## **Spiritual Warfare: Praying in the Spirit**

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[0:00]

you're listening to the sermon podcast of grace reforms church in spring hill tennessee to learn more about us visit our website at grace reforms.org and now today's sermon all right it is so good to be finally back together with you as a family around his word is everybody okay is it too hot or too cold everybody's good all right it's been hot the last few weeks so it's hard for me to know what to expect well please turn with me to ephesians chapter 6 lord willing i think this will be our final sermon i'll have one review next week but as far as into the text we are going to finish up with the armor of god for those of you that might be visiting with us we work through different books of the bible and once in a while during the summer and fall we'll take breaks to do different theology series this one we're going through spiritual warfare and the armor of god and so we're going to be concluding that in our time this morning in ephesians chapter 6 let's take a time we're not going to read the entire section that we have been in the past we're just going to read the final section that paul has given to us which is ephesians 6 18 through 20 and paul writes at the very end of his instructions he says praying at all times in the spirit with all prayer and supplication to that end keep alert with all perseverance making supplication for all saints and also for me that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel for which i am an ambassador and change that i may declare it boldly as i ought to speak these are the words of the lord paul ends this really intense section of his letter about spiritual warfare with the instructions with prayer and this is not another part of the armor i think this is important to understand he finishes the armor and what it's for and then moves on to prayer so so it's not even really a weapon it's it's something other than this and paul speaks of it in a way that it's really the power behind the armor of god the armor protects us from the evil one who's trying to come at us and all of the dominions that are connected to it and this is uh brought to us just for clarity for those of you that might be visiting the armor of god is not something you put on by your own actions but you are by faith trusting in the work of christ on your behalf that's why it's his shield of faith and his salvation on our behalf it's his truth not ours and so our hearts and our minds are guarded by this armor but then he leads the church with these instructions to be praying at all times as paul often will do there's a little bit of assumption going on here that you understand what he means mostly probably from reference from the old testament paul speaks as prayer as this animation behind the believer and behind really the power of the armor i mean the armor is wonderful but the way in which paul is speaking here is that the really the power behind it is prayer and without prayer you lose the effects of the armor and paul even takes it in a step further and instructs the church that prayer is not just for this battle against evil otherwise he would reference when in war pray but that it should consist of the entire life of the christian now nothing i've said so far probably is shocking to any of us we've all heard the multiple passages that say to pray at all times and pray without ceasing so this is a concept we all know we're all aware of but i think at times we find it hard to apply

the application of constant prayer we would all love to know how to pray throughout our day and receive the benefits of it but we struggle at find at times to find the application or the the means for it what after today what if i told you after today's instructions from paul i believe we'll have clarity on prayer that is most likely going to change the way we think about prayer or approach it or at least adjust it help us feel drawn towards prayer this is the intention i think paul has at placing it and where he places it in the text it is intense and powerful once understood correctly so what we're going to do this morning is break down this passage into three simple sections to help us understand how how prayer really is a part of the entire life of the christian but also as it relates to fighting evil so here's the three sections that we're going to break it down to this area is three three areas we'll be covering is this the uh the purpose of prayer the power of prayer and then the people of prayer and yes i put those all with p's on purpose for those of you like to put pen to paper all right okay i'm done the purpose of prayer i know this helps my son nox he likes to take notes helps him pay attention so did you get those he got them great here we go the purpose of prayer we have all asked this question at some time in our life when prayer seems to be useless and powerless what is the point nothing ever seems to happen i i only get discouraged and i feel even further away from god because well there's just no interaction i've fallen into this category often in my experience of following christ james even rebukes me at times i remember preaching through james how hard this hit me when he says in james chapter four verse three you ask and do not receive because you ask wrongly to spend it on your passions so the time that you have in prayer you're spending it you're offering it up according to sinful desires passions that god is not in alignment i'm definitely guilty of this so it is true that you can pray and be rejected simply because you're misusing prayer you're not using it appropriately prayer has a purpose and if we don't use it for that purpose there should be no expectation that god is going to respond appropriately instead of going through all the wrong ways in which you can pray which they're they're endless the ways in which you can pray that are inappropriate i want to do something that will help us point to the proper direction of prayer the the proper use of prayer and provide clarity there and i think then prayer will become for us a joy and a hope or create more clarity for those of us who enjoy prayer so if we can answer this question we will understand our bibles concerning prayer so here's the question i want you to answer does prayer actually change the world does it actually change things is this a debate we could get into it would be fun but this there's an important distinction i want to make here in this question i did not ask does prayer change god or does prayer change god's mind because the answer to that has been resoundingly for many years through a plethora of writings no prayer does not change god or his mind

