

Getaway Like Jesus

by David & Rennie Garda

Pace like Jesus.
Pray like Jesus.

cadreministries.com

Free Sample Chapter: Journey One of Five

*Getaway Like Jesus - Excerpt - For Journey's 2-5 go to:
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Getaway Like Jesus...



*"Let your house be a meeting place for the rabbis,
and cover yourself in the dust of their feet,
and drink in their words thirstily."*

—Attributed to Yose Ben Yoezer (Second Century B.C.)

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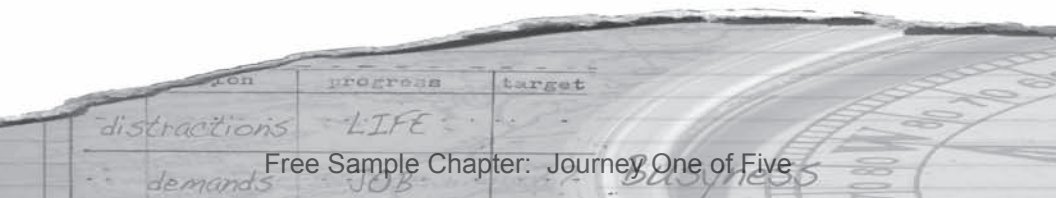
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Free Sample Chapter: Journey One of Five

Preface: *Getaway* Today...

What have you learned lately from Jesus?
 Jesus spent time daily with his heavenly Father and he wanted more.
 He ripped entries or even pages from his day planner 21 times during the 3 years of his public ministry.

What did he get away for? Who did he getaway with?

Rennie and I have always been intrigued by the tension in Jesus' priorities of pace and prayer. While studying what we've come to call the "getaways of Jesus," we've grown deeper in love both with God and with each other. The pages that follow have helped us to learn to "rip a page out of the day planner"—pause—and choose the right getaway for the current moment. Interactions with Cadre staff (Bill Allison, Jennifer Kvamme and Laura Wampach) along with those walking with us in our Cadre Learning Community have contributed immeasurably to what we're learning. Special thanks go to the rich moments of wrestling Jesus' getaways with Matt Bohman, Jon Garda, Ron Kirkeeng and Ken Lippold.

Each of the Journeys are interspersed with small insights we've gained personally. *We invite you to email us with your personal insights and getaway practices at rennie@cadreministries.com.*

Thanks for walking with us as disciples of the Master,

David & Rennie Garda

Your Cadre Missionaries of Encouragement & Equipping

p.s. Inside this small book you'll find the tools to build "Getaway Like Jesus" convictions. You'll open Jesus' day planner and compare it to your own. You'll be guided to study and build convictions to...

Pace like Jesus. Pray like Jesus. Getaway like Jesus.

DAILY RECORD month day
 a m t w th f sat

NOTES

Getaway

Free Sample Chapter: Journey One of Five

time	
1	pray
2	rest
3	equip

A Study Journey To Help You Pace & Pray Like Jesus

Journey 1: *Daily Rhythms For Connecting With God* 5

We've got so much to learn from Jesus' daily rhythm.

Key Question: *What was Jesus' daily rhythm of spending time to connect with his heavenly Father?*

Journey 2: *The Getaways of Jesus*. 11

We get to learn so much from Jesus' getaways.

Key Questions: *In addition to Jesus' daily connections with God, what getaway purposes did Jesus pursue? Who was affected by both his planned and spontaneous getaways?*

You'll want to take your time with this journey. Dig deep. Reflect. Wrestle. It's the course you'll need to run if you want Jesus' getaway pattern to become your own conviction.

Journey 3: *Getaway Like Jesus, Now!* 43

We'll apply what it means to Getaway Like Jesus.

Key Question: *Which of the getaways do you need most—right now? What will that getaway look like?*

Journey 4: *Equipped to Pray by Jesus* 53

We've been equipped to pray by Jesus.

Prayer Lessons From Rabbi Jesus: 11 Daily Connections

Key Question: *What did Jesus teach his companions about prayer?*

Journey 5: *Pray the Prayers of Jesus* 59

We've been led in prayer by Jesus.

