

1

Luke 11:1-4 (CSB)
¹ He was praying in a certain place, and when he finished, one of his disciples said to him, "Lord, teach us to pray, just as John also taught his disciples."
² He said to them, "Whenever you pray, say, Father, your name be honored as holy. Your kingdom come."

2

Luke 11:1-4 (CSB)
³ Give us each day our daily bread.
⁴ And forgive us our sins for we ourselves also forgive everyone in debt to us. And do not bring us into temptation."

3



4



5

John 6:27 (CSB)
"Don't work for the food that perishes,
but for **the food that lasts** for eternal
life, which the Son of Man will give you,
because God the Father has set His
seal of approval on Him."

6

1) Prayer is an act of obedience to God.

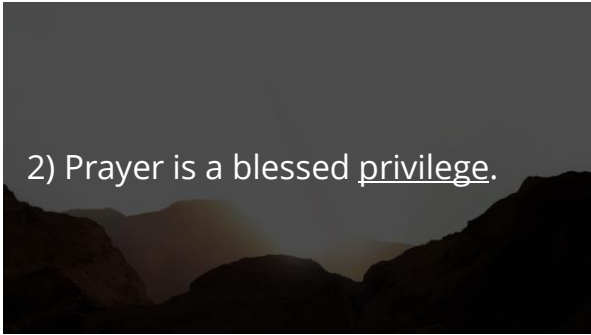
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Colossians 4:2 (CSB)
Devote yourselves to prayer; stay alert in it with thanksgiving.

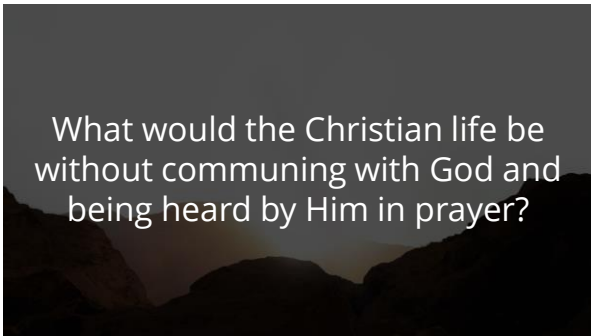
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“The things you pray about are the things you trust God to handle. The things you neglect to pray about are the things you trust you can handle on your own.”
~ HB Charles Jr.

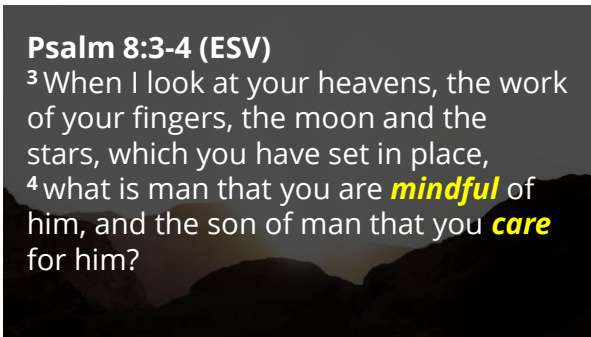
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John 1:12 (CSB)

But to all who did receive Him, He gave them the right to be *children of God*, to those who believe in His name.

13

"Prayer is when I climb up in my Father's lap, and whisper my needs into His ears."

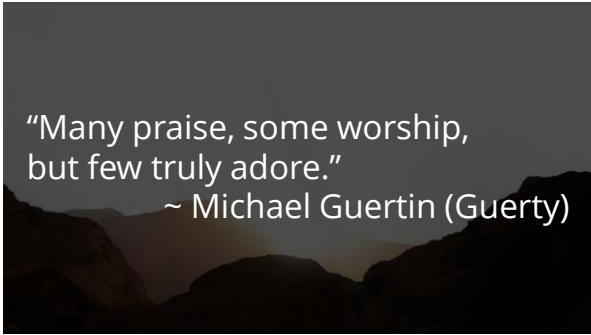
~ John Calvin

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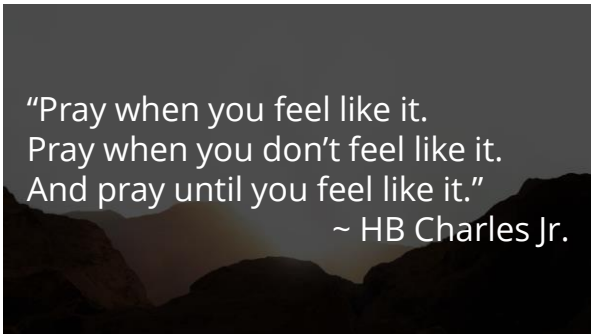
Matthew 6:9 (CSB)

"Our Father *in heaven*, your name be honored as *Holy*."

