
WHO IS JESUS

February 22, 2026

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” (Matthew 6:16-18)

‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high...” (Isaiah 58:3-4)

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, “Lord, teach us to pray, just as John taught his disciples.” He said to them, “When you pray, say...” (Luke 11:1-2)

Powerful prayer is intentional.

This, then, is how you should pray: “Our Father in heaven, hallowed be your name...” (Matthew 6:9)

Start with worship.

“your kingdom come, your will be done, on earth as it is in heaven...” (Matthew 6:10)

Fully surrender.

Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.” (Matthew 26:39)

“Give us today our daily bread...” (Matthew 6:11)

Depend on Him.

“And forgive us our debts, as we also have forgiven our debtors...” (Matthew 6:12)

Forgive!

Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them. “And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses. But if you do not forgive, neither will your Father in heaven forgive your trespasses.” (Mark 11:24-26 NKJV)

“And lead us not into temptation, but deliver us from the evil one...” (Matthew 6:13)

Walk away from evil.

When tempted, no one should say, “God is tempting me.” For God cannot be tempted by evil, nor does he tempt anyone; but each person is tempted when they are dragged away by their own evil desire and enticed. (James 1:13-14)

For if you forgive other people when they sin against you, your heavenly Father will also forgive you. But if you do not forgive others their sins, your Father will not forgive your sins. (Matthew 6:14-15)

Unforgiveness is very powerful.

