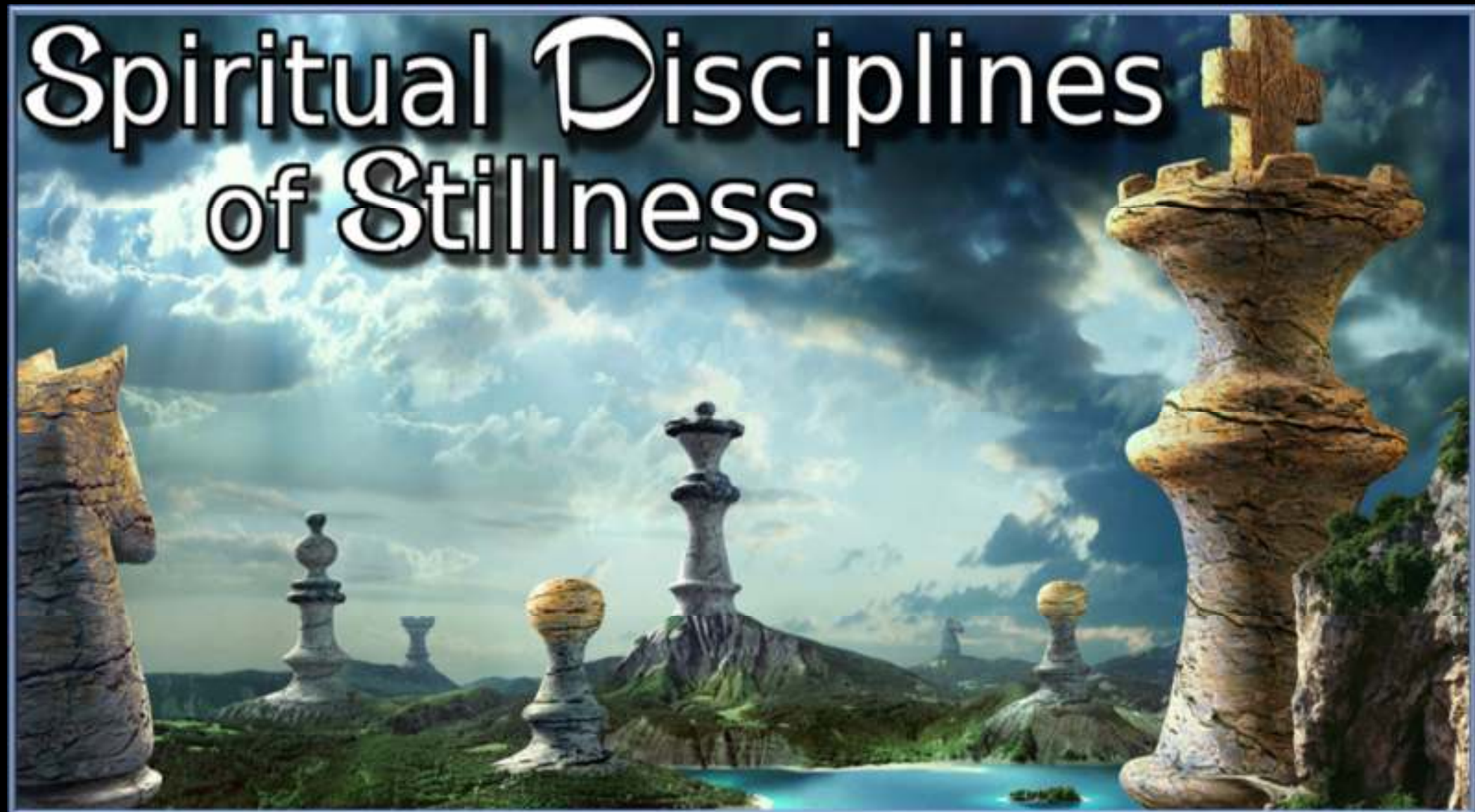




Spiritual Disciplines of Stillness



Lacking Discipline Leaves Us in Trouble

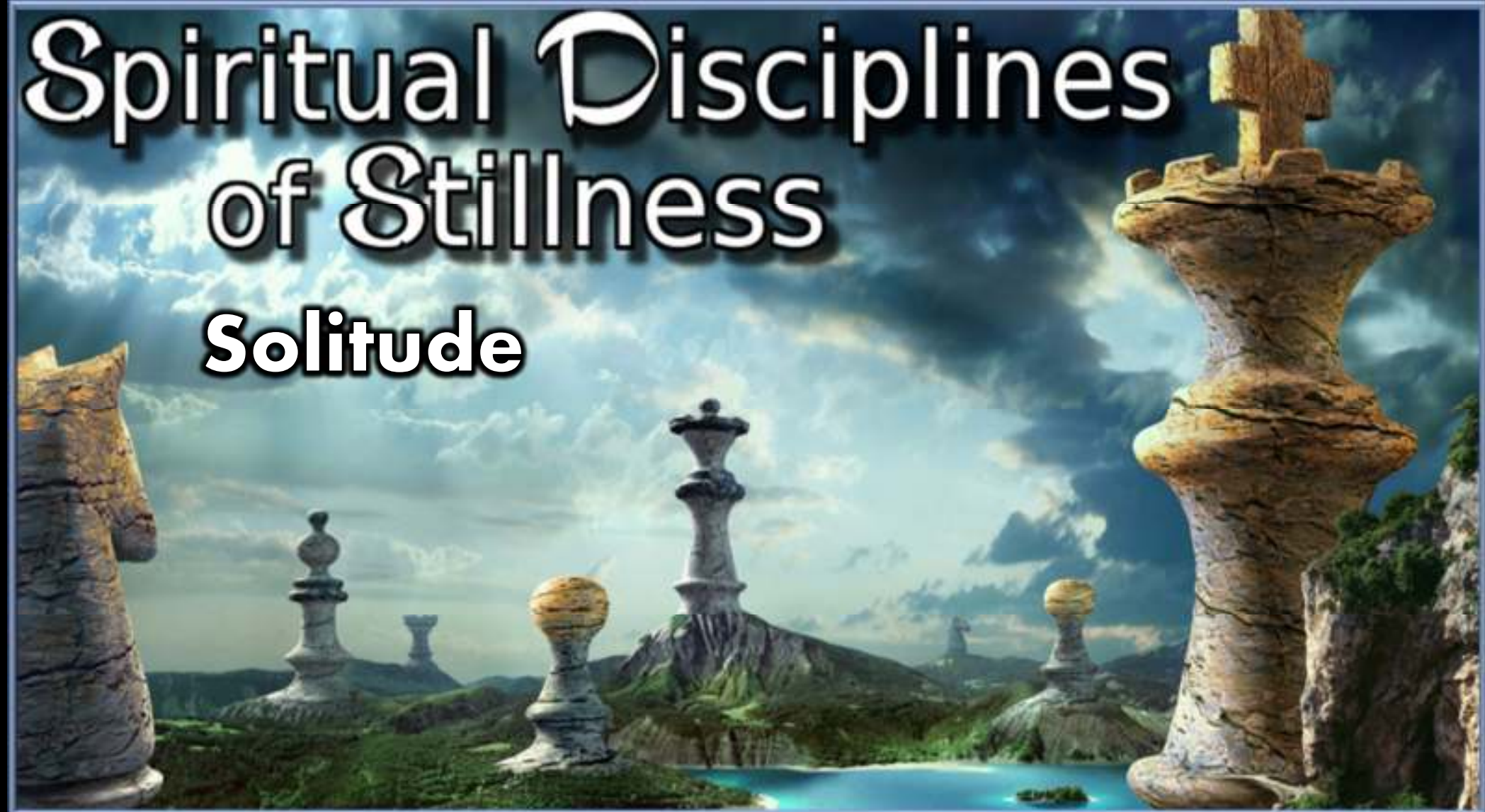
“But solid food is for the **mature**, who because of **practice** have their senses **trained** to **discern** good and evil.”

Hebrews 5:14



Spiritual Disciplines of Stillness

Solitude



Spiritual Disciplines of Stillness

Solitude

Rest



Spiritual Disciplines of Stillness

Solitude

Fast & Pray

Rest



Often in scripture we do indeed see the idea of prayer without the idea of fasting



Often in scripture we do indeed see the idea of prayer without the idea of fasting

However, never do you see the idea of fasting without prayer being in proximity



The Goal of Fasting & Prayer

Influence God



The Goal of Fasting & Prayer

Influence God

Understand God



The Goal of Fasting & Prayer

Influence God

Understand God

**Express our feelings
toward God**



The Goal of Fasting & Prayer

Influence God

Understand God

**Express our feelings
toward God**

**Thus. this is not a lesson on
how to just pray but how to have
a mature prayer life**



It's the idea that what you are seeking from God is so important, it's even more important that you most basic human needs



**Many think fasting and
praying is about the
discipline of overcoming
hunger**



**Many think fasting and
praying is about the
discipline of overcoming
hunger**

**It's about
overcoming self**



The How To of Fasting and Praying

Commit Humble



IF my people, who are called by my name, will **humble** themselves and **pray** and **seek my face** and **turn from their wicked ways**, then I will hear from heaven, and I will forgive their sin and will heal their land.

2 Chronicles 7:14



Be Still
and know that I am God