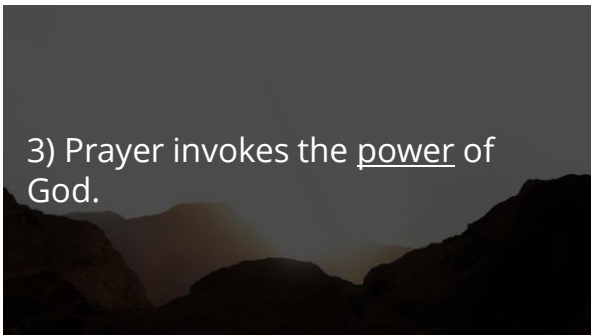
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James 5:16 (ESV)

The prayer of a righteous person has great power as it is working.

19



20

"I fear John Knox's prayers more than an army of 10,000 men."
~ Queen Mary of Scotland

21

Exodus 2:23-25 (CSB)

²³ "After a long time, the king of Egypt died. The Israelites groaned because of their difficult labor; and **they cried out**; and their cry for help because of the difficult labor ascended to God.

22

Exodus 2:23-25 (CSB)

²⁴ And **God heard** their groaning; and **God remembered** His covenant with Abraham, with Isaac, and with Jacob; ²⁵ and **God saw** the Israelites; and **God knew.**"

23

The biggest problem in our lives is not unanswered prayer, its unoffered prayer.

24

“What a child of God is when they’re on their knees in prayer, that they are and nothing more.”
~ Robert Murray M’Cheyne

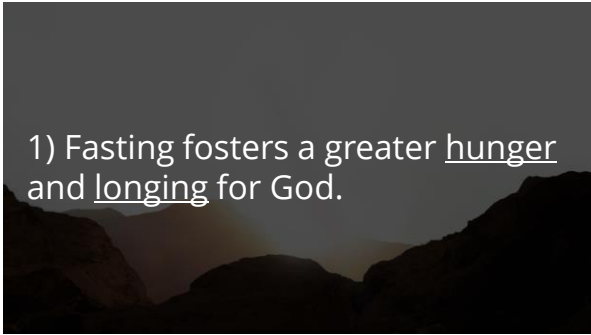
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Biblical fasting is the laying aside of worldly comforts (most often, food), so that one can more intentionally focus on God through prayer and meditation.

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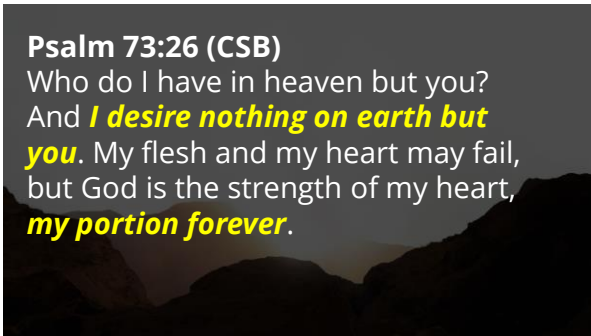
Matthew 6:16 (CSB)
“Whenever you fast, *don't be gloomy* like the hypocrites. For they disfigure their faces so that their fasting is obvious to people. Truly I tell you, they have their reward.”

27



1) Fasting fosters a greater hunger and longing for God.

