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Fundamentals of the Faith

Prayer & Fasting

The Discipline of Prayer

Prayer – God’s appointed means to achieving God’s appointed purpose

2 Reasons to Pray

1) Prayer is essential to our relationship with God

Heb. 4:15-16

2) Prayer helps align our will to God’s will

Luke 22:42, Matt. 6:10

2 Obstacles to Praying

1) Lack of spiritual awareness - *Eph. 6:12*

2) Our discomfort with silence - *Ps. 46:10*

2 Hindrances to Our Prayers

1) Unconfessed sin - *Is. 59:1-2*

2) Selfish motives - *Jam. 4:3*

The Discipline of Fasting

Matt. 6:16-18, Matt. 9:14-15, Acts 13:2-3, Acts 14:23