but we take that answer and assume that prayer then doesn't change anything it's really just a weird responsibility like for me wishing somebody happy birthday doesn't really do anything but apparently it's an obligation by our culture i really do love you though even though i may wish you a sarcastic happy birthday if uh if prayer can change god's mind and change god it means there's something stronger and more powerful and more wise than god we don't want him changing his mind this is this is important to us but what it does feel like because if we're in our minds thinking well why are we praying if it has no lasting effect i mean it feels like those who who work out and accumulate for themselves physique and muscles and it seems to like have an effect but in the end really when someone dies their muscles just rot in the grave nothing goes with them to heaven that's what it feels like with our prayers they bounce off the ceiling and they rot on the ground they don't really do anything they don't have any effects and this is a tactic of i think of the evil one this is what paul is speaking about how he comes at us he uses these handcuffs to keep us away from prayer and the the power behind it this is why he's described as the father of all lives because there is so much power in prayer but yet we don't how we don't use it and therefore we are not the benefactors of it and therefore we get disconnected i want us to be able to answer this question does prayer change things and how does it change the world this is from our confession this is why i encourage you to read this it's so helpful this is chapter 5 in the london baptist confession underneath divine power or divine providence it says this in chapter 5.1 god the good creator of all things in his infinite power and wisdom upholds directs arranges and governs all creatures and things do you think they left anything out the answer is no god controls everything but if you go down to the next point this is a very important point as it relates to our prayer all things come to pass unchangeably and certainly in relationship for the foreknowledge and decree of god who is the first cause thus nothing happens to anyone by chance or outside of god's providence yet by the same providence god arranges all things to occur according to the nature of second causes either necessarily freely or in response to the other cause we put it to you this way when we pray it is god's divine purpose that prayer according to his decree actually changes something i'm going to read you this from rc sprawl i found it helpful i think this explanation will be i don't know how to improve it it says this the simplest answer to that god ordains both the ends and the means that is our creator has determined what will happen as well as the means that will make it happen what he has determined will happen for example he has not only ordained that the gospel will go forth to all nations but he has ordained that the gospel will go forth through the means of the great commission as the church makes disciples of all nations in the case of prayer we know that god has ordained that all that he will make

certain things happen in response to our intercession close quote so the purpose of prayer god decreed that he would move and change and act upon our prayer it's part of his decree it's part of what he promised god plans to accomplish his will through our words souls will be saved people will be encouraged churches will grow when prayers are put forth just i know this is might be confusing but just keep walking with me here just for a moment god in his divine power determined that he would hear our prayers and as we offer those prayers he will move and change the world because of them you following me this is what he's saying we know this is the case simply by looking at the greatest prayer of all time jesus so jesus becomes a man he submits to the will of the father while being here on earth listen to what he prays for he prays for things such like in the garden he's asking for guidance for the will of god as relates to drinking the wrath of god's cup he's asking for guidance according to his will he also tells simon simon i prayed for your faith that god would protect your faith and that it would not be sifted by satan he's looking at the israelite people his heart breaks for them he compares them to a harvest and you know what he says father bring harvesters that will come and bring these people he's asking the father to do his will and then you know what he tells us to do you also pray you pray that the father will move and bring people so they may preach the gospel and then he taught his disciples to pray and what is it they are to be beginning to pray with what's the model prayer i find it fascinating he says first of all when you pray to your father you say to him hallowed be your name your kingdom come your will be done he's saying the accomplishment of god's will and the kingdom advancing actually happens through your prayer otherwise why would jesus tell you to pray that i think it's safe to say that jesus taught us that god fulfills his divinely inspired foreknowledge his will which he declared he fulfills it through your words when you pray overwhelming this is why james says and for two you have not because you do not ask to rebuke you don't believe that god actually fulfills his will when you pray so if god is accomplishing his will through our prayers just as he is saving sinners through the words of our mouth when we proclaim the gospel the gospel falls on their ears god's power through the spirit comes upon them brings them to life this makes a lot of sense to me if this is truly the purpose of prayer the purpose of prayer is for god to accomplish his will therefore when you read ephesians 6 18 praying at all times it makes sense because we know that god is accomplishing his will through our prayers therefore that gives you a reason to think of my entire life is to be seeking the kingdom of god it's for god's glory

