



Matthew 6:5-18

5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. 6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.

SERMON NOTES

How We Grow: Implementing Spiritual Disciplines The Discipline of Prayer and Fasting

Big Idea: Don't just believe in the power of prayer; practice it.

1. THE POWER OF PRAYER

Everything God wants to do in your life, He has subjugated to one thing: _____.

A. Prayer Moves the Heart of _____. [2Ki. 20:1-6]

- We are not omnipotent, but our **prayers move the heart of the One who is.**

B. Prayer Has No _____.

- Prayer is **unlimited** by day, time, location, or distance.

C. Prayer Saves _____.

D. Prayer Is Our Greatest _____. [Eph. 6:12-19]

- We must not only pray to keep from losing _____, but also to take ground.

2. THE PRACTICE OF PRAYER [Mk. 1:21-35]

A. We Need a Prescribed _____ to Pray. [Ps. 5:3]

- The time of day you pray isn't as important as at least having a time when you pray.

B. We Need a Prescribed _____ to Pray.

- Your prayer closet should be a private place, free of noise and distractions.

C. We Need a Prescribed _____ of Time to Pray.

- This is the equivalent of setting a goal.

3. THE PARTNER OF PRAYER

Choosing not to partake of food because spiritual hunger is so deep, determination in intercession is so intense or spiritual warfare is so demanding that you temporarily set aside even fleshly needs to give yourself wholly to prayer.

- Fasting says, the cry of my soul is _____ than the cry of my body.
- Fasting strips away the illusion that we're self-_____.

Why Fast? [Is. 58:6-9]

- Freedom from what's had a grip on you. Burdens carried too long, finally set down. Clarity in decisions you've been stuck on. Even physical healing.

How to Fast Correctly? [Mat. 6:16-18]

- Fasting should be done in _____.
- If you didn't _____ it, you didn't fast it.