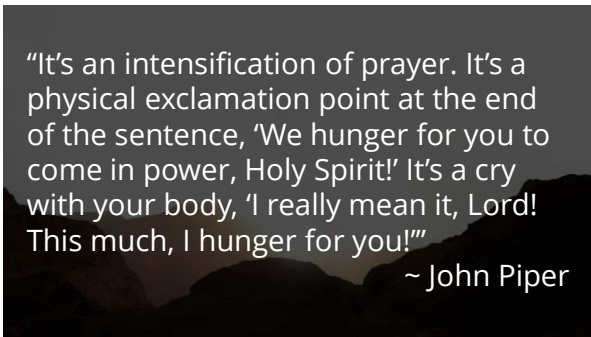
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Psalm 73:26 (CSB)

Who do I have in heaven but you?
And ***I desire nothing on earth but you.*** My flesh and my heart may fail,
but God is the strength of my heart,
my portion forever.

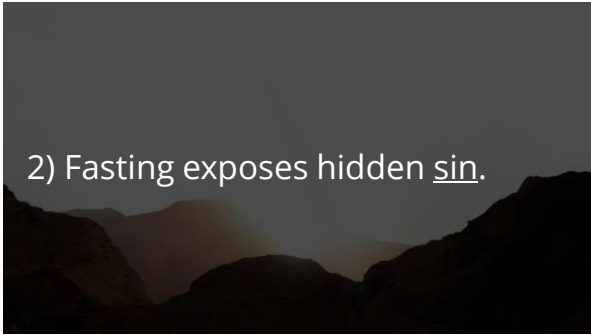
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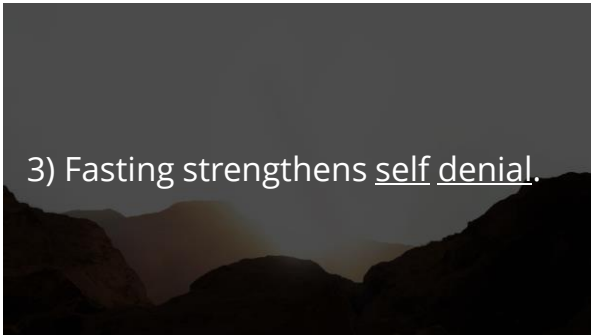
"It's an intensification of prayer. It's a physical exclamation point at the end of the sentence, 'We hunger for you to come in power, Holy Spirit!' It's a cry with your body, 'I really mean it, Lord! This much, I hunger for you!'"

~ John Piper

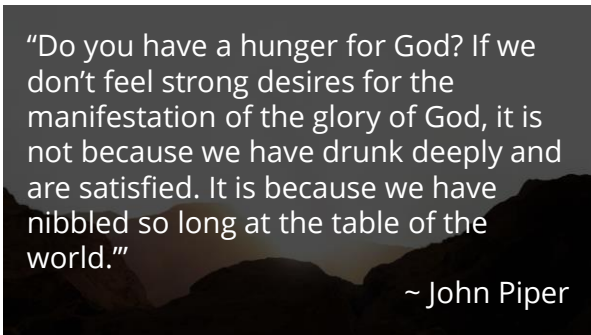
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33

John 6:35 (CSB)

"I am the bread of life", Jesus told them, 'No one who comes to me will ever be hungry. And no one who believes in me will ever be thirsty again.'"

34

1 Corinthians 11:23-24 (CSB)

²³ "On the night when He was betrayed, the Lord Jesus took bread, ²⁴ and when He had given thanks, broke it, and said: 'This is my body, which is for you. Do this in remembrance of me.'

35

John 6:47-51 (CSB)

⁴⁷ "Truly I tell you, anyone who believes has eternal life. ⁴⁸ I am the bread of life. ⁴⁹ Your ancestors ate manna in the wilderness, and they died.

36

John 6:47-51 (CSB)

⁵⁰ This is the bread that comes down from heaven so that anyone may eat of it and not die.

37

John 6:47-51 (CSB)

⁵¹ I am the living bread that came down from Heaven. If anyone eats of this bread he will live forever. The bread that I will give for the life of the world is my flesh."

38

1 Corinthians 11:25 (CSB)

"This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me."

39

John 6:54-55 (CSB)

⁵⁴ "The one who eats of my flesh and drinks of my blood has eternal life, and I will raise him up on the last day,
⁵⁵ because my flesh is true food and my blood is true drink."
