

PRAY & FAST

Matthew 6:5 - 18, ESV

David Platt, MBC Pastor-Teacher | January 6, 2019

MATTHEW 6:5 - 15

“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. Do not be like them, for your Father knows what you need before you ask him. Pray then like this: ‘Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation but deliver us from evil. For if you forgive others their trespasses, your heavenly Father will also forgive you, but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.’”

WHY DO WE PRAY?

To express the depth of our need for God.

To explore the mystery of intimacy with God.

To experience the power of being used by God.

HOW DO WE PRAY?

Praise: Worship God for who He is.

Repent: Confess your sin to God and acknowledge your need for Jesus.

Ask: Intercede for specific needs in your life and others' lives.

Yield: Surrender your life to following Jesus wherever and however He leads you.

MATTHEW 6:516 - 18

“And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.”

WHY DO WE FAST?

To express our delight in God's goodness.

- More than we enjoy food, we enjoy God.

To confess our need for God's grace.

- More than we need a meal, we need His mercy.

To seek and submit to God's will.

- More than we want our hunger to cease, we want His kingdom to come.

To anticipate the return of God's Son.

- More than our stomachs long to be full, our souls long to see Christ.



HOW DO WE FAST?

Focus on God.

Abstain from food.

Substitute the time with prayer and study.

Taste and see that God is good.

