is in you.

You might write this down. **"All three in me."** The Father is in you. The Spirit is in you. The Son is in you, if you have invited them in. Now, if you haven't invited them in, they're not in you, but that's what salvation's all about. So, I look inward to Jesus living inside of me, because Jesus isn't just in heaven. I said he's multidimensional. He's everywhere including in you.

Now, since Jesus is in me, and the Father and the Spirit, and I know that I'm unconditionally accepted by my Father, it gives me the freedom and it gives me the courage to honestly face up to my faults, and the third part of prayer ... I've turned from the cross to the Father to now what's inside me, Christ, you're in me, but there's some stuff in me that's in there with you I don't like. There's some bad attitudes. There's some secret sins. There's some compulsions. There's some fears. There's some hurtful memories. There's some resentful thoughts. There's some unforgiveness.

"God, there's some stuff in me that I don't even know how to clear it all out and it's in there with you, and so I'm gonna ask you to help me do some house cleaning," and this is the third part of prayer, 2 Corinthians 13:5:

"Examine yourself," this is self-examination. Do a heart checkup. *"Examine yourself to see if your faith is real and growing. Test yourself. Remember that Jesus is living in you – [of course,] unless you failed your test... "* [and you never asked him in.]

Let me ask a question, would anybody here, besides me, like to be better than they really are? Of course you do. I love you so much for this. This is why you're here. You want to be better. You want to be better than you are. Well, I can't get any better until I face what needs to be challenged and changed.

Before I can get better, I've gotta admit what's bitter, what's bad. The truth will set you free but first it makes you miserable because the truth you like the least is the truth about you. The truth I like the least is the truth about me, and I don't want to be honest to myself, much less anybody else, but I can't change. I can't grow until I'm honest. There is no change without trust and there is no trust without truth and so first I have to be honest. Well, it starts with, I look into the face of my loving Father. I know he's going to accept me no matter ... He already knows all the gunk and the junk that's in my life and knowing that he already accepts me unconditionally means he's already inside of me so he knows what's already inside of me, so I can now be honest to God. This is the third dimension. I look inward to Jesus living in me and then I ask Jesus living in me to help me do a little housecleaning of the junk in my life.

Proverbs 28:13 says this, up here on the screen. *"If you try to hide your sins, you'll never succeed."* I wonder if that's why I'm not succeeding? What am I trying to cover up? *"If you try to hide your sins, you will never succeed. But if you humbly confess and reject them, you will receive mercy."* I love the Living Bible. It says, *"You get another chance."* Ask any politician. They'll always tell you the coverup's worse than the sin. If you hide, if you don't be open, if you don't do the self-examination, you don't face it, nothing's gonna happen, but if you confess it and you reject it and you receive mercy, you get another chance.

Now, here's the big secret. God already knows what you need to work on. He's not gonna go, "Oh, I never saw that one coming." He knows all the stuff you need to work on, still loves you anyway, but when you start being honest to God, it takes you to a new level of intimacy.

Let me pause here and just talk about this. If you'll learn to be intimate with God, it's gonna give you the courage to have intimacy in any other relationship. You can be married for 50 years and never have intimacy. Intimacy is not sex. Sex is the mingling of bodies. Intimacy is the mingling of souls. It only happens when, like, in the garden of Eden with Adam and Eve, it says they were naked and unashamed. There was no coverup, there was no mask, there was no faking it. You know for certain you have things in your life that are secret from your spouse. How in the world can you have intimacy when I'm not open? When I'm not honest? How do I get there? First, I've gotta be honest with God. Before that I've gotta be honest with myself and go, "I need work in this area."

When you start being honest to God, it takes you to a whole new level of intimacy. Everybody craves intimacy. Whether they know it or not, everybody craves it. They want it but the only way you get intimacy is by being willing to open up, and so what you do is you invite God into what you think about you. He already knows. There's no surprise.

