

Forward in Spiritual Disciplines

Theme Verse

Proverbs 4:25

Let my eyes look directly forward and my gaze straight before you.”

3 Spiritual Disciplines to help you develop a deeper relationship with Christ.

- **Fasting**
- **Praying**
- **Reading God’s Word**

What is fasting and why do we do it?

Fasting (food) is denying yourself go to comfort food like morning coffee or afternoon snacks for the purpose of seeking God.

- **Intimacy with God**
- **Helps us declutter our spiritual life**
- **Helps us see more clearly into the spiritual realm**

Luke 4:1-2

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

³ The devil said to him, “If you are the Son of God, tell this stone to become bread.”

⁴ Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

⁵ The devil led him up to a high place and showed him in an instant all the kingdoms of the world. ⁶ And he said to him, “I will give you all their authority and splendor; it has been given to me, and I can give it to anyone I want to. ⁷ If you worship me, it will all be yours.”

⁸ Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

⁹ The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here. ¹⁰ For it is written:

“He will command his angels concerning you
to guard you carefully;

¹¹ they will lift you up in their hands,
so that you will not strike your foot against a stone.”

¹² Jesus answered, "It is said: 'Do not put the Lord your God to the test.'"

¹³ When the devil had finished all this tempting, he left him until an opportune time.

¹⁴ Jesus returned to Galilee in the power of the Spirit, and news about him spread through the whole countryside. ¹⁵ He was teaching in their synagogues, and everyone praised him.

Why we Pray?

- Prayer is our daily avenue for communicating with God.
 - Communicating means I talk but then I listen.
- It's about establishing a relationship with Him built on faith and trust in him.

Jesus gives us an example of Prayer that is unbelievable He was continually in a prayer mode

1. He is shown to pray: alone ([Mt 14:23](#))([Mk 1:35](#))([Lk 9:18](#))([Lk 22:39-41](#)),
2. In public ([Jn 11:41-42](#))([Jn 12:27-30](#)),
3. Before meals ([Mt 26:26](#))([Mk 8:6](#))([Lk 24:30](#))([Jn 6:11](#)),
4. Before important decisions ([Lk 6:12-13](#)),
5. Before healing ([Mk 7:34-35](#)),
6. After healing ([Lk 5:16](#)),
7. To do the Father's will ([Mt 26:36-44](#)),
8. He also taught on the importance of prayer ([Mt 21:22](#))([Mk 11:24-26](#))([Mt 7:7-11](#))([Lk 11:9-13](#))([Jn 14:13-14](#))([Jn 15:7,16](#))([Jn 16:23-24](#))([Mt 5:44](#))([Lk 6:27-28](#))([Mt 6:5-15](#)).
9. Taught the Lord's Prayer ([Lk 11:2-4](#))([Mt 18:19-20](#)).

Jesus Praying throughout the Gospels

([Lk 3:21-22](#)) At His Baptism.

([Mk 1:35-36](#)) In the morning before heading to Galilee.

([Lk 5:16](#)) After healing people.

([Lk 6:12-13](#)) Praying all night before choosing His 12 disciples.

([Mt 11:25-26](#)) While speaking to the Jewish leaders.

([Jn 6:11](#)) Giving thanks to the Father before feeding 5000.

([Mt 14:23](#)) Before walking on water.

([Mk 7:31-37](#)) While healing a deaf and mute man.

([Mt 15:36](#)) Giving thanks to the Father before feeding 4000.

([Lk 9:18](#)) Before Peter called Jesus "the Christ."

(Lk 9:28-29) At the Transfiguration.

(Lk 10:21) At the return of the seventy.

(Lk 11:1) Before teaching His disciples the Lord's Prayer.

(Jn 11:41-42) Before raising Lazarus from the dead.

(Mt 19:13-15) Laying hands on and praying for little children.

(Jn 12:27-28) Asking the Father to glorify His name.

(Mt 26:26) At the Lord's Supper.

(Lk 22:31-32) Prayed for Peter's faith when Satan asked to "sift" him.

(Jn 17:1-26) Prayed for Himself, His disciples, and all believers just before heading to Gethsemane.

(Mt 26:36-46) In Gethsemane before His betrayal. (He prayed 3 separate prayers.)

(Lk 23:34) Right after being nailed to the cross, Jesus prayed, "Father forgive them; for they know not what they do."

(Mt 27:46) While dying on the cross, Jesus cried out, "My God, My God, why hast thou forsaken me?"

(Lk 23:46) In His dying breath, Jesus prayed, "Father, into thy hands I commend my spirit."

(Lk 24:30) Prayed a blessing on the bread before He ate with others after His resurrection.

(Lk 24:50-53) He blessed the disciples before His Ascension.

Charles Spurgeon said

"Nobody ever outgrows Scripture; the book widens and deepens with our years."

Psalm 119:9-10

"How can a young person stay on the path of purity? By living according to your word. 10 I seek you with all my heart; do not let me stray from your commands."

Isaiah 55:10-11

"For as the rain and the snow come down from heaven and do not return there but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and shall succeed in the thing for which I sent it."

Romans 10:17 (NLT)

¹⁷ So faith comes from hearing, that is, hearing the Good News about Christ.

Hebrews 4:12

¹² For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires.

Things to remember

1. Fasting helps us with our intimacy with God
2. Prayer is relational with God I talk and then he talks back
3. Reading God's Word (Bible) helps me to know what God thinks and says