

P.R.A.Y. – A Transformational Posture of Prayer

YEARN: Craving Intimacy With God More Than Anything



Introduction

Theme Verse:

“The effectual fervent prayer of a righteous man availeth much.” — James 5:16 (KJV)

Prayer is not just about speaking to God—it’s a posture that realigns your entire being with the divine. When you PRAY, you move from flesh to spirit, from self to surrender, from crisis to communion.

Series Overview

Each week we will dive into one letter of the acronym **P.R.A.Y.**

- **P – Pivot:** Turning toward God’s presence
- **R – Recalibrate:** Aligning your spirit with heaven’s frequency
- **A – Access:** Entering boldly into God’s presence
- **Y – Yearn:** Craving intimacy with God

Y is for YEARN:

Craving Intimacy With God More Than Anything

Psalm 42:1–2 (KJV):

As the hart panteth after the water brooks, so panteth my soul after thee, O God. My soul thirsteth for God, for the living God: when shall I come and appear before God?

Psalm 42:1–2 (NLT):

As the deer longs for streams of water, so I long for you, O God. I thirst for God, the living God. When can I go and stand before him?

1. What Does it Mean to YEARN for God?

Definition of "Yearn":

To long persistently or intensely, often with sorrow or urgency. To hunger from the soul.

Spiritual Meaning:

To yearn for God is to feel a holy dissatisfaction with the world and a relentless desire for communion with the Father. It is the inner pull that leads us from ritual to relationship and from complacency to consuming fire.

2. Biblical Foundation of Spiritual Yearning

◆ Psalm 63:1 (KJV)

"O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is."

Insight:

David wasn't thirsting for deliverance, power, or possessions—he thirsted for God Himself. The yearning is not for what God can do, but for who God is.

3. Biblical Examples of Yearning for God

○ A. Moses – Exodus 33:13–18

- "Now therefore, I pray thee, if I have found grace in thy sight, shew me now thy way... If thy presence go not with me, carry us not up hence... I beseech thee, shew me thy glory." — KJV

■ Insight:

Moses had already seen the Red Sea part, manna fall, and miracles occur—but he YEARNED for God's glory. He wanted **more of God**, not just more of God's works.

○ B. Mary of Bethany – Luke 10:38–42

- "...Mary sat at the Lord's feet, listening to what he taught... There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her." — NLT

■ Insight:

Mary's yearning was not for a role, recognition, or responsibility—it was for Jesus' **voice, presence, and heart**.

- **C. Paul – Philippians 3:10**
 - “That I may know him, and the power of his resurrection, and the fellowship of his sufferings...” — **KJV**
 - “I want to know Christ and experience the mighty power that raised him from the dead. I want to suffer with him, sharing in his death...” — **NLT**
 - **Insight:**
Paul YEARNED for **deep fellowship**, even in suffering. His hunger wasn’t for position or promotion but for oneness with Christ.
- **D. Anna - Luke 2:36–38**
 - She... departed *not from the temple, but served God with fastings and prayers night and day.*” - **KJV**
 - **Insight:**
Anna’s story is a **portrait of quiet yearning**. As a widow for decades, she didn't become bitter—she burned for God. Her longing was not for a new life but for the **manifestation of the Messiah**. She stayed in God’s house with **undistracted devotion**, and was rewarded by seeing the infant Christ.
- **E. Job – Job 23:3–10**
 - **KJV:** “Oh that I knew where I might find him! that I might come even to his seat!... But he knoweth the way that I take: when he hath tried me, I shall come forth as gold.”
 - **Insight:**
Even in unspeakable suffering and silence, Job longed not just for answers but for **an encounter with God**. His soul cried for **divine justice and clarity**, but even more, for **God's presence and affirmation**. His yearning shaped his restoration.
- **F. Asaph**
 - Asaph, a worship leader and prophet, wrestles with the **apparent success of the wicked** and the **suffering of the righteous**. His frustration almost led him to abandon his faith—until he encountered the presence of God.