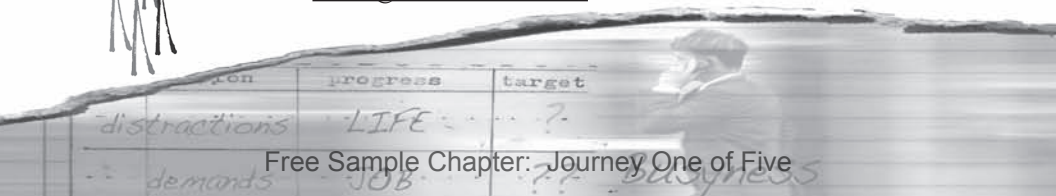
The Prayers of Rabbi Jesus: 15 Daily Connections

Key Question: *What can we learn from the prayers of Jesus?*

Works Cited & For Further Study 72



For more information about experiencing Getaway Like Jesus as a guided retreat or training workshop led by Cadre missionaries or multipliers, you can contact us at rennie@cadreministries.com



Pace like Jesus. Pray like Jesus.

Journey 1: Daily Rhythms For Connecting With God.

We've got so much to learn from Jesus. What can we learn from the rhythm of Jesus' regular time with his Father—especially in the busiest of times?

KEY Question: *What was Jesus' daily rhythm of spending time to connect with his heavenly Father?*

We don't have every page of Jesus' day planner to confirm all we'd like to know about his schedule, but here's what we do know from Scripture:

Jesus often withdrew to lonely places and prayed. — Luke 5:16

After he had dismissed them, he went up on a mountainside by himself to pray. When evening came, he was there alone. —Matthew 14:23

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. —Mark 1:35

Pause: *Go back and re-read these passages slowly. Circle the words in each passage that will help you begin to pace and pray like Jesus. (If you'd like to go deeper, read the full chapters surrounding the verses to gather the context of what's happening before and after each passage.)*

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1 pray
2 rest
3 equip

Here's what we know about Jesus' scheduled prayer life:

1. Whenever the gospels comment on a morning or evening with Jesus, they note that he begins and ends his day in a prayer connection with his heavenly Father.
2. As a recognized first century rabbi, Jesus would have connected with his heavenly Father in several traditional ways. Every spiritually interested God-follower sought to build a prayer pattern that was...

- **God-centered.** Prayer was focused on God's character as both powerful and personal.
- **Community expressed.** Jewish prayer was primarily celebrated in community with an "our Father" mind-set.

*"Our Father, Our King" is a typical expression in Jewish prayer. We are part of and we pray with and for the community.**

*Jewish prayers are commonly prayed in the context of a minyan (representatives from 10 households gathered in community) at the synagogue, and so the sense of corporate identity is reinforced.**

- **Spread throughout the day.** Jesus' daily prayer rhythm included:
 - a. Praying Scripture twice daily (whatever they were studying).
 - b. Reciting the Shema (Sh'ma) morning, evening and before falling asleep.

Pause: *Stop for a pray-like-Jesus moment to pray the Shema like Jesus.* Turn to page 66 to practice praying aloud this shortened version of the Shema.
 - c. Reciting the Amidah twice a day (a series of 18 blessings to acknowledge that God was active and present at all times).

Pause: *Now turn to page 68-71. Stand where you are and pray this prayer of 18 blessings orally as Jesus would have done.*
 - d. Reciting blessings. *"At least a hundred occasions a day are to be found to recite blessings, praising God as the King of the Universe (Psalm 16:8)."**
- **Intentional and intense.** The heart of Jewish prayer is "kavanah" (intentional action with expectation of divine presence). Prayer that is directed with kavanah includes "a profound awareness that God is present, desiring to speak and work through us at every moment." This "kavanah" fueled four activities with the expectation of God's active presence: *prayer, studying the Scripture, performing acts of loving kindness and doing our life's work.*

*D. Pryor, "Patterns & Perspectives of Jewish Prayer," *Hebrew Perspectives*, 2009
<<http://mayimhayim.org>>.

3. Jesus' disciples asked him to teach them to pray *like John taught his disciples*.

Good news: *The disciples asked Jesus, "Teach us to pray."*

Bad news: *Not as you pray, since it's too intense for us (too much kavanah), but teach us the traditional Jewish patterns for prayer—like John taught his disciples.*

Good news: *Jesus understands. So he gives them what's been called the Lord's prayer—but it's more accurately the disciples' prayer. Jesus gives them a simplified version of the Amidah prayer to help them grow in their "kavanah."**

Why didn't the disciples ask Jesus to teach them to pray like he prayed?
Maybe it was his uncanny ability to keep prayer God-focused.
Maybe it was his combination of intentionality and intensity.
Maybe it was his grasp on constant prayer.
Or maybe it was... [what do you think?]

