

Matthew 6:11  
The Rhythm of Life

There are certain moments that set the rhythm of your life, moments that come to us that we never fully recover from. For example, I remember our first night with Adalee. Adalee was born at Rex Hospital in Raleigh, NC. I was in Seminary, Katie putting us through seminary (she got her PhT – putting honey through), and the time came for the baby that we had prayed so long for to come. Adalee was born at 11 at night and Katie had been in labor for quite a while before and had a hard labor. We were tired, I not as tired as she was obviously, and resting while the baby was in the nursery when suddenly the nurse opens the door rolling the basinet in announcing that the baby is hungry. We woke up in a half daze and our first thoughts when we heard that the baby was hungry was, great, you are the nurses, she is in the nursery, do something about it! From that moment on we knew that our lives would never have the same rhythm. The rhythm would be filled with waking up a night, feeding the baby, praying that she sleeps, and many sleepless nights. Our lives will never be the same.

Maybe you have a moment like that, a moment in your life where moving forward you knew things would never be the same. I remember watching my Pawpaw the day that my Granny died. I watched him grieve, I watched him as he came over to our house much more than he ever did before. The rhythm of his life has changed.

Take your Bible and turn with me to Matthew 6. We are back in the Lord's prayer and are going to look at one verse today – verse 11. But that one verse is going to teach us the rhythm of life.

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This prayer, the Lord's prayer, or, the prayer the Lord has given us, is at the heart of the Sermon and for good reason. By coming Jesus has changed everything. Remember, this Jesus we are reading this morning is the Jesus who rose from the dead alive. This Jesus who is teaching us to pray this morning is right now seated at the right hand of the Father who is soon coming again. This Jesus has given us life, hope, peace, and teaches us to pray. Jesus teaches us in the middle of a world filled with chaos and confusion to pray.

Look at verse 11. Let the thought of the prayer soak in for just a minute. It doesn't stand alone does it? It is in the middle of the prayer, but too often I am afraid this is where we start our praying. If this is the place that we start *our* praying then rest assured that we are not praying the way our Lord has taught us to pray.

In this verse, and by *this verse* we mean *this one* that comes in the middle of the sermon, not in isolation, the Lord teaches us the rhythm of walking with him, the rhythm of trusting in the Lord. There is no greater adventure than trusting in the Lord. No greater joy than believing in him. Sometimes you have every reason not to believe him, other times it's easy, but no matter what, the Lord teaches us just with seven words what life is all about.

What is life all about? Receiving – remembering your great dependence upon God. Trusting that God will give and Enjoying what he gives (never growing weary like children of Israel did)

## 1. Receiving

Nothing will humble a person like asking for bread. I was taught to have a strong work ethic, to do all that I could for myself, to not expect other to do work for me. A phrase that I heard my dad saying often was, (sometimes in frustration) “if you want something done right you have to do it yourself.” Try getting a man to stop and ask for directions. How many arguments have you had with your GPS?

But try begging for bread. Try coming to no other alternative than to reach your hand out and ask. I want to tell you this morning – with God we are all beggars. Martin Luther, the man God used to spark the protestant reformation and resurgence in the gospel of grace died February 18, 1546. There was a note found in his coat that said: “We are all beggars. This is true.” What do you have that you didn’t receive? That very breath that you just took, was a gift from God.

This truth is what keeps so many from enjoying the splendors of heaven – they think never come to the point of receiving; they never understand they are beggars. So, they miss the splendors of heaven and choose to go through life starving when all they had to do was ask to be filled until they couldn’t want anymore!

Look at how this prayer begins. Remember, we don’t want the verse without the context. What comes first that leads our praying? *Our Father, who are in heaven, hallowed be thy name. Thy kingdom come, Thy will be done on earth as it is in heaven.* Then give us this day.... Don’t lose your sense of wonder when you pray. Don’t forget your place as his creature, but balance it with the truth that he has chosen to make a wretch like you and me his treasure. Look at the first line, don’t miss it – *Our Father.*

## 2. Trusting

Notice the shift, this is the right rhythm, anything else is out of rhythm. The Lord grounds our petition in his glory. The most difficult thing to say in verse 10 comes right before the thing that we say most in verse 11. We shift from concerns of his glory to personal concerns. This is the best part – God is concerned with both! Explain that? You’ll have to wait till the third point of the message but I will go ahead and give you a taste and say it like John Piper says it – “God is most glorified when we are most satisfied in him.” We are most satisfied in him when we only trust him!

