



# ***LAUNCHING YOUR FAITH*** **FAITH ALIVE IN THE 21<sup>ST</sup> CENTURY**

## **LESSON 8** **PRAYER, FASTING & WORSHIP**

**July 9, 2017**



***You don't have to work your way into His presence. Through the shed blood of Jesus, we already dwell in His presence.***



**Why do we experience prayer,  
fasting, and worship?**

***TO BE MORE SENSITIVE  
TO HIS VOICE.***

**Man is spirit, soul,  
and body...**

**Man is spirit, soul,  
and body.**

***The SPIRIT-LED MAN rules  
over the flesh by the Holy  
Spirit's keeping power.***



# I. PRAYER

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**Communion with God  
through *any form of  
effective communication***

## **John 15:5 NKJV**

**<sup>5</sup> I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing**



## **Mark 1:35 (NLT)**

**35 Before daybreak the next morning, Jesus got up and went out to an isolated place to pray**

# HOW TO PRAY

## (1) Every Day—Quiet Time

### Matthew 6:6 (NKJV)

<sup>6</sup> ... when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

# HOW TO PRAY

## (2) TO THE FATHER IN JESUS' NAME

### John 14:13-14 (NKJV)

<sup>13</sup> whatever you ask in My name...I will do, that the Father may be glorified in the Son. <sup>14</sup> If you ask anything in My name, I will do it.

# HOW TO PRAY

## (3) PRAY FOR PERSONAL STRENGTH

1 Cor 14:4a: He who speaks in a tongue edifies himself

Romans 8:26-27 (NKJV): <sup>26</sup> *Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes intercession for us with groanings which cannot be uttered. ...He makes intercession for the saints according to the will of God.*

# HOW TO PRAY

## (4) IN CONFIDENCE (FAITH), BELIEVING HE HEARS YOU

***1 John 5:14-15 (NKJV)<sup>14</sup> ...this is the confidence that we have in Him, ...if we ask anything according to His will, He hears us. <sup>15</sup> And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.***

# HOW TO PRAY

Mark 11:24 (NLT) <sup>24</sup> *I tell you, you can pray for anything, and if you believe that you've received it, it will be yours.*

# HOW TO PRAY

(5) WITH A RIGHT HEART, CLEAN FROM SIN.

**1 Peter 3:12a *For the eyes of the Lord are on the righteous, and His ears are open to their prayers.***

**Mark 11:25 (NLT) <sup>25</sup> ...when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too.”**



**1 Peter 3:7 (NKJV) <sup>7</sup> *Husbands, likewise, dwell with them with understanding, giving honor to the wife, as to the weaker vessel, and as being heirs together of the grace of life, that your prayers may not be hindered.***

# HOW TO PRAY

## (6) PRAY PERSISTENTLY

Luke 11:9-10 (Amp) <sup>9</sup> *“So I say to you, ask and keep on asking, and it will be given to you; seek and keep on seeking, and you will find; knock and keep on knocking, and the door will be opened to you. <sup>10</sup> For everyone who [a]keeps on asking [persistently], receives; and he who keeps on seeking [persistently], finds; and to him who keeps on knocking [persistently], the door will be opened.*

# HOW TO PRAY

## (7) WITH OTHER BELIEVERS

***Matthew 18:19-20 (NKJV) <sup>19</sup> Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven. <sup>20</sup> For where two or three are gathered together in My name, I am there amid them."***



## II. FASTING

# 1) THREE KINDS OF FASTS

*(1) THE NORMAL FAST*

*(2) THE PARTIAL FAST*

*(3) THE TOTAL FAST*

# WHY FAST?

## (1) To Better Hear His Voice and Direction

***Acts 13:2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them."***

# WHY FAST?

**(2) To pray more effectively and receive His answers**

**Ezra 8:23 So we fasted and entreated our God for this, and He answered our prayer.**

# WHY FAST?

**(3) To cleanse and chasten the soul in repentance**

**Psalm 35:13b I humbled myself with fasting.**

**Psalm 69:10 When I wept and chastened my soul with fasting**



# WHY FAST?

## (4) Strong Prayer for others

Isaiah 58:6 Is this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke?

