



Central
CHRISTIAN CHURCH

IN: A GUIDE TO SPIRITUAL FORMATION!

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MEMORY VERSE: "Devote yourselves to prayer, being watchful and thankful." Colossians 4:2 NIV

IN Conversation with God!

Exodus 14:14-15 NIV

Summary: Be Still & Move On

Philippians 4:6-7 NIV

Psalm 5:3 NIV

"A day hemmed in by prayer is less likely to unravel." – Anonymous

Colossians 4:2 NIV

"Whenever God determines to do a great work, he first sets his people to pray!" –C.H. Spurgeon

IN: A Guide to Spiritual Formation!

What is spiritual formation?

Regular practices motivated by God affection for us and our returning affection for God that place us where God can transform our souls.

Isaiah 64:8 NASB

God, by His Holy Spirit, uses His Word, our life experiences & spiritual disciplines to form Christ IN us!

"Come and sit here, right next to Me. Let's set aside time talking, listening." –God

IN Conversation with God!

"The health and vitality of this relationship depend on clarity and frequency of communication."

– Marjorie Thompson

Matthew 6:1-18–3 Spiritual Disciplines Introduced: Giving, Prayer & Fasting.

Matthew 6:1-8–The place, posture, motive, attitude, audience & result contrasted.

Prayer & Fasting: Purposes – Principles – Procedures

Prayer's Purposes: Communication, Communion & Contemplation with God

IN Prayer; we laud of, leave with, listen to, learn from and live for God–by His Word, His will and His way!

Fasting's Purposes: Express Repentance & Request Strength.

"Fasting brings us face to face with how we put the material world ahead of its spiritual Source (God)."

–M. Thompson

Jesus & early N.T. believers combined prayer & fasting into a powerful spiritual 1-2 punch!

Reason? To overcome temptations, discern God's leading and seek God's power.

2 Corinthians 10:4 NIV

"The combination of prayer and fasting invites a greater measure of God's power to be released..."

–M. Thompson

Prayer's Principles

Prayer is purposeful; so, pray continually!

1 Thessalonians 5:17 NIV

Prayer is personal; so, pray privately!

Matthew 6:6 NASB

Luke 5:16 NIV

Prayer is practical; so, pray sincerely!

Hebrews 10:22a NIV

“When you pray, let your heart pray without words rather than your words pray without heart.”

–John Bunyan

Prayer is powerful; so, pray specifically!

James 5:16b MSG

Prayer’s Procedures: Matthew 6:9-13 NASB

The Lord’s Model Prayer: Opening Acknowledgment; Seven Petitions (Three to God then Four for self); Closing Accolade

Opening Acknowledgment: Matthew 6:9a NASB

Prayer’s Divine Word Picture: Ephesians 3:12 NLT

Seven Petitions–First to God then for self: Matthew 6:9b-13a NASB

Three Petitions to God: “Your Name; Your Kingdom; Your Will” be done...

Matthew 6:9b-10 NASB

Four Petitions to God for self: For Provision; Forgiveness; Direction & Deliverance

Matthew 6:11-13a NASB

Closing Accolade: Matthew 6:13b NASB

Surrender – Align – Entrust – Live

“Come and sit here, right next to Me. Let’s set aside time talking, listening.” –God

“Whenever God determines to do a great work, he first sets his people to pray!” –C.H. Spurgeon

Matthew 6:9-13 NASB

REFLECT

Questions to reflect on in your personal quiet time, with the family and/or in your Life Group.

1. Share our understanding of what the message was about?
2. How can we apply and integrate this message into our life?
3. Share about a moment when God used time in His Word and in Prayer to speak to us?
4. Read James 5:16; Colossians 4:12; Psalm 5:3; Mark 1:35; 1 Thess. 5:17. What must we implement? Why?
5. Read Matthew 6:1-8. What contrasts does Jesus make? Why are they important?
6. Using the outline, read and pray through Matthew 6:9-13.
7. Commit to the ‘Prayer & Fasting’ Invitation Challenge

FIND UPCOMING EVENTS ON OUR CENTRAL APP OR IN THE BULLETIN