

## **UNDERSTANDING SPIRITUAL DISCIPLINES**

### **Part One: Prayer & Fasting**

I Timothy 4:1-8

#### **1. Prayer**

Mark 1:35

WHAT HAPPENS WHEN WE PRAY?

a.) We get to personally \_\_\_\_\_ the Lord.

Exodus 33:11

b.) We are \_\_\_\_\_ in His presence.

Psalm 16:11

c.) We gain \_\_\_\_\_ from the Holy Spirit.

Jeremiah 33:3

d.) We receive His \_\_\_\_\_.

Acts 1:8

e.) We \_\_\_\_\_ God.

Matthew 7:7-8

HOW TO PUT PRAYER INTO PRACTICE IN YOUR LIFE:

a.) Private prayer (Matthew 6:6)

b.) Corporate prayer (praying with others)

#### **2. Fasting**

Matthew 6:16-18

HOW TO PUT FASTING INTO PRACTICE IN YOUR LIFE:

a.) Study the bible to learn about the benefits of fasting and prayer

b.) Start with a periodic meal or certain days to fast

c.) If you have some physical conditions, consult with a doctor before fasting