A disciplined life of worship, prayer and fasting draws us closer to God. The Lord’s will and His purpose for us is often revealed when we pray and fast. These are activities which open us up to the Holy Spirit. Our prayers build our faith and trust and fortify our hope for the future. Through fasting and prayer God proves His faithfulness to His promises.

Read the introduction to the subject and the scriptures. Consider the primary emphasis and the context in which it is presented. Then, answer the questions.

1) We worship God only. Worship may be understood as an active acknowledgement of God’s nature, attributes, and ways by our praise, thanksgiving and deeds done in His Spirit.

***John 4:23-24, Matthew 4:8-11, Luke 22:19-20, Psalm 95:1-8***

a) Describe worship as it is presented in these verses.

b) How can I go about my daily activities so as to be a pleasure to the Lord?

2) Prayer is personal dialogue with God. It is simultaneously a conversation of intimate friends and a cry of dependence on Him who is greater- to do what we cannot. Pray for persons and situations that need His intervention and help. Pray the scripture: it is a very powerful means of declaring His truth and His will. Spiritual authority comes through the Word; both the Living Word, Jesus, and the written Word, the Bible. As we quietly listen to His Word, we are inviting His Holy Spirit to guide, teach, encourage, comfort, and correct us. To receive this, we must set aside focused time to read and pray as the Holy Spirit prompts us. In this quiet time we can hear His responses.

***Matthew 6:5-15, 1 John 5:13-15, John 16:12-15, Mark 4:21-25***

a) Considering these scriptures, how would I describe my prayers? Are they truly sincere and heartfelt, or are they routine and ritualistic?

b) Do I pray for others and for God’s purposes in them and in the earth?

3) Pray in faith, believing God hears, understands, and will answer.

***Matthew 7:7-11, Mark 9:23-24, 11:22-26***

1. Which of these verses best describes my prayers?
2. What would help me believe more in the power of prayer?
3. List some times when specific prayers were answered in a miraculous way.

4) We ask in Jesus name. His name is powerful. His spiritual authority was given to us by the Holy Spirit residing in us.

***John 14:10-15, 16:23-28,***

1. List the reasons we pray in Jesus name.

5) There is power in praying in agreement with others.

***Matthew 18:18-20***

1. Am I uncomfortable praying out loud with others? If so, why?
2. List some times when praying with others has seemed powerful.

6) We pray for His Kingdom purposes to be accomplished.

***Matthew 6:10, 9:35-38, 1 Timothy 2:1-4***

1. God’s will is revealed in the Bible. Do I give thought to His plans as I study, and pray for them to be accomplished?
2. The other means of determining the Lord’s will is by guidance from the Holy Spirit. When I pray, do I do all the talking? Do I listen for His answers?

7) Many find quiet time with the Lord and in prayer difficult.

***Luke 10:38-42, 18:1-8, 21:33-36, Matthew 26:40-43***

1. I can identify with all these hindrances to praying. How can I overcome them?
2. What must I change to develop a disciplined, regular time for prayer?

8) Jesus endorsed fasting, and spoke about the motives of our heart when doing so.

***Matthew 6:16-18, 9:14-15***

1. Should I fast?
2. For what reasons?
3. What should I give up?
4. How would fasting help me mature in my faith walk?

9) One of the purposes of fasting is to humble ourselves. Fasting is a denial of the natural appetites and desires of our flesh for the spiritual growth and maturity of His Spirit within us.

***Matthew 18:1-4, 23:1-12, James 4:1-10, 1 Peter 5:5-11***

1. In what ways and in what situations can I humble myself?
2. Humbling ourselves is also a protection from and defense against the attacks of the devil. Describe some spiritual experiences that seemed evil to me.

c) What steps will I take to more fully observe these Spiritual Disciplines?