

# Kingdom Foundations - Pt 3

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## I. Recap

A. There are seven foundations of the Kingdom that we can identify from Matthew 6. They are: **Serving, Giving, Praying, Fasting, Forgiving, Living Simply, and Trusting God.**

B. The key to these seven foundations is that we live them intentionally, consistently, and secretly according to the ethos the Jesus gives us

C. The Kingdom ethos that Jesus set is that we would do each of these without regard to man's approval or praise. We should live this way for the pleasure of God and expect that the Father will reward for our faithfulness.

D. It's noteworthy that for Jesus' initial hearers he wasn't trying to get them to start doing these things, rather He was trying to get them to do them with the Kingdom ethos, instead of for the praise of men.

E. Last week we talked about serving and giving. This week we will cover more ground and look at Praying & Fasting.

*And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. 6 But you, 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. 7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. 8 Therefore do not be like them. For your Father knows the things you have need of before you ask Him. 9 In this manner, therefore, pray: Our*

*Father in heaven, Hallowed be Your name. 10 Your kingdom come. Your will be done On earth as it is in heaven. 11 Give us this day our daily bread. 12 And forgive us our debts, as we forgive our debtors. 13 And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen. 14 For if you forgive men their trespasses, your heavenly Father will also forgive you. 15 But if you do not forgive men their trespasses, neither will your Father forgive your trespasses. 16 Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

*—Matthew 6:5-18*

## **II. Key Admonitions**

A. Don't pray to appear religious to others. Instead pray to your Father, who is in the secret place and your Father will reward you openly. Jesus is not forbidding public prayer; He's forbidding a heart that prays to earn human accolades.

B. Don't pray like it's a formula. The Gentiles have prayer traditions where they will repeat the same phrases believing that if they say the phrases enough, they will be heard. Instead know that your Father is intimately acquainted with your needs and wants to meet them.

### **I. The Lord's Prayer**

A. The Lord's prayer wasn't ever supposed to be a prayer that was memorized and repeated verbatim. Instead, it is a format for prayer, a manner of prayer, that was supposed to form a simple outline that we can use when we pray.

B. The Lord's prayer provides a foundation for all other prayer

C. The Lord's Prayer starts with five things we are to behold about God and ends with four requests we are to make of God.

## **II. The Lord's Prayer Simple Outline**

A. Our Father (*who He is*)

B. Who is in heaven (*where He is*)

C. Hallowed be your name (*what He's like*)

D. Your kingdom come (*His reign be established*)

E. You will be done (*His will be accomplished*)

F. Give us our daily bread (*Provide for us*)

G. Forgive us our trespasses (*Forgive us*)

H. Don't lead us into temptation (*Lead us*)

I. Deliver us from evil (*Deliver us*)

## **III. Fasting**

A. We see the same admonition regarding fasting as with praying. We are not to use this foundation of the Kingdom as a religious badge, but rather as a means to minister to God, drawing near to Him in secret, and He will reward us openly.

B. As with prayer, note, that Jesus words are "when you fast" not "if you fast". Fasting and prayer are to be a normative, intentional, continuous part of your life as a believer in Jesus.

## **IV. Two Keys to Being Intentional**

A. Schedule Prayer & Fasting – You need a time and a place. Make it an appointment on your schedule. For fasting choose a consistent day weekly or monthly. Sign up for a time in the prayer room.

B. Have a plan – know ahead of time how you will spend your time in prayer or in the prayer room. Worship, Prayer, Reading, Studying, Meditating, Journaling.

