

INTRO: The Reformation. A new approach to prayer and fasting. Where before, it was all rote ritual and memory. Prayer was not conversation based on faith, and fasting was a strict legalistic adherence to the ways of the church, with risk of punishment and fear if not followed.

I. PRAYER

- A. **The Lord's Prayer in the context of the sermon on the mount.** (Forgiveness, Law, Anger, Lust, Marriage, Revenge, Generosity, etc.)
- B. **We can't do any of these things without prayer.** They all lead to prayer, the conviction of them, the requirement of them, the desire for them, for God's glory in Christ.
- C. **"When you pray..."** It's assumed. Everyone prays. Even atheists. :-) Don't let it be just ritual adherence, or meaningless babble, or lofty attention, or man's praise, etc.

MARTIN LUTHER: Mast Peter. His Barber. :-) Anyone can pray. May you pray better than !!

Example: Laudete, "What are we gonna have for lunch?" **Singing Hymns/Songs.**

APPLICATION: *The Lord's Prayer: Not word-for-word, but like this...Pay attention.*

1. **Our Father in Heaven** - Poor unworthy sinner, coming before your love and welcome.
2. **Hallowed Be Your Name** - False Teaching. Blaspheme. Heresy. False Teaching. Persecution. Conversion. Expansion of Name. Restrain evil.
3. **Kingdom Come** - Worldly Wisdom, Lies, Wealth, Power, Glory, Ruling World, Self-preservation, self-promotion, self-glory, flourishing, conversion, adoption, serve King. Present and eternal kingdom. Power and might of false kingdoms.
4. **Will be Done** - Earth/Heaven. Busyness of tricks, schemes, evil intentions, to destroy God, His Name, against his will and desires. Conversion and change of heart. New repentance and obedience to His will. Upset and thwart plans of evil doers.
5. **Daily Bread** - Grant us temporary blessings. Earthly needs. Against war. Cities/World leaders. Provision for people. Helping the poor. Those who farm and provide food. Government and assistance programs. Grace for leaders/representatives. Good weather. Harvest. Food and Famine. Education. Health. Generosity.
6. **Trespasses** - Don't judge us, we're not justified in ourselves. We sin every day. More than we can know. We are wicked, not good. Look at us only through Jesus. Forgive those who have sinned against us, as we sin against them. May they be forgiven with us. Grant them conversion. Ask for grace to forgive.
7. **Temptation** - Keep us fit and alert in Your Word and service, so we don't become complacent, lazy, slothful, as if we have already arrived, or defeated our greatest sins. As though we are not susceptible to fall every day into the worst sins we've ever committed or even farther. The seed of every evil, is still planted deep in our hearts. We are weak and vulnerable. Help us not deny or downplay current temptations & sins. Repentance, humility, peace, patience, faith, strength, trust, etc.
8. **Deliver us from Evil** - this life is so full of misery, death, calamity, malice, anger, hatred, help us to pass through this wicked and broken world, setting our eyes on our hope ahead.
9. **Amen** - Always speak the Amen firmly. With confidence. In unity with all other believers. "God has heard my prayer" with certainty and confidence. What Amen means.

APP: WHAT ABOUT PRAYING OUT LOUD? What's the point of prayer? Self or others/God?

II. FASTING

- A. **Fasting is not primarily a dietary thing.** Though it can be good for you. :-) **Trendy.**
- B. **"When you fast..."** Again assumed. It was regular practice. And to be expected. Sometimes out of necessity. Sometimes prescribed. Sometimes situational.
- C. **Not hypocritical or superstitious. Not legalistically. Look normal. No attention.**
- D. **Only God Needs to know.** The intention is humility and faith and need.

ILLUSTRATION: Zwingli and Sausage. March 9, 1522. *"Regarding the Choice and Freedom of Foods."* Lent. His printer was arrested. 2 weeks later - **SAUSAGES! Cook out! Donuts.**

CONCLUSION: Rewards? They've have received their reward. The best it gets for them. But for us, our reward is in heaven, so we are free from performance/approval here on earth. **The answer to our Prayers is also our Reward. Here & in Heaven.**