Key Takeaways About Asaph

○ Role	○ Description
○ Worship Leader	○ Led music and praise in the tabernacle and temple
○ Psalmist	○ Authored Psalms 73–83, filled with wisdom and lament
○ Prophet (Seer)	○ His writings were considered inspired and prophetic
○ Honest Voice	○ Expressed raw emotions and deep spiritual questions

- **1. ENVY of the Wicked's Prosperity**

- **Psalm 73:3 (KJV):**

- For I was envious at the foolish, when I saw the prosperity of the wicked.

- **Explanation:**

- Asaph was disturbed by how the wicked seemed to thrive. Their wealth, health, and ease made him question the value of living righteously. He admitted that **envy crept into his heart** as he compared their success to his own struggles.

- **2. QUESTIONS About God's Justice**

- **Psalm 73:13–14 (KJV):**

- **Explanation:**

- Asaph questioned whether living holy even mattered. His experience didn't seem to match God's promises. This **spiritual disillusionment** made him feel as if serving God brought him pain, not reward.

- **3. FRUSTRATION With Life's Contradictions**

- **Psalm 73:16 (KJV):**

- When I thought to know this, it was too painful for me.

- **Psalm 73:16 (NLT):**

- So I tried to understand why the wicked prosper. But what a difficult task it is!

- **Explanation:**

- His mind couldn't reconcile the contradictions between **God's justice** and **human reality**. The more he tried to understand why the ungodly prospered, the more frustrated and discouraged he became.

- **4. Turning Point — Entering God's Presence**

- **Psalm 73:17 (KJV):**

- Until I went into the sanctuary of God; then understood I their end.

- **Psalm 73:17 (NLT):**

- Then I went into your sanctuary, O God, and I finally understood the destiny of the wicked.

- **Explanation:**

- Everything shifted when Asaph entered **God's sanctuary**—the place of worship and divine perspective. His yearning spirit led him back to the presence of God, where his questions didn't vanish, but **his vision was corrected**. He realized that **temporary prosperity means nothing without eternal security**.

- **5. Revelation and Restoration**

- **Psalm 73:26 (KJV):**

- My flesh and my heart faileth: but God is the strength of my heart, and my portion for ever.

- **Psalm 73:28 (KJV):**

- It is good for me to draw near to God...

- **Explanation:**

- By the end of the psalm, Asaph's **envy turned to worship**, and his **frustration became faith**. He learned that **nearness to God** was better than **the riches of the wicked**. His yearning for God realigned his heart with truth.



Key Takeaways from Asaph's Inner Struggle:

○ Struggle	○ Result in God's Presence
○ Envy of the wicked	○ Realized their end is destruction
○ Doubt and questions	○ Gained eternal perspective in worship
○ Frustration	○ Received strength and reassurance from God

- **Insight:**
Asaph was a worship leader who struggled with envy, questions, and frustration—yet through honest worship, his **soul yearned for clarity and communion**. His journey from complaint to closeness shows how **honest longing** can lead to renewed intimacy with God.
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4. How to Cultivate a Heart That Yearns for God

A. Daily Surrender

Romans 12:1 (KJV):

I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice...

Tip:

Begin each day with surrender. Lay your will, thoughts, time, and desires on the altar.

B. Private Pursuit

Matthew 6:6 (KJV):

“Enter into thy closet... and pray to thy Father which is in secret...”

Tip:

Create **sacred secret spaces** where you consistently seek Him without performance.

C. Word & Worship Immersion

Psalms 119:131 (NLT):

“I pant with expectation, longing for your commands.”

Tip:

Let the **Word of God stir your soul**, and let worship soften your spirit. The more you immerse in His Word and presence, the more your appetite for Him grows.

D. Fasting and Seeking

Joel 2:12 (NLT):

“Turn to me now... Give me your hearts. Come with fasting, weeping, and mourning.”

