



DISCIPLESHIP 1

SESSION 3

*THE DISCIPLINE OF
PRAYER AND FASTING*



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WHAT IS PRAYER?

Prayer is conversing and communing with God and listening to Him for the purpose of aligning our will to His. We come before God in the name of Jesus, based on His word (the Bible), and guided by His Holy Spirit. When we pray, we worship Him and pour out our hearts in thanksgiving to Him. We bring Him our needs and the needs of others, and ask that His kingdom come and His will be done in our lives.

1. Prayer is communicating with God PERSONALLY.

"If My people would only listen to Me, if Israel would only follow My ways." Psalm 81:13 (NIV)

2. Prayer DEVELOPS our personal relationship with God.

"My heart says of You, 'Seek His face!' Your face, LORD, I will seek." Psalm 27:8 (NIV)

"My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God." Psalm 84:2 (NIV)

3. Prayer shows our DEPENDENCE on God.

"Trust in Him at all times, you people; pour out your hearts to Him, for God is our refuge." Psalm 62:8 (NIV)

4. Prayer builds our FAITH.

"If you believe, you will receive whatever you ask for in prayer." Matthew 21:22 (NIV)

5. Prayer moves our heart to GOD'S WILL.

"This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us." 1 John 5:14 (NIV)

HOW SHOULD I PRAY?

"And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask Him." Matthew 6:5-8 (NIV)

"This, then, is how you should pray: 'Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'" Matthew 6:9-13 (NIV)

1. PRAISE

"This, then, is how you should pray: 'Our Father in heaven, hallowed be Your name.'"
Matthew 6:9 (NIV)

2. INTERCESSION

"Your kingdom come, Your will be done, on earth as it is in heaven." Matthew 6:10 (NIV)

3. SUPPLICATION

"Give us today our daily bread." Matthew 6:11 (NIV)

4. CONFESSION

"And forgive us our debts, as we also have forgiven our debtors." Matthew 6:12 (NIV)

5. SEEKING GUIDANCE

"And lead us not into temptation, but deliver us from the evil one." Matthew 6:13 (NIV)

FASTING

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." Matthew 6:16-18 (NIV)

1. THE PURPOSE OF FASTING

Fasting: To refrain from food for a period of time for A SPIRITUAL PURPOSE.

"Then He said to them all: 'Whoever wants to be My disciple must deny themselves and take up their cross daily and follow Me.'" Luke 9:23 (NIV)

2. THE POWER OF FASTING

- Fasting Feeds My SPIRIT

"Jesus answered, 'It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4 (NIV)

- Fasting Cleanses My BODY

- Fasting Reveals My SIN

"On that day they fasted and there they confessed, 'We have sinned against the LORD.'" 1 Samuel 7:6 (NIV)

- Fasting Awakens My COMPASSION

3. THE PLAN FOR FASTING

How Do I Fast?

- ABSOLUTE Fast
- NORMAL Fast
- PARTIAL Fast

WHEN SHOULD I FAST?

- When the ODDS ARE AGAINST ME

"Then the Israelites ... went up to Bethel, and there they sat weeping before the LORD. They fasted that day until evening ... The LORD responded, 'Go, for tomorrow I will give them into your hands.'" Judges 20:26-28 (NIV)

- When I need UNCOMMON PROTECTION

"I proclaimed a fast, so that we might humble ourselves before our God and ask Him for a safe journey for us and our children ... and He answered our prayer." Ezra 8:21-23 (NIV)

- When I'm beginning a NEW ENDEAVOR

"So after they had fasted and prayed, they placed their hands on them and sent them off." Acts 13:3 (NIV)

- When I need a MAJOR BREAKTHROUGH

"Blessed are those who hunger and thirst for righteousness, for they will be filled." Matthew 5:6 (NIV)

Your Notes:

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