You see, there are levels of intimacy. Sharing our frustration's one level. You can share that in a small group. Share your fears, that's a deeper level of intimacy. Share what you don't like about you, that's in even deeper. Only as you go through the tunnel of conflict do you come out to deeper intimacy. You spell intimacy ... I just thought this up this week. Somebody should tweet this. Here's how you spell intimacy. "Into me see." That's how you get intimacy. When you invite somebody into your life and you say, "Okay, warts and all, good and bad, into me see." When you let somebody into your heart that deeply, now "into me see" becomes intimacy.

Most people will never learn what I just told you. Where do you start? In this third dimension of "I pray and I ask God for helping me as I look within." Where do you start? Well, you might start with the fruit of the Spirit. Galatians 5:22 and 23. That's a good verse to write down. Galatians 5:22 and 23 are called the nine fruit of the Spirit and it says, "The fruit of the Spirit are these things. Love, joy, peace, patience, gentleness, goodness, faith, meekness, self-control." I'd like all those things in my life. I'd like to be more loving, more joyful, more peaceful, more patient. I'd like to be more self-controlled. There's not a thing on that list I don't want.

What is that? It's a perfect picture of Jesus. You say, "Jesus, you're in me. Show me what needs to change and start producing some fruit in my life today. Help me to be a little bit more loving today. A little more joyful today. A little more at peace. A little more patient." Every day, that could be a Godly checklist because it's just a picture of Jesus. "Jesus, produce some fruit in me today."

Okay, number four. I did a backward look at the cross, I did an upward look at the Father's face, I do an inward look at Christ in me. Then number four, fourth dimension,

4. I look around and I ask the Holy Spirit to use me.

This is the fourth dimension of prayer and I like to do this. I just say, you've heard me say this many times. The most dangerous prayer you can pray is just two words. "Use me." I dare you to pray that prayer and mean it, because if you get usable, God will wear you out. The world is waiting. You just take the fourth look. You look around and you look at the world around you and you say, "Holy Spirit, show me where you want to use me today."

Instead of criticizing the world or complaining about the world or judging the world, that doesn't work, or whining about the world or, for heaven's sake, blogging about what's wrong with the world, why don't you just say, "Holy Spirit, show me what's wrong and show me how I can make a difference. Use me." I dare you to pray that prayer. That's the fourth-dimension prayer.

Romans 6:13, *"Give yourself completely to God – every part of you – since you've been given a new life, and you want to be used... [there's nothing like it...] you want to be used as a tool in the hands of God, used for his good purposes."*

That's a purpose driven life right there. God says, "I want to use you for my purposes," and there's nothing... Friends, if you've never felt what it feels like to be used by God, I pity you. It's better than sex. It's better than food. It's better than anything. When you know I am doing exactly what God made me to do. I'm in my niche. I'm doing what God made me to do. This is why I was born. I was made for this.

That's the fourth kind of prayer. "God, use me the way you want to use me. Use me any way you want to use me." I don't know who I'm supposed to say this to, but somebody here listening, the world is waiting for your contribution. I don't know what it is but we live in a world that desperately needs your help and the world is waiting for your ... I'm making my contribution. Are you? You were made for more. You were made for more and you need to pray the fourth-dimension prayer, "God, use me. I don't even know where," but look around. When you find a need and you have an interest or you got an ability, guess what? Those things fit.

Backwards to the cross, upwards to the Father, inward for examination and to communicate with Christ in me, and then around me, at the world, and go, "Lord, where can you use me today?"

Stop trying to do something great. Stop trying to do something great with your life. Just do normal things with a great amount of love and God will bless that. By the way, I didn't think that one up, that's from Mother Teresa. Stop trying to find some significant place to serve. Make what you're doing significant because you're pouring your heart into it, and God will notice. That's the fourth dimension. The world's waiting for your contribution. The world needs your help. By the way, the best launch pad is your church family, because we'll give you the support here. You need to go retake Class 301 again. Go take it again with a new set of eyes, and say, "God, use me."

Finally, there's the fifth dimension and it is this. I look forward.

5. I look forward to my future in faith.

I look forward to my future in faith, and now in my prayer, I've looked at the past, I've looked up, I've looked within, I've looked around and now I'm looking forward. Now's the time to talk to God about my schedule today, this week, this month, this year, the next 10 years, my 20-year plan, my life goal. Talk to God. "Abba, Daddy, Papa." This is stuff God wants you to talk about. Any parent loves to hear their child talk about their dreams. Any good parent.