Tip:

Fasting is a furnace that burns away the flesh and stirs spiritual hunger. Use it to **disconnect from the world and reconnect with God**.

5. Results of a Yearning Spirit

When you yearn for God, you don't just *feel* closer to Him—you begin to experience transformational results in your spiritual walk. Let's explore each of these key results:

A. DEEPER REVELATION

Jeremiah 33:3

KJV: “Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.”

NLT: “Ask me and I will tell you remarkable secrets you do not know about things to come.”

 Explanation:

This verse is God's open invitation to spiritual intimacy and insight. The word **“mighty”** in Hebrew (בְּצֻרוֹת *betzurōt*) implies **inaccessible or hidden things**—things fenced in, like mysteries and secrets in God's heart.

When your soul yearns for Him:

- He begins to **reveal things others cannot see**.
- You receive **prophetic understanding**, insight into His Word, discernment, and divine strategies.
- You move from general knowledge to **divine intelligence**—the secrets of the kingdom.

 Biblical Example:

Daniel—Because of his deep yearning and discipline, Daniel received dreams, visions, and divine interpretations others could not access (Daniel 2:19–22). His hunger for God unlocked heavenly downloads.

B. INCREASED INTIMACY

James 4:8

KJV: "Draw nigh to God, and he will draw nigh to you..."

NLT: "Come close to God, and God will come close to you..."

👉 *Explanation:*

Yearning for God moves you beyond duty into **intimacy**. God does not reject a desperate soul; He **reciprocates hunger** with nearness.

To "draw nigh" means:

- You remove spiritual clutter, distractions, and fleshly cravings.
- You prioritize **proximity over performance**.
- God responds by **making His nearness felt**, even in the mundane.

This intimacy isn't emotional only—it's **transformational**. You begin to hear His whispers, feel His nudges, and walk in communion instead of confusion.

🔥 *Biblical Example:*

Enoch—Genesis 5:24 says Enoch "walked with God." His intimacy was so deep that God took him without dying. He **yearned for presence over platform**, and God pulled him close.

C. HEART TRANSFORMATION

Ezekiel 36:26

KJV: "A new heart also will I give you, and a new spirit will I put within you..."

NLT: "I will give you a new heart, and I will put a new spirit in you..."

❤️ *Explanation:*

One of the most powerful results of a yearning spirit is **inner renovation**.

When you crave God deeply:

- Your **old heart (hard, self-willed, numb)** is exchanged for a **new heart** (tender, teachable, alive).
- God deposits a **new spirit**—your spiritual desires, sensitivities, and affections are reprogrammed.
- Yearning creates **sensitivity** to sin and **attraction** to righteousness.

You no longer chase God just out of obedience, but out of **love** and a transformed desire.

🔥 *Biblical Example:*

King Josiah—In 2 Kings 22, Josiah’s heart was so tender and hungry for truth that when the Book of the Law was rediscovered, he tore his garments in sorrow. His yearning produced **national reform** and personal transformation.

✨ Summary of the Results

Result	What It Unlocks	Spiritual Outcome
Deeper Revelation	Hidden insights, spiritual mysteries, prophetic wisdom	Clarity, vision, direction
Increased Intimacy	Close fellowship, nearness of God, discernment of His voice	Peace, guidance, deeper love
Heart Transformation	Renewal of desires, spiritual sensitivity, sanctification	Inner healing, holy lifestyle, freedom from spiritual dullness

Reflection Question:

Where is your yearning leading you—into rituals or into relationship? The more you desire Him, the more He reveals, draws close, and transforms you from the inside out.

Closing Prayer

“Lord, ignite in us a holy yearning. Strip away complacency. Burn away distraction. Let our hearts burn for You as the deer pants for water. Draw us into intimacy, awaken our hunger, and meet us in the deep. In Jesus’ name, Amen.”

To hear the live broadcast for this teaching, visit [Lashon Reese Ministries YouTube Page](#).

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