



## MLU Spiritual Disciplines – Week 2

### Homework/Practice for the Week

#### **Daily Rhythm:**

- Continue two minutes of silence with God.
- Add one intentional prayer of intercession each day.
- Schedule one short fast this week.

#### **Reflection Prompts:**

- What kinds of responses did you have to the Discipline of Prayer?
- What aspects of prayer felt most vital or most challenging?
- If you fasted, what changes did you notice in your habits or awareness?
- How might you center your fasting more fully on God?
- What insights or experiences stood out from combining prayer and fasting?



## Practice Steps for Introducing a Fast:

1. **Start Small** - Begin with one skipped meal or a delayed meal. The goal is intentionality, not intensity.
2. **Set Your Purpose** - Decide why you're fasting (guidance, intercession, dependence, revealing habits). Write it down before you begin.
3. **Choose a Quiet Window** - Pick a time when you can slow down and be attentive to God, not a rushed or chaotic part of your day.
4. **Drink Water Normally** - Fasting means abstaining from food, not liquids.
5. **Let Hunger Become a Cue** - When hunger comes, turn it into prayer: "Lord, I depend on You more than food."
6. **Replace Eating Time with Prayer** - Use the time you'd normally spend eating to pray, read Scripture, or sit in silence.
7. **Notice What Surfaces** - Fasting reveals what controls us — impatience, anxiety, distraction, comfort-seeking. Bring these to God.
8. **Break the Fast Gently** - End with something simple and light. Let the fast close with gratitude, not indulgence.
9. **Reflect Afterwards** - Ask: What did this fast reveal? How did God meet me? What might I try next time?



## MLU: Spiritual Disciplines

### Week 2 Summary Sheet

#### *Prayer & Fasting: Communion and Dependence*

#### **The Discipline of Prayer**

##### The Heart of Prayer:

- *“Prayer catapults us onto the frontier of the spiritual life.”*
- Prayer is the central avenue God uses to transform us.
- The closer we come to God’s heartbeat, the more we desire to be conformed to Christ.

##### Learning to Pray:

- Prayer is learned the disciples asked, “Lord, teach us to pray.”
- *“Listening to the Lord is the first thing, the second thing, and the third thing necessary for successful intercession.”*
- Prayer begins with listening, not speaking.

##### The Nature of Intercession:

- Intercession means joining God’s concern for others.
- *“In prayer, real prayer, we begin to think God’s thoughts after Him.”*
- *“The reason God answers prayer is because His children ask.”*
- Compassion and imagination open the door to faith.

##### The Work of Prayer:

- *“To pray is to change.”*
- Prayer and action become wedded; prayer shapes how we live.
- We fight spiritual battles through prayer.
- Abiding in Christ shapes what we ask (John 15:7).



## The Discipline of Fasting

### The Purpose of Fasting:

- *“Fasting must forever center on God.”*
- *“If fasting is not unto God, we have failed.”*
- *“More than any other discipline, fasting reveals the things that control us.”*
- Fasting humbles the soul (Psalm 69:10).

### The Practice of Fasting:

- Begin with short fasts (one or two meals).
- Abstain from food, not water.
- Use hunger as a reminder to pray.
- Avoid extremes fasting is not selfpunishment.
- *“As with all the Disciplines, we should learn to walk before we try to run.”*
- *“Fasting is feasting we are sustained by every word that proceeds from the mouth of God.”*

### Prayer + Fasting:

- Fasting deepens prayer; prayer directs fasting.
- Together they cultivate humility, dependence, and joy.