

# Practicing His Presence

A SERMON SERIES ON SPIRITUAL DISCIPLINES



Prayer and Fasting

## Luke 11:1-13

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples."

He said to them, "When you pray, say: 'Father, hallowed be your name, your kingdom come. Give us each day our daily bread.

Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."

Then Jesus said to them, "Suppose you have a friend, and you go to him at midnight and say, 'Friend, lend me three loaves of bread; a friend of mine on a journey has come to me, and I have no food to offer him.' And suppose the one inside answers, 'Don't bother me. The door is already locked, and my children and I are in bed. I can't get up and give you anything.'

I tell you, even though he will not get up and give you the bread because of friendship, yet because of your shameless audacity he will surely get up and give you as much as you need.

"So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.

"Which of you fathers, if your son asks for a fish, will give him a snake instead?

Or if he asks for an egg, will give him a scorpion? If you then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give the Holy Spirit to those who ask him!"

## Practicing His Presence

### Prayer

- Part of living out our relationship with God
- Formal and informal, corporate and personal
- With words and without words
- Speaking and Listening
  
- Worshiping Him (devotion)
- Bringing Him our needs and desires (petition)
- Seeking and praying His will (intercession)

Luke 4:1-2

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

Luke 4:14

Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside.



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### Fasting

- Practice of periodic abstinence
- A way to choose humility
- Allows hidden brokenness to surface
- Increases reliance on the Holy Spirit
- Reduces resistance to the Holy Spirit

'Jesus answered, "It is written: 'Man shall not live on bread alone.'" (Luke 4:4)

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### How is God calling you deeper?

- To set aside specific times for prayer?
- To pray with others?
- To pray alone?
- To remember to talk to Him throughout the day?
- To have times of fasting food or other things?

'Come near to God and he will come near to you.'  
(James 4:8a)

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