it's for his advancement of his name i can't think of a moment when i shouldn't be praying for his help and his guidance and his strength and his power on my life i think this is how prayer should change our perspective most of our prayers i'm guilty of this is to smooth out the rough parts of our life that's really when we want to utilize prayer that uncomfortable areas we can't seem to fix ourselves our finances and our time at the gym or our country that's when we need god to step in again i am not judging you i have a prayer general full of these but locked in my mind what is scary and this is parts of the bible that we tend to ignore what is scary is that there are actual gods who will hear those prayers and answer them for you this is why in the old and new testament we are warned about worshiping and serving other gods they are more than happy they are more than happy to serve our fleshly needs i read this to you a couple weeks ago if you want to write it down it's act 16 16 paul comes into a town on his way the irony not missed here on his way to the house of prayer to pray and he meets with he's met by this girl this is how it's described as we were going to the place of prayer we were met by a slave girl who had a spirit of divination and brought her owners much gain from fortune telling so these individuals were using this girl and connecting to a being a higher being and from it we're filling their pockets we're filling their gains this was prevalent in the old testament other gods was not just a reference to idols but actual beings that provided things for them otherwise why would if you remember this a couple weeks ago we talked about

[18:22] Manasseh 2nd Kings chapter 6 why would Manasseh re-erect and rebuild altars to gods in the same building as Yahweh in his temple that says this in 2nd Kings 21 3 for he rebuilt the high places that Hezekiah his father had destroyed and he erected altars for Baal and made an Asheroth as Ahab king of Israel had done and he worshipped all the most heaven and served them how did he serve them he wanted their benefits but to get the benefits he had to offer a sacrifice and so chapter 21 verse 6 it says and he burned his son as an offering and used fortune telling and omens and dealt with mediums and necromancers listen there are there are gods out there that want to hear your prayer but this is not the way in which our God interacts with us he does not look to that which will enslave us just to simply satisfy our longing prayer is not our connection to Walgreens prayer is the connection to the sovereign God who will pour out upon us his blessings when we understand the purpose of prayer it is interesting when you think about listening from the father in this way child

I will change the world upon your request that's how he's stating this I will change the world upon your request because your request is according to my will but you have to know what to ask for and that's the switch here's the switch in prayer if we don't understand the purpose of prayer then we're not going to know what to ask for and this is why Jesus says you must ask in my name which means in representation of who I am what's acceptable to the father through me and this really leads us to the second point of why Paul says it this way so his first point is the purpose of prayer which is to change the world through the means of his divine system which is our words secondly it's the power of prayer where does that actual power come from and he says it in this way look at verse 18 again Ephesians 6 18 praying at all times in what the spirit so prayer is never done apart from the spirit as a matter of fact the Christian life is never done apart from the spirit the power of prayer is wrapped up in a simple phrase in the spirit and if you don't know what that phrase means then you're not going to know how to pray and understand the connection that is there what he is not meaning is speaking in tongues or some emotional experience some connection that you're waiting for your blood within your heart to boil or something that's not what he means to pray in the spirit to be in the spirit is often an instruction that Paul thinks about in many ways he says to walk in the spirit right to walk by the spirit let me ask you another question what is a simple way for you to be filled with the spirit because you're told to walk by the spirit pray by the spirit and to be filled with the spirit what's a simple way for that to be done what's interesting it's just a chapter before it's chapter 5