Understanding God as the supreme source, leaves you incapable of looking elsewhere for any help. Calling God *Our Father* gives you confidence to trust him. God, our benevolent Father, desires to give us bread. Will you take what he offers? The best commentary on this verse is in 7:7-11. Do you believe that? Why aren’t you asking for more? Why do we run around so bothered, giving our affections to our worry? This is our Father.

*But Zion said, “The LORD has forsaken me;  
my Lord has forgotten me.”*

*“Can a woman forget her nursing child,  
that she should have no compassion on the son of her womb?  
Even these may forget,  
yet I will not forget you.  
Behold, I have engraved you on the palms of my hands;  
your walls are continually before me. (Isaiah 49:14–16)*

*For the mountains may depart  
and the hills be removed,  
but my steadfast love shall not depart from you,  
and my covenant of peace shall not be removed,”  
says the LORD, who has compassion on you. (Isaiah 54:10)*

Those thoughts make us want to pray:

*Let me hear in the morning of your steadfast love,  
for in you I trust.  
Make me know the way I should go,  
for to you I lift up my soul. (Psalm 143:8)*

Do you see what the Lord is doing? Meticulously he is teaching us to trust him at all times, to never have a moment where you are not depending on him.

The Lord wants to take us to the point in our lives where our first response is, “Okay Lord, why have you allowed this to come into my life?” No matter the situation, good, bad, he wants us to say, “Lord, I trust in you. I don’t know why, how, or when, but I know Who, I know you, and I trust in you!”

Remember this: He is *our Father who art in heaven, whose name is hallowed* and he desires to give us bread. There is one other truth that should mark the rhythm of our life – joy!

### 3. Enjoyment

The opposite of joy is grumbling. Can you imagine grumbling at the provision of the Lord? This was the story of the people that he loved most – the people that he had saved from slavery in Egypt. Exodus 16 tells the story.

*They set out from Elim, and all the congregation of the people of Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. And the whole congregation of the people of Israel grumbled against Moses and Aaron in the wilderness, and the people of Israel said to them, “Would that*

*we had died by the hand of the LORD in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”*

*Then the LORD said to Moses, “Behold, I am about to rain bread from heaven for you, and the people shall go out and gather a day's portion every day, that I may test them, whether they will walk in my law or not. On the sixth day, when they prepare what they bring in, it will be twice as much as they gather daily.” So, Moses and Aaron said to all the people of Israel, “At evening you shall know that it was the LORD who brought you out of the land of Egypt, and in the morning, you shall see the glory of the LORD, because he has heard your grumbling against the LORD. For what are we, that you grumble against us?” And Moses said, “When the LORD gives you in the evening meat to eat and in the morning bread to the full, because the LORD has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the LORD.” (Exodus 16:1–8)*

Then they get tired of bread so they grumble again and God gives them meat until it comes out of their nostrils and became loathsome to them (Numbers 11:20) As soon as they put it in their mouth it became bitter. The principle the Lord was teaching them was to trust in him, with gladness.

Trusting in the Lord with gladness is a true test of our heart. It's one thing to trust the LORD, it's another thing to trust the Lord with gladness. This is why Paul said he has learned to be content.

*But godliness with contentment is great gain, for we brought nothing into the world, and we cannot take anything out of the world. But if we have food and clothing, with these we will be content. (1 Timothy 6:6–8)*

Do you see where he grounds his contentment – eternity. There is more to this world than what meets the eye. There are moments where we NEED to remember this – when we are in pain, when we are at the graveside – we look into the particulars of our life and remember *Our Father in heaven, hallowed... not my will.. give us this day daily bread.* This is what we know, this is what has been guaranteed NOW to us

There's a day that's drawing near  
When this darkness breaks to light  
And the shadows disappear  
And my faith shall be my eyes

Jesus has overcome  
And the grave is overwhelmed  
The victory is won  
He is risen from the dead (Christ Tomlin, *I will Rise*)