



And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples.

Luke 11:1 (KJV)





Prayer in the OT is the Hebrew word "TEFILAH" (te-feel-ah) meaning to ask or solicit.

In the NT is the Greek word "PROSEUCHE" (pros-uch) meaning to beg or vow, to entreat or beseech.

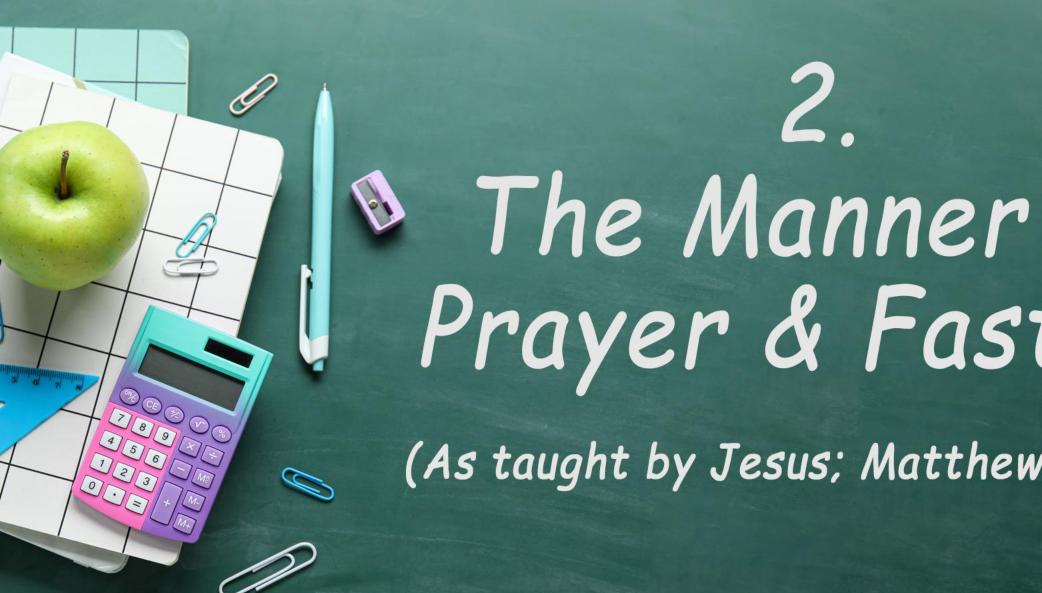




Is the "intentional" abstinence from food.

It is an "intentional act of the will." It is a DISCIPLINE.

It is a DECISION.



The Manner of Prayer & Fasting

(As taught by Jesus; Matthew 6:9-13)



A. Personal Relationship
"Our Father in heaven," (v.9)

It looks like:

B. A Praiseful Reverence
"Hallowed be your name." (v.9b)



C. Purposeful Revelation
"Your kingdom come, your will be done on earth as it is in heaven." (v.10)

It looks like:

D. Providential Responsibility
"Give us this day our daily bread."
(v.11)



E. Penitent Reciprocity

"And forgive us our debts as we forgive our debtors." (v.12)

It looks like:

F. Protective Redemption

"And lead us not into temptation, but deliver us from evil," (v.13a)

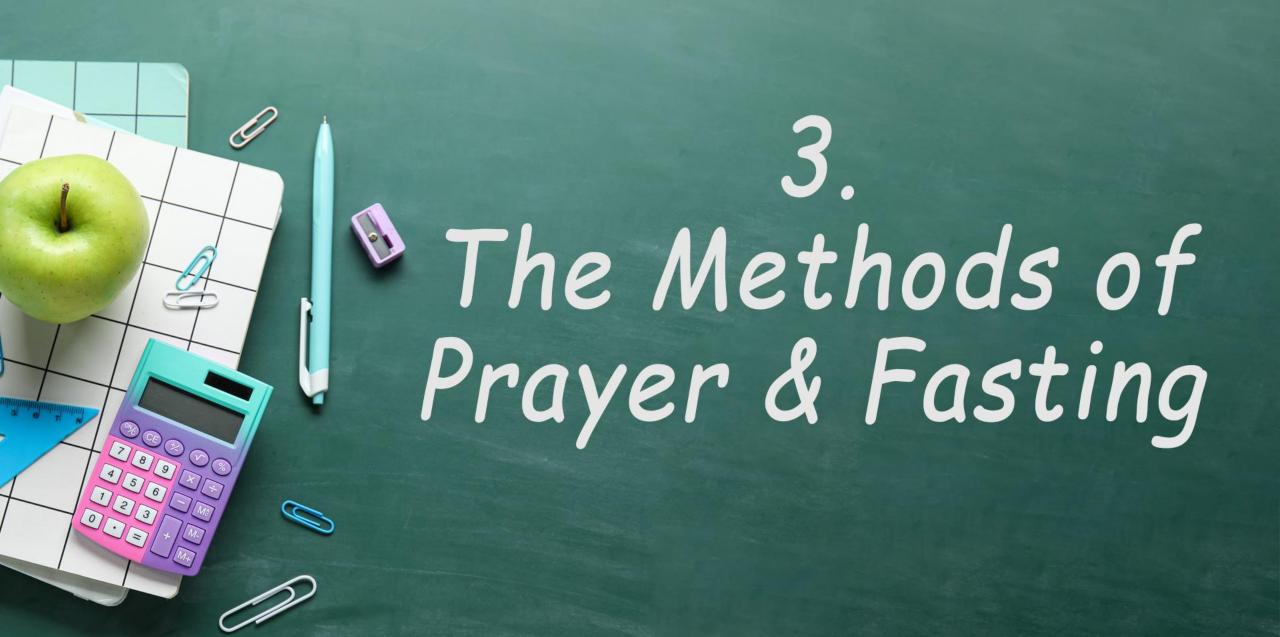


G. Powerful Recognition

"For yours is the kingdom, and the power, and the glory forever. Amen." (v.13b)



What we call Lord's prayer was not meant to be a <u>RECITATION</u> but rather a <u>FORMULA</u>.





1. PRAY WITH PURPOSE

Make a prayer list or journal and tick off each item that the Lord answered.

(Hab. 2:2)

- a. Queen Esther in chapter 4:16.
- b. Daniel in chapter 9:3
- c. The prophetess Anna in Luke 2:36-37
- d. Married couples in 1 Cor. 7:5.



2. PRAY WITH PASSION

Put all your energy and effort into it.

- a. Abraham who represented the patriarchs prayed. Gen. 20:7.
- b. Moses representing the law, prayed in Num. 11:21 & chapter 14.



- 2. PRAY WITH PASSION

 Put all your energy and effort into it.
 - c. Elijah the representative of the prophets prayed as well in James 5:17.
 - d. King David representing the kings and the Psalmists, prayed throughout the books of Samuel, Kings, Chronicles and the Psalms.



3. PRAY WITH PRAISE

Don't let it be a shopping list, but rather let it be a gift card. GOD inhabits the praises of His people. (Ps.22:3)



B. FASTING



1. PARTIAL

- vegetables only
- fruits only
- water/liquid only
- a few hours of the day



2. TOTAL A dry fast without water or liquid or food. This is not recommended to exceed 3 days considering health and other factors. (Esther 4:16)





THE MERGER OF PRAYER & FASTING

A. For focus

B. For favour

c. For fulfillment



FOCUS +FAVOUR

FULFILLMENT

when prayer and fasting are merged together.