Ephesians chapter 5 and verse 18 this is extremely insightful he says this Paul says in Ephesians 5 18 and do not get drunk with wine for that is a debauchery but be filled with the spirit addressing one another in psalms and hymns and spiritual songs singing and making melody to the Lord with your heart well that is fascinating don't raise your hand but I'm wondering how many thought of the simplest way for you to be filled with the spirit is by singing to each other see we often think of it individualistically right I'm going to be filled by the spirit by the discipline that I put in my life and therefore I'll have more of the effects of the spirit in my life that's not the first place that Paul goes the spirit comes to us with fullness through singing which is but singing what not just singing it's singing the truth of the gospel the spirit has more and more control of our minds and our hearts and our affections because the knowledge of Christ becomes stronger by means of the community of Christ so to walk by the spirit is the same is to believe in the truth about Christ's benefits to you by means of the spirit to pray in the spirit is to pray knowing the connection that you have to that being that lives inside of you so we don't pray apart from the spirit because what you're going to end up doing is praying according to your passions so let me break this down to pray in the spirit it means when you offer up words to God you're doing so based upon the knowledge of the gospel and the relationship that you have with your father by means of the spirit you would never go to the father without going within the connection of the relationship that you have in Christ by means of the spirit it's not something mystical that you feel it's a reality that you live as a matter of fact there's not a moment of my life in the last 20 years that I haven't thought of making a decision without my wife in mind why?

because the two of us became one that's what the Bible describes the two became one flesh and so I don't think about anything that's related to the affecting me as a person without thinking about her Paul is saying when you talk to God do so in connection with the reality of the spirit that lives within you and it changes the way in which that you're going to offer up a prayer does this align with who Christ is?

Does this align with the promises of the spirit? I think this is why many struggle with prayer because we struggle with this relationship with Christ and the spirit and the father when you have a hard time communicating with another human it isn't because you don't know how to use words often people think the problem with prayer is they don't know what the right words to say that's actually not what we're getting at marriages are a great example of this arguments that I end up talking with people about in my office most of the time end in silence and frustration and there's no conclusion not because the two of you don't know how to address each other you know how to address each other it's because there's a problem in the relationship that's not been resolved and that problem is breaking down communication we all know this we will without them even finishing the sentence it's how the sentence started we've already shut down because of whatever the problem might be but this is true of prayer we don't think about working on this relationship this understanding of God for us and what the spirit means for us in this connection we don't seek to be filled meaning our minds to be consumed this is why he says in Romans chapter 12 that do not be like the world how are you not like the world by the renewal of your mind that's another way of describing being filled with the spirit this is why he uses the illustration of control when you have enough alcohol in you your body and mind are then controlled by that substance he's saying what controls you is Christ this means we're talking about the relationship that God has to us this is why the preaching of the gospel is the only hope you have of walking in the spirit because you have no relationship to God unless the gospel is true amen amen so prayer and the spirit changes how we see prayer all together because you're in communion this is why it was so hard for the disciples when Jesus says our father this is how you start your prayer he's starting with the relationship that before you ask of anything else start with the relationship that you have this is not some deity distant one commentator put it this way

I thought it was helpful he was talking about prayer and how distant we are from God you see when many of you many of us all of us don't really have a very close loving relationship with our government right like we we don't spend a lot of time in communication with our congressmen but we will address them when we have a concern when we're afraid when we think there needs to be a change we can passionately and rightfully write a letter of representation or call him on the phone and say please represent us before Washington but that relationship is about as far as it goes but when it comes down to celebrating a new job or the birth of a child a pay raise or being healed from cancer passing an exam it doesn't matter what it is you're not calling your congressman you call a loved one most likely a parent to celebrate to celebrate what it is that has happened and this is I think what prayer is getting at is that often we treat

God like the congressman Jesus will you please go to God and help me smooth out this area in my life that isn't quite working well and then that's where the communication stops and so there's not a relationship built with God in prayer because we haven't worked on that relationship by means of the spirit anyways so short and simple just your father says I want you to address me like you would a parent how was your day tell me about where you grieve and tell me about where you're happy this is why he's saying pray all the time because you have this relationship in Christ through the father that you can give him the joy of your heart and the anxiety of your heart and when you fail oh this this verse is so good when you fail to know what to pray yet you want the benefits of prayer listen to this Romans 8 26 likewise this spirit helps us in our weakness for we do not know what to pray for as we ought but the spirit himself intercedes for us with groanings too deep for words and he who searches our hearts knows what is in the mind of the spirit because the spirit intercedes for the saints according to the will of God even when you fail to pray as we should the spirit says be encouraged