God wants to hear your plans, your thoughts, your ideas, your dreams. You talk to your Father about the day ahead of you and you say some stuff like, "Father, Abba, would you help me prioritize? I've got 19 things to do today. I'm not gonna get them all done. Help me to prioritize. Show me what matters most. Father, help me to make the right decisions in the right way. Father, help me to have the energy. Help me to know who I should contact, who's got the wisdom that can help me pull this off. Lord, I'm going into a meeting. What should I say? Father, help me to have a tough skin and a tender heart. Help me to be tender without surrender."

You know, you can read a lot of self-help books that talk about ... One of the common suggestions for people in personal development is you should build a mastermind council, a personal mastermind council that coaches your life. Well, that's not a bad idea. I'm not against that, but can I recommend some members? How about the Trinity. Put the Father, the Son and the Holy Spirit on your mastermind council, you'll make a whole lot fewer mistakes. You say, "Come on, Rick. How do they coach?" Oh, they have an incredible, fool-proof manual and it's all been written out. You just have to read it.

The more you use this book, the more confident you're gonna be in life. Besides, ultimately, as God's child, your Father has already rigged the system. Did you know this? You're not gonna get everything you want in life. I'm not telling you that at all. I am telling you this. What God wired you for and made you for and wants you to accomplish, what he wants you to be in your life, it's already been wired. Look at this next verse.

Philippians 1:6, "I am confident of this, that God who began a good work in you will continue to complete it until the day of Christ Jesus."

You can go to the bank with that one, folks. I am confident of this, that God, who began a good work in you just started a little tiny bit. He will continue to complete it. It's not dependent upon you. He will continue to complete it. He will be faithful to complete it until the day of Jesus Christ. Why? Because God does not sponsor flops.

Now this, five-dimensional praying. It's just another way. I'm just giving you another way to freshen up your prayer life. But you know that the five things I just shared with you are all brought to us in remembrance in Communion. We're going to close by taking Communion right now.

Jesus gave us a tool to remember these five dimensions. It's called the Lord's Supper. It's called Communion. It's called the Eucharist. The first question I want to ask is what is the purpose? You know about Communion if you've grown up in a church or you've ever been to church, you know people take the symbols of wine and bread or juice and bread as the symbols of the body and blood of Christ.

When Jesus transformed the Passover into the Lord's Supper, he announced the reason, the purpose for it twice. He said, "Do this to remember me." This is a reminder. Communion is a reminder too. What we're gonna do now in the last five minutes is take a visible symbol of everything I just taught you. I want to show it to you. It's a reminder of a memory tool. What specifically are we to remember? Well, in 1 Corinthians 11, Paul explains that communion teaches us five very important truths. Guess which one they are. I just taught them to you.

First, he says communion reminds us to check our hearts. That's the third dimension of prayer. Notice there, 1 Corinthians 11:27-31. Paul is talking to the people in Corinth, the church of Corinth, and he's talking about the Lord's Supper and he says this. Pay attention:

"If anyone eats this bread or drinks this cup of the Lord in an unworthy manner, that person is guilty of sinning against the Body and Blood of the Lord." That's a big deal. This is why, notice, you should examine yourself before eating the bread and drinking from the cup, third dimension. I just talked about that. You should examine yourself

"...For if you eat the bread or drink the cup without recognizing, [in other words committing to] the Body of Christ, you are eating and drinking God's judgment on yourself." Whoa! This is not something light. "That's why many of you are weak or sick and some of you even died! [There are consequences, but...] If we examine [if we examine] and judge ourselves, [into me see]. If we examine and judge ourselves, we're not gonna be judged by God."

Good news. Now, this says we are not to take the Lord's Supper in an unworthy manner. None of us are worthy of the Lord's Supper. It's all by God's grace, but he's saying it's only for those who've accepted the gift of Christ's salvation. If you haven't accepted Christ in your life, please do not take the Lord's Supper, because it's worse off for you, not better. It has no meaning, has no power. In fact, it's wrong for you to take the symbols of Jesus dying for you and then rejecting Jesus dying for you.

