

## **“Prayer and Fasting 101”**

Your prayer life is your relationship with Jesus so could anything be more important to you right now than strengthening your prayer life? Avoid the tendency to compare your prayer life to anyone else. If you feel that your prayer life is weak or that fasting is something you’ve only heard about that’s o.k. – you’re in the company of many. Remember that God is always looking at your heart motive. He will always meet you just where you are.

**PLAN:** “Early and often”

Psalm 119:147 – “I rise before dawn and cry for help; I have put my hope in your word.”

1 Thes. 5:17 – “Pray continually.”

**REST:** “Avoid the rush.”

Hurry is the death of prayer. You must ruthlessly eliminate hurry from your life. Choose to yoke with Him and really rest.

Matthew 11:28-30 – “Come to me, all of you who are weary and burdened, and I will give you rest. Take my yoke upon and learn from me, for I am gentle and humble in heart and you will find rest for your souls. For my yoke is easy and my burden is light.”

Psalm 46:10 – “Be still, and know that I am God.” (Cease striving. . .NAS)

**Adoration:** “Praise and be raised; complain and remain; fret and be set (for evil)!!

Praise and thanksgiving – DESPITE THE CIRCUMSTANCES!!

Reminds you to be “certain of the certainties” the 3 Omni’s. . . I AM . . . I AM . . . I AM . . . so you best act like He is.

1Thes 5:18 – “. . . give thanks in all circumstances.”

Psalm 22:3 (KJV) – “But thou art holy, O thou that inhabitest the praises of Israel.”

Psalm 37:8 – “. . . do not fret – it leads only to evil.”

**YEILD:** “Yield to the Spirit . . . crucify the flesh. Dead men have the most powerful prayer lives.”

In this continual battle of Spirit vs. flesh, who wins more often determines the effectiveness of your prayers. Can you get clean enough in a moment’s notice to really pray???

Psalm 66:18 – “If I had cherished sin in my heart the Lord would not have listened.”

Galatians 5:24-25 – “Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit.”

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