When should I Fast & Pray



**When we have nowhere else to go
I was ashamed to ask the king for soldiers
and horsemen to protect us from enemies
on the road, because we had told the
king, “The gracious hand of our God
is on everyone who looks to him, but
his great anger is against all who forsake
him.”**

Ezra 8:22-23



When the need is great

They said to me, “Those who survived the exile and are back in the province are in great trouble and disgrace. The wall of Jerusalem is broken down, and its gates have been burned with fire.”

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.



Nehemiah 1:4-5

**When we can't hear God's answer
Yet when they were ill, I put on sackcloth
and humbled myself with fasting. When my
prayers returned to me unanswered, I
went about mourning as though for
my friend or brother. I bowed my head
in grief as though weeping for my
mother.**

Psalm 35:13-14



When we don't understand God's answer

In the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the Lord given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years. So, I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.

Daniel 9:2-3



When you're waiting for God's Action

There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.



Luke 2:36-37



When its time for a ministry to change

**So, after they had fasted and prayed,
they placed their hands on them and
sent them off.**

Acts 13:3



When its time for a ministry to change

**So, after they had fasted and prayed,
they placed their hands on them and
sent them off.**

Acts 13:3

**Paul and Barnabas appointed elders for
them in each church and, with prayer and
fasting, committed them to the Lord,
in whom they had put their trust.**




Acts 14:23

Fasting & Prayer

Isaiah 58





**Be Still
and know
that I am God**

Fast & Pray