You say, "Well I'm not sure if I've ever really accepted." Then we will confirm that in just a second, all right? He says, "Examine ourselves and judge ourselves. Then we won't be judged by God."

Let me give you a tip. Memorize Psalm 139:23 and 24 so that in the Lord's Supper or on a daily basis, you can pray this prayer. Look up here on the screen. Here's what it is.

"Search me, oh God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting" (Psalm 139:23-24).

I quote that every time I come to the third dimension in prayer. "Search me, oh God, and know my heart. Test me, try me and know my thoughts, anxious thoughts. See if there's anything offensive in my life. Show it to me and lead me in the way everlasting." If you'll pray that prayer, memorize that. That's like a soap bar verse. Every Christian should memorize that verse so you can use it in prayer. "Search me, oh God, know my heart. Into me see. Intimacy."

First, communion reminds us to check our hearts. We're gonna do that in just a second, but then communion reminds us of the five transforming truths we just talked about, so fill this in. I'm not gonna teach on this, but I will read the verses.

Number one, five great truths that we learn from communion: No one loves me more,

1. No one loves us more than our Father, our heavenly Father.

We just talked about that in detail. Nobody loves us more than our Father in heaven, and the cross proves it.

Paul says, *"For I received from the Lord what I passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and he said, 'This is my body, which is for you; do this in remembrance of me.'" In other words, it's a memory tool. "In the same way after the supper, he took the cup, saying, 'This cup is the new covenant in my blood. Do this whenever you drink it, in remembrance of me'" (1 Corinthians 11:23-25).*

I've written a couple questions I want you to consider later on this week. When, in other words, the time of the day or the situation,

Q: When am I most likely to forget how much my Heavenly Father loves me?

You need to know, is it Friday nights? Is it Monday morning? Is it in a certain tempting situation? When am I most likely to forget how much my Heavenly Father loves me?

How about this question.

Q: What sin or sins do I habitually fall into when I forget God's love for me?

You realize that's a source of everything that happens wrong in your life. We always get into trouble when we doubt God's love. He says, "God loves you."

There's a second great truth, and it's this:

2. We belong to each other in God's family.

Communion says not only does God love me more than I will ever understand, that's the cross, but we belong to each other in God's family. That's why we take communion.

In Corinth, there were three big problems in that church, and it was ruining the Lord's Supper. When Paul is writing this to these people, he says, "You've got three problems, guys. Number one, you've got members in your church with unresolved conflict and you're not right with each other. How can you have a happy church, how can you have a harmonious family, how can you have unity and harmony when you've got people in the church arguing with each other? They're disagreeing, they're taking sides, they're even fighting with each other. That's a problem."

He said, "The second problem you've got is you're acting like the Lord's Supper is just for individuals." Everybody, please look up here. The Lord's Supper is not for individuals. Not once in Scripture does it ever say, "Take the Lord's Supper on your own." Not once. Why do you think they call it communion? It's communal. It's community. It is only to be taken with other people. Never in Scripture are you ever, ever commanded to take the Lord's Supper on your own. How can you have communion by yourself? It is the symbol that we're part of the body of Christ. You can take it in a small group. The Bible says where two or three people are, that's community, but nowhere in Scripture it says, "Take the Lord's Supper on your own." Not once.

There may be people who do it, but it's not in the Bible. In this church, we teach what the Bible says. They're acting like the Lord's Supper was for individuals, and it's not. Shocking to you, not a single time in the Bible does it ever say, "Take communion on your own." You're part of a body and communion actually says, "You're part of the body." That's why we take it with each other.

