



August 1, 2021

Pastor Eric Holmstrom

THE WHY AND HOW BEHIND PRAYING AND FASTING

"It's a good thing to let prayer be the first business of the morning... Guard yourself carefully against those false, deluding ideas which tell you, 'Wait a little while. I'll pray in an hour. First I must attend to this or that.' Such thoughts get you away from prayer into other affairs, which so hold your attention and involve you that nothing comes of prayer for that day."

Martin Luther

PRAYING AND FASTING 101

"Prayer is simply talking to God. He speaks to us: we listen. We speak to Him: He listens. A two-way process: speaking and listening."

Mother Teresa of Calcutta

"Fasting is deliberate and often prolonged abstinence from something you regularly consume or do"

Eardmans Bible Dictionary

WHY PRAY AND FAST

MATTHEW 6:6, 18

REWARDS FROM PRAYING AND FASTING...

#1 - JOY OF GOD'S PRESENCE

PSALM 16:11

#2 - RECEIVING GOD'S PEACE

PHILIPPIANS 4:6-7

"I know of no better thermometer to your spiritual temperature than this—the measure of the intensity of your prayer. I am not speaking about the quantity of it, for there are some who, for a pretense, make long prayers. I am speaking about the reality of it, the intensity of it."

Chares Spurgeon

HOW NOT TO PRAY

MATTHEW 6:5-8



August 1, 2021

Pastor Eric Holmstrom

THE WHY AND HOW BEHIND PRAYING AND FASTING

"It's a good thing to let prayer be the first business of the morning... Guard yourself carefully against those false, deluding ideas which tell you, 'Wait a little while. I'll pray in an hour. First I must attend to this or that.' Such thoughts get you away from prayer into other affairs, which so hold your attention and involve you that nothing comes of prayer for that day."

Martin Luther

PRAYING AND FASTING 101

"Prayer is simply talking to God. He speaks to us: we listen. We speak to Him: He listens. A two-way process: speaking and listening."

Mother Teresa of Calcutta

"Fasting is deliberate and often prolonged abstinence from something you regularly consume or do"

Eardmans Bible Dictionary

WHY PRAY AND FAST

MATTHEW 6:6, 18

REWARDS FROM PRAYING AND FASTING...

#1 - JOY OF GOD'S PRESENCE

PSALM 16:11

#2 - RECEIVING GOD'S PEACE

PHILIPPIANS 4:6-7

"I know of no better thermometer to your spiritual temperature than this—the measure of the intensity of your prayer. I am not speaking about the quantity of it, for there are some who, for a pretense, make long prayers. I am speaking about the reality of it, the intensity of it."

Chares Spurgeon

HOW NOT TO PRAY

MATTHEW 6:5-8

WHAT WE SEEK IS WHAT WE GET.

HOW TO PRAY

"We need to take Jesus seriously as our Teacher not just our Savior."

John Mark Comer

STEP 1: _____

MATTHEW 6:9; ACTS 7:59-60; 1 CORINTHIANS 6:19-20; ROMANS 8:26-27

JESUS IS ALL THE EVIDENCE AND PROOF WE NEED THAT GOD LOVES US!

STEP 2: _____

MATTHEW 6:10; HEBREWS 12:28

STEP 3: _____

MATTHEW 6:11

STEP 4: _____

MATTHEW 6:12, 14-15

WHEN GOD CONVICTS YOU OF CURRENT SIN,
REPENT AND TURN AWAY FROM THAT SIN.
WHEN SATAN GUILTS YOU ABOUT PAST SIN,
YOU REMIND HIM THAT JESUS ALREADY PAID FOR IT.

STEP 5: _____

MATTHEW 6:13

HOW TO FAST

MATTHEW 6:16-18

FAST WHEN A BIG DECISION MUST BE MADE - ACTS 13:2

FAST AND PRACTICE JUSTICE - ISAIAH 58:6-10

Fill in the blanks: personalize, prioritize, please, pardon, provision

WHAT WE SEEK IS WHAT WE GET.

HOW TO PRAY

"We need to take Jesus seriously as our Teacher not just our Savior."

John Mark Comer

STEP 1: _____

MATTHEW 6:9; ACTS 7:59-60; 1 CORINTHIANS 6:19-20; ROMANS 8:26-27

JESUS IS ALL THE EVIDENCE AND PROOF WE NEED THAT GOD LOVES US!

STEP 2: _____

MATTHEW 6:10; HEBREWS 12:28

STEP 3: _____

MATTHEW 6:11

STEP 4: _____

MATTHEW 6:12, 14-15

WHEN GOD CONVICTS YOU OF CURRENT SIN,
REPENT AND TURN AWAY FROM THAT SIN.
WHEN SATAN GUILTS YOU ABOUT PAST SIN,
YOU REMIND HIM THAT JESUS ALREADY PAID FOR IT.

STEP 5: _____

MATTHEW 6:13

HOW TO FAST

MATTHEW 6:16-18

FAST WHEN A BIG DECISION MUST BE MADE - ACTS 13:2

FAST AND PRACTICE JUSTICE - ISAIAH 58:6-10

Fill in the blanks: personalize, prioritize, please, pardon, provision