



**PURPOSE CHURCH**

**SUNDAYS 8:30am | 10:00am | 11:30am**



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**JANUARY 19, 2025**

# THE REAL JESUS

**What He Said, What He Did, and How We Follow**

# WELCOME TO PURPOSE CHURCH!

## Are you new to Purpose Church?

We are so glad you are here! We want to meet you, answer any questions you might have, and help you get connected. Come to the Connect Center located in the Lobby after the service to meet our friendly team and pick up a free gift!

## NEXT STEPS AT PURPOSE

We believe every person has a *next step* to take. We are here to help you discover and take yours.

Have you decided to follow Jesus?  
Do you want to get baptized?  
Do you need hope, healing and support?  
Are you looking for meaningful community?

Head to: [purposechurch.com/nextsteps](https://purposechurch.com/nextsteps)



# EVERYONE EVERYWHERE FOLLOWING JESUS

## PRAYER

Join us this month for 21 Days of Prayer and Fasting. Head to [purposechurch.com/prayer](https://purposechurch.com/prayer) for more information or to submit a prayer request.

## GIVING

We believe that generous people transform the world! Offering boxes are available in the lobby on Sundays or you can give online. [purposechurch.com/give](https://purposechurch.com/give)

586 N. Main Street, Pomona, CA 91768 | 909.629.5277  
PURPOSECHURCH.COM

# PRAYING AND FASTING LIKE EVERYTHING DEPENDS ON IT

January 19 / Pastor Eric Holmstrom

## \_\_\_\_\_ IS PRAYING AND FASTING?

*“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 a deliberate, prayerful, and often prolonged abstinence from food or something you regularly consume or do in order to draw near to and seek after God.

## \_\_\_\_\_ PRAY AND FAST?

Matthew 6:6, 18

## HOW \_\_\_\_\_ TO PRAY

Matthew 6:5-8

## HOW TO \_\_\_\_\_

### **Step 1: PERSONALIZE**

Matthew 6:9

Acts 7:59-60

Jude 1:20-21

### **Step 2: PRIORITIZE**

Matthew 6:10

Romans 12:2

### **Step 3: PLEASE**

Matthew 6:11

### Step 4: PARDON

Matthew 6:12, 14-15

### Step 5: PROVISION

Matthew 6:13

## HOW TO \_\_\_\_\_

Matthew 6:16-18

Acts 13:2

Isaiah 58:2-8

## Four Types of Fasts

[PurposeChurch.com/prayer](http://PurposeChurch.com/prayer)

### REFLECT | DISCUSS | PRACTICE

- 1. REFLECT:** How did God specifically speak to you through the Bible passages and sermon?
- 2. DISCUSS:** What words would you use to characterize your prayer life and fasting?
- 3. DISCUSS:** Read Matthew 6:9-13. What stands out most to you about Jesus' teaching on how we should pray and how the prayer flows?
- 4. DISCUSS:** How have you experienced God working through prayer in your own life and the lives of others?
- 5. DISCUSS:** Read Isaiah 58. What are the connections you see between fasting, hypocrisy, and justice?
- 6. DISCUSS:** How has God used fasting to draw you near to Him and what is the connection between abstaining and experiencing God?
- 7. PRACTICE:** Read or listen to the Sermon on the Mount (Matthew 5-7) at least three times this week. Then journal, go on a prayer walk, or spend some time in solitude with God and ask Him to show you areas of your life that aren't aligned with His teachings and ask Him to change you, help you find freedom, and follow Him more closely in those areas.

*For more life group, reflection, and discussion content, and to join or start a group, visit: [purposechurch.com/groups](http://purposechurch.com/groups)*

**Fill in the blanks:** WHAT, WHY, NOT, PRAY, FAST

