

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.

Psalms 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