Mat 17:21 *This kind does not go out except by prayer and fasting.*



## III. WORSHIP

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**From WORTH-SHIP.**

## **John 4:23-24 (NKJV)**

**23 But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth; for the Father is seeking such to worship Him.**

**24 God is Spirit, and those who worship Him must worship in spirit and truth."**

## Psalm 29:2 (NKJV)

**<sup>2</sup> Give unto the LORD the glory due to His name; Worship the LORD in the beauty of holiness.**

# **1) Worship is an eternal truth—both OT and NT**

**1 Chron 16:1, 4 (NKJV)**

**1 So they brought the ark of God, and set it in the midst of the tabernacle that David had erected for it. Then they offered burnt offerings and peace offerings before God...<sup>4</sup> And he appointed some of the Levites to minister before the ark of the LORD, to commemorate, to thank, and to praise the LORD God of Israel**

***David set up a new  
Tabernacle, in a new location,  
with a new priesthood, to  
minister with new boldness,  
and to bring a new song!***

**Psalm 69:30-31 (NKJV) <sup>30</sup> I will praise the name of God with a song, And will magnify Him with thanksgiving.**

**<sup>31</sup> *This* also shall please the LORD better than an ox *or* bull...**

**Psalm 78:60, 68 (NKJV) <sup>60</sup> So that He forsook the tabernacle of Shiloh, the tent He had placed among men...<sup>68</sup> But chose the tribe of Judah, Mount Zion which He loved. [the site of the Tabernacle of David].**



## Restoration of the Tabernacle of David

Acts 15:16-17 (NKJV) <sup>16</sup> *'After this I will return and will rebuild the tabernacle of David, which has fallen down; I will rebuild its ruins, And I will set it up; <sup>17</sup> So that the rest of mankind may seek the LORD, Even all the Gentiles who are called by My name, Says the LORD who does all these things.'*

## **2. Worshipping and Loving God involves ALL OF YOU.**

***Mark 12:29-30 (NKJV) <sup>29</sup> Jesus answered him, "The first of all the commandments is: 'Hear, O Israel, the LORD our God, the LORD is one. <sup>30</sup> And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment.***

**In worship, we are to be  
*happy, loud, and physical***

# **3) BIBLICAL EXPRESSIONS IN WORSHIP**

**(1) Vocal: singing, audibly praising, shouting**

**Psalm 66:1-2, Psalm 71:23a,  
Revelation 19:6**

**(2) Lifting and clapping hands**

**Psalm 134:2, Psalm 47:1a,  
1 Timothy 2:8**

### **(3) Musical Instruments**

**Psalm 150:3-5, Revelation 14:2**

**(4) Physical Expressions: stand, bow down, kneel, falling down before the Lord, dance, sing, rejoice**

**Psalm 134:1, Psalm 95:6, Phil. 2:10, Luke 17:15-16, Psalm 149:3, Luke 10:21**

**(5)Offering Tithes—(Extravagant)  
Giving as an act of Worship**

**Deut. 12:5-6, Luke 21:1-4,  
Matthew 26:6-13**

## **4. THE BENEFITS OF WORSHIP**

### **(1) Sensitivity to God's voice and fresh insight into the Scripture**

**Acts 13:2, Col 3:16**

## **(2) Personal strength, spiritual victory, and deliverance**

**Psalm 8:2, Matthew 21:16b, 2 Chron 20:22,  
Acts 16:25-26**



# **(3) Gifts of the Spirit are released in Worship**

**Ephesians 5:19,**

**2 Kings 3:15-16 NKJV<sup>15</sup> But now bring me a musician." Then it happened, when the musician played, that the hand of the LORD came upon him. <sup>16</sup> And he said, "Thus says the LORD: 'Make this valley full of ditches.'**

**MSG: ...bring me a minstrel." (When a minstrel played, the power of GOD came on Elisha.) <sup>16</sup> He then said, "GOD's word: Dig ditches all over this valley."**



**How do you have FAITH ALIVE IN THE**  
**21<sup>st</sup> CENTURY?**

***Be expressive for the Lord  
you love, in  
Prayer, Fasting, and Worship***