4. Jesus' approach to prayer was *a constant awareness* of God at work around us.

Old Testament Prayer Perspective:

I have set the Lord always before me. —Psalm 16:8a

Gospels Prayer Perspective:

Then Jesus told his disciples a parable to show them that they should always pray and not give up. —Luke 18:1

Notice the way God's intent in the Old Testament (Ps. 16:8) and in the days of Jesus (Luke 18:1) encourages us to live in constant prayerful dependence with our heavenly Father.

Church Prayer Perspective:

Never stop praying. —1 Thessalonians 5:17 NLT

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. —Ephesians 6:18

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. —Philippians 4:6

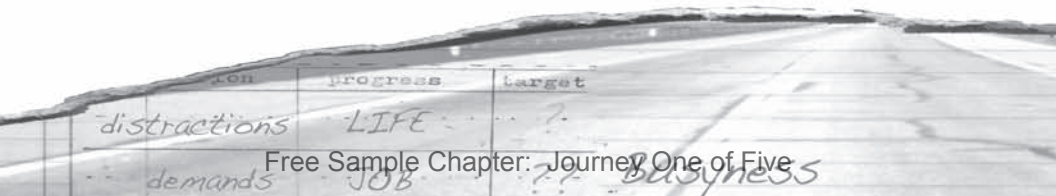
*David Bivin, "Prayers for Emergencies," 2009, *Jerusalem Perspective Online*, 16 Dec. 2008 <<http://jerusalemerspective.com>>.

Reflect/Dialogue: Share stories of where you’ve experienced “kavanah-fueled” prayer throughout a full day.

In your walk with God, does this “at all times” awareness of God happen often or on rare occasion?

What interrupts your constant conversation with God? *What can you do about it?*

How does the Holy Spirit help you to make *pray without ceasing* the pace of your prayer life? (1 Thessalonians 5:17)



Reflect/Dialogue: To pace and pray like Jesus begins with a daily pattern.

Jesus' daily practice combines intentional, frequent and brief time-outs with God (six plus times per day) with a constant and spontaneous prayerful awareness.

What does your current scheduled daily pattern look like?

Weekdays?

Weekends?

After seeing Jesus' scheduled pace and prayer pattern, what adjustments could you make in your own daily time with the Father?

Weekdays?

Weekends?



DAILY RECORD month day
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Getaway

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morning evening
recess moments in between

time	
1	pray
2	rest
3	equip

10 — Getaway Like Jesus

How will you be more intentional in your DAILY schedule to pace and pray like Jesus? Which of the insights from pages 6-7 (points 1, 2a-2d, 3 or 4) do you need to intentionally build into your prayer practice?

My daily plan to pray like Jesus...

"I am grateful before you, living and eternal King, for returning my soul to me with compassion. You are faithful beyond measure."

—The first prayer on the lips of Jewish rabbis each morning as they awoke with the opportunity to minister/live another day.*

*Ann Spangler and Lois Tverberg, *Sitting at the Feet of Rabbi Jesus: How the Jewishness of Jesus Can Transform Your Faith* (Grand Rapids: Zondervan, 2000).

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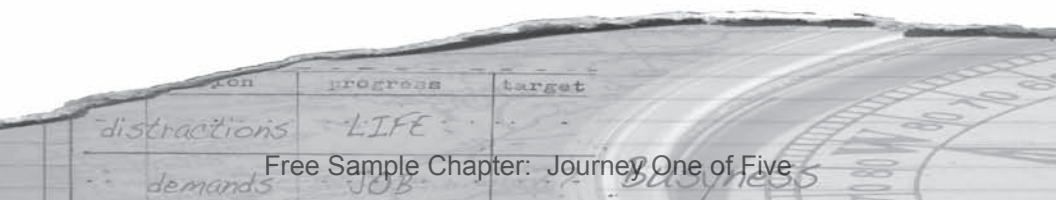
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A conviction is a belief held so strongly that it transforms your life.

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