The third problem in this church was that they were oblivious to the needs of other people in their own family and there's some really rich people and some really poor people and they weren't taking care of each other and there were some people who were coming and eating and other people were hungry. Here's what he says:

1 Corinthians 11:18, 20-21, *"I hear that there are divisions among you when you meet as a church! (so)... When you come together, it is not the Lord's Supper you eat, because as you eat it, each of you goes ahead without waiting for anybody else!"* And then he says here, *"One member goes hungry while another gets drunk!"*

Obviously, they didn't have Celebrate Recovery in that church. By the way, notice something here. It says, "When you meet as a church." Circle the word "meet." It says, "When you come together." You can't have church without meeting. You can't have church without coming together. "Oh, I'm a part of the church." Where do you meet? "I don't meet anywhere." Where do you come together? "I don't come ..." Then you're not a part of a church. Church means you have to come together. You have to meet. You meet as a church when you come together. It's not the Lord's Supper, he says. Here are some questions to ask yourself.

Q: What issue or issues have I made more important than being in harmony and unity with my brothers and sisters in God's family?

When you come to church, it should be harmony and unity, not politics, which divides. Not a lot of other stuff, which divides. What issue has become more important to me than my fellow Christians? Only God can tell you that. Would God be pleased where your loyalty has been? 1 Corinthians 11:33, *"So, dear brothers and sisters, when you gather at the Lord's Supper wait for each other."* There's a larger principle here. He says, "The church should be the one place where we put each other's needs ahead of our own."

Can I give any example where I've put the needs of my brothers and sisters in my church family ahead of my own? Can I give any example?

Q: Do I know of anybody in our church in need?

You say, "I don't know any," well, talk to me.

The third great truth. The Lord's Supper teaches us God loves me completely. We belong to each other in God's family. The third thing is that the Spirit of Jesus lives inside of me.

3. The Spirit of Jesus lives inside of me.

That's what communion says. John 6:56-57, *"Those who eat my flesh and drink my blood live in me and I live in them."* Remember, it's a symbol. In remembrance of me. *"The Living Father sent me, and I live because of the Father. So, whoever eats me will live because of me."*

Q: What happens when I forget this fact? When I forget that Christ lives in me?

Number four, fourth big truth in the five dimensions.

4. This life is not the end of the story.

Did you know that communion teaches that? This life is not the end of the story? John 6:53-54, Jesus said, *"Unless you eat the flesh of the Son of Man and drink his blood, you cannot have eternal life within you. But those who do eat my flesh and drink my blood have eternal life, and I will raise them up at the last day."*

This is not the end of the story. There's more to life than just here and now.

Q: So, am I using my time? Am I using my money as if that's all that matters is this life? Am I investing anything in the next life where I'm going to spend eternity? What would change if I kept reminding myself to ask, "How long is this gonna last?"

Friends, I'm giving you some really tough questions and I hope you're not gonna throw them away. I hope you're not gonna lay them aside. I hope you'll ask yourself these in your prayer time.

The fifth thing we get from the Lord's Supper is this:

5. Jesus is coming back one day to judge and reward.

Jesus is going to come back one day to judge and reward. Paul tells us in 1 Corinthians 11:26, *"Every time you eat this bread and you drink this cup, you are announcing the Lord's death,"* that's past, *"until he comes again!"* That's in the future.

There's a past look, there's a present look and there's a forward look in Communion. What's that called? Multidimensional.

I'm gonna ask the ushers to come forward right now and serve. And we're gonna take the Lord's Supper together, reminding ourselves of these truths: that Christ died for us and it shows how much God loves us, that we belong to each other in God's family, that the Spirit of Jesus lives inside of you, that this life is not the end of the story, and that one day Jesus is coming back, and when he does, he will judge and he will reward. Let's bow our heads for prayer.

If you've never opened your life to Jesus Christ, he loves you so much it hurts. He paid the ultimate sacrifice for you. Would you accept that right now? Would you say, "Jesus Christ, I don't understand it all, but as much as I know how, I surrender my life to you." Just say that in your heart. "Jesus Christ, I don't understand it all, but as much as I know how, I surrender my life to you. I want to know the purpose you made me for. I want to live the kind of life you made possible. I want my past to be forgiven. I ask you to give me a purpose for living and I ask you to accept me into a home in heaven. I do this knowing that I have nothing to offer, that I throw myself on your grace. In your name, I pray. Amen."