I'll go get the benefits for you and bring them back so wonderful so conclusion of point two the more of Christ we know in our hearts and our mind the more beneficial prayer will be to us because we're going to be able to pray and see answers to prayer and see the work of God unfold because we're praying in light of the will and the person of the spirit so prayer is based on this relationship this is why he's saying pray in the spirit and I'll make this point of application right now as well that the gathered church is God's means for the saints to grow in this area I mean we already read about how singing to each other is a way in which the spirit within us deepens it grows it's a way in which we have our filling of it as well as the reading and the preaching and the fellowship and the sacraments as well and this leads us to our third and final point this morning which is concerning the people of prayer the people of prayer let's read the whole entire context again this is Ephesians 6 18 through 20 he says this praying at all times in the spirit with all prayer and supplication to that end keep alert with all perseverance making supplications for all the saints and also for me that words may be given to me in an opening my mouth boldly to proclaim the mystery of the gospel for which I am an ambassador and change that I may declare it boldly as I ought to speak

Paul gives us the application of prayer right there because God uses these people to dispense his power to Paul I know some of you are looking at me like you're nuts trust me I feel nuts these are supernatural means these are not natural we like to hear exercise see results discipline see results he's saying tap into God see results it's so foreign to us but how else do you interpret what Paul is saying here he's like pray that God gives me the boldness to open my mouth what is he saying well if you don't pray I may not have it but if you do pray then I will this isn't the only time he says it write these down I don't have time to look at them all this morning this is Romans chapter 15 in verse 30 he says

I appeal to you brothers by our Lord Jesus Christ and by the love of the spirit to strive together with me in prayers to God on my behalf I need you to ask God for him to send me his power I need that and I need you to strive together with me as I pray Philippians 119 for I know that through your prayers and the help of the spirit of Jesus Christ this will turn out from my deliverance he's basing his deliverance out of prison based upon their prayer do you guys remember in Acts when Peter was delivered and the churches won't let him inside he's like hey God answered your prayers they're like right no he really did let me in Philemon verse 22 at the same time prepare a guest room for me for I'm hoping that through your prayers I will be graciously given to you he's saying if you are willing to pray and ask God for that

[33:38] I believe he's going to give it to us or 2 Corinthians 1.11 you also help us by prayer so that many will give thanks on our behalf for the blessings granted us through the prayers of many do I need to read any more I think that is sufficient to know that Paul believed God's power was dispensed to God's people by God's people appropriately asking for it and that would make prayer the greatest act of dependence the believer ever gauges in can you think of a moment in your life where you wouldn't want God's power and blessing and encouragement and strength upon you is there a moment that you wouldn't want that and if you are praying in the spirit which is the key here that Paul says you will not be asking for anything that would go against the very will of God which is what often why our prayers are answered with no because we aren't asking for what we ought to ask for from reading scripture it is God's will then that we suffer as we proclaim his message and he provides grace by means of the power of prayer to give us hope and strength as we continue to do this

> I am not saying that if we gather together and pray hard enough and strong enough our lives will be smoothed out because if that's the case then Paul should not be teaching us about prayer because that homie had one messed up life he suffered enough for all of us to not want to see that movie so it is God's will according to Matthew when Jesus is here it's his will that we're not seeking after money that's not what we're using prayer for or fame or the goal of it is to seek first the spreading of the light of his kingdom and he will provide his divine power to encourage strengthen and accomplish that like as you lift the words and it's accomplished and you're going wow I can't believe he did that I don't know why he wants to use us we're so weak and frail and broken and that's his will it's his will that we care for the body and that we pray for the lost like he wants us to pray for the lost that they find him and when they do it's the answer to our prayer

I don't understand how it all works but I want to be a part of it what else am I going to do put hope in the power of something else so we sinful weak helpless and hopeless beings go forth with this promise fulfilled by God's purpose and when we speak these words not only the gospel to each other but we intercede on our behalf to our God it is his will to answer church I I am ashamed to admit I don't always believe Paul's words here I too need to be refilled and encouraged by the way when he means by refilled with the spirit it doesn't mean you lose the spirit you can't have more of them than you already have but his control of your heart and your mind we can often be swayed by lies and they control us and so the filling here has to deal with controlling of our minds

I am ashamed to admit that at times I don't believe in the promises of prayer as I should I don't pray for you as I should I don't pray for our city as I should according to what these promises are I want our church to consider how we might pray more together and in private for each other it really is the only act outside of anything else in the Christian life that we are really encouraged to do alone the rest of the Christian life is communal how can we take these truths and not think of how prayer might make our journey easier because we've been told how many passages almost every New Testament epistle warns you you're going to suffer you're going to suffer and that prayer gives you the strength this is why Paul says when I was at my weakest that's when the power of Christ rested upon me his grace became sufficient so how can we provide joy and hope and peace and love to those around us and also the lost we believe that when we pray

