

## Notes

Use this space to jot down extra notes & insights

Series: "History's Greatest Sermon," Part 2, Lesson 7

## Prayer & Fasting for Spiritual Growth

Main Passage: Matthew 6:5-18

### Prayer Defects and their Antidotes:

- 1. Praying to \_\_\_\_\_**  
(Matthew 6:5-6)  
**Antidote:** Pray in \_\_\_\_\_
- 2. Praying as a Religious \_\_\_\_\_**  
(Matthew 6:7-8; Luke 18:1-8)  
**Antidote:** Keep your prayer \_\_\_\_\_
- 3. Praying \_\_\_\_\_, Self-Centered Prayers**  
(Matthew 6:9-13)  
**Antidote:** Pray \_\_\_\_\_ Prayers

### Your Prayer Should Include:

- A. \_\_\_\_\_ of God**  
(Matthew 6:9)
- B. A Desire for His \_\_\_\_\_ in this World**  
(Matthew 6:10)
- C. Requests for Your Personal \_\_\_\_\_**  
(Matthew 6:11-12)
- D. Appeals for \_\_\_\_\_ and deliverance**  
(Matthew 6:13)

"Lead me not into temptation. I can find it for myself." ~ Smile of the Day



## Fasting (Matthew 6:5-6)

### What Is Fasting?

Fasting is going without something, typically food, for a specified time in order to \_\_\_\_\_ oneself more fully to God.

"Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life." ~ Bill Bright

### Why Should I Fast?

- Fasting is a \_\_\_\_\_ and time-tested spiritual practice.  
(Matthew 6:16; Matthew 9:14-15)
- Fasting helps us keep \_\_\_\_\_ in our lives.  
(1 Corinthians 6:12)  

"We give up food to feast on God. We fast from our physical desires in order to satisfy our cravings for God."  
~ Daniel Villa
- Fasting prepares us to \_\_\_\_\_ from God.  
(Deuteronomy 9:9; Acts 13:2)
- Fasting adds \_\_\_\_\_ to your prayer.  
(Mark 9:14-29)
- Fasting expresses \_\_\_\_\_ and brings renewal.  
(Acts 9; Psalm 35:13; Ezra 8:21; 2 Chronicles 7:14)  

Fasting combined with prayer opens the flood gates to spiritual renewal, vitality, and the ability to live the Christian lifestyle.  
~ Dr. Bryan Fink
- Fasting leads to \_\_\_\_\_ and effectiveness.  
(Isaiah 58:1-11)

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