



# LORD TEACH US TO PRAY

*Luke 11:1 & Matthew 6:9-18*



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)*



# 1. *The Meaning of Prayer & Fasting*

# A. PRAYER

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.

# B. FASTING

*Is the "intentional" abstinence from food.*

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

*It is a DECISION.*





2.

# *The Manner of Prayer & Fasting*

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



*It looks like:*

*A. Personal Relationship*

*"Our Father in heaven," (v.9)*

*It looks like:*

*B. A Praiseful Reverence*

*"Hallowed be your name." (v.9b)*



*It looks like:*

*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)*





*It looks like:*

*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)*



*It looks like:*

*G. Powerful Recognition*

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

A collection of school supplies is arranged on a green chalkboard background. On the left side, there is a green apple, a pink and purple calculator, a blue pen, a blue pencil sharpener, a blue ruler, and several paper clips. The text on the right side of the image reads: "What we call Lord's prayer was not meant to be a RECITATION but rather a FORMULA." The words "RECITATION" and "FORMULA" are underlined.

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prayer was not meant  
to be a RECITATION  
but rather a FORMULA.



# 3. *The Methods of Prayer & Fasting*

# A. PRAYER

## 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.*



# A. PRAYER

## 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.*



# A. PRAYER

## 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.*



# A. PRAYER

## 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)*



# 4. *The Merger of Prayer & Fasting*



# THE MERGER OF PRAYER & FASTING

*A. For focus*

*B. For favour*

*c. For fulfillment*



FOCUS  
+ FAVOUR

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FULFILLMENT

*when prayer and fasting are merged together.*