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God provides we believe that so I want you to pray for me as Paul requested almost every church please pray for me pray for me as I have the boldness to preach the gospel and that as I go through suffering my faith will not become weak I want you to pray for me and your elders that God would give us wisdom and patience and clarity and boldness and repentance I believe according to what I have learned and preached to you today that God will hear that and he will by his divine power answer those for me the boldness and strength and patience and wisdom in me will become stronger and to think that there's hundreds of you that would do that I might just run through that brick wall it's overwhelming to think that my God wants to hear you and then bless me with that versus us pretending like we're all strong and pretending that through our discipline and through our own actions

God is pleased with us and God is moving and God is changing the world because somehow I'm a strong person versus we all get in this room and we see how all of us are growing and God's work is being done and where does our voice shout to glory be to God he answered our prayer he did the work he saved us and now he's sustaining us how through his word now that as a broken man who's full of sin I can get excited about that I can't wait to pray for you this week I want to pray for peace when fear comes upon our hearts because of what's happening I want to pray for boldness to speak love to our enemies Jesus says that we're to pray for our enemies that is crazy you mean the people who are trying to kill us yes pray for them I want to pray for wisdom as we seek to raise our children and to raise finances so that we can continue to do the work in our city and may the spirit guide us as we do this that kind of prayer makes sense to me

I can get behind that and get excited about it and I don't believe the prayers are related to the intensity of how you present them I don't believe they're also connected to your position whether you're on your knees or not the prayers are based upon his promises if we believe his promises and utilize them then we receive the benefits of them but sometimes I don't know how about you I have read my shelves are full of so many books on prayer most of them I walk away feeling dirty and like someone scratched my eyeball with sandpaper that's how I feel that was not pleasing nor encouraging I just felt guilty and ashamed I read this and I hear oh to my sister who is struggling God will actually hear my prayer and provide her hope I'm going to take some time this week to make sure I use God's power to do that to my brother who's struggling with sin and can't seem to overcome it you mean my God will give him repentance and strength if I stop for a moment and in the spirit trusting in his promises will give him help if I do this do you understand how this changes our community prayer is not you pleasing God so that he'll not do something bad prayer is you tapping in to the promises of a God who wants he is a good father who wants to give us good gifts what if our church decided that we have to be constantly looking to the hope of Christ by means of the spirit every Sunday so that we know how to love each other and pray for each other so that God's kingdom is working out in our church in our city and we're not looking to our discipline we're not looking to our faithfulness we're not looking to our means but we believe that God will move because God promised he would move by two simple things the proclamation of the gospel and prayer it almost feels too simple anybody else feel that way it almost feels too simple then you go to scripture and you prove me wrong or maybe we all go home and just try it for a week and see what happens pray that someone might be encouraged pray that someone might repent come to faith pray for our leaders what do you have to lose nothing but you have everything to gain when you see that God's word actually accomplishes his means that to me gets me excited so at the end of this if we don't pursue this instruction from Paul in prayer here is the devastating reality the fiery darts of Satan definitely have us because he wants to quench the power of the spirit in our hearts and minds if you are defeated and deflated and there's no way you think that your heart can be lifted up to prayer this week

I know I've been there let the promises of the gospel restore your relationship with your father you do not pray because you're a good person you pray because you're not you do not pray for grace and mercy because you deserve it you with boldness in a time of need run into the presence of the father and he will give it to you abundantly now that changes in my mind how we pray let's pray father even the opening and the closing of our prayers today my heart has been so encouraged we have asked you to do so many things and all of them are in your will all of them are according to your purpose and plan and therefore we can have the confidence in knowing that as you hear them you will provide those good gifts to us today and so the request

I make on behalf of my brothers and my sisters Lord we believe help our unbelief give us the grace necessary to believe your gospel promises in Jesus name amen thanks for listening to the sermon podcast of Grace Reformed Church in Spring Hill Tennessee where everyone is in equal need of grace to plan a visit or to learn more about us visit our website at gracereformed.org please subscribe