

WHEN YOU FAST

Matthew 6:16-18 (MSG) When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity but it won't make you a saint. If you 'go into training' inwardly, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well.

- Fasting is an important discipline because it helps us conquer the LUST OF THE FLESH.
- The lust of the flesh says “ _____ ”
- Fasting is negative for the flesh but positive for the spirit. It intensifies your prayer life like nothing else can.

Mark 9:29 (KJV) And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

Isaiah 58:4-5 (MSG) You fast, but at the same time you bicker and fight. You fast, but you swing a mean fist. The kind of fasting you do won't get your prayers off the ground. Do you think this is the kind of fast day I'm after: a day to show off humility? To put on a pious long face and parade around solemnly in black? Do you call that fasting, a fast day that I, God, would like?

- You are not denying your flesh at all when your flesh gets public credit for all the denial it is enduring!

NOTES

Get Real



The Sermon On The Mount ~ Part 2

Matthew 6:1 (MSG) Be especially careful when you are trying to be good so that you don't make a performance out of it. It might be good theater, but the God who made you won't be applauding.

- The most common temptation in the area of spiritual discipline is the temptation to craft a public image that is vastly different than our private reality.

- **WHY ARE SPIRITUAL DISCIPLINES IMPORTANT?** Because they help us conquer our old nature and let our new nature gain supremacy in three areas of struggle:

1 John 2:16 (KJV) For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

- **DEFINITIONS FROM THE KING JAMES VERSION**

HYPOCRITES – “actors wearing _____”

REWARD – “_____ for work done”

WHEN YOU GIVE

Matthew 6:2-4 (MSG) When you do something for someone else, don't call attention to yourself. You've seen them in action, I'm sure — 'playactors' I call them — treating prayer meeting and street corner alike as a stage, acting compassionate as long as someone is watching, playing to the crowds. They get applause, true, but that's all they get. When you help someone out, don't think about how it looks. Just do it — quietly and unobtrusively. That is the way your God, who conceived you in love, working behind the scenes, helps you out.

- Giving is an important discipline because it helps us conquer the LUST OF THE EYES.
- The lust of the eyes says “ _____ ”

1. GIVING CONQUERS THE LUST FOR “ _____ ”

1 Timothy 6:17 (MSG) Tell those rich in this world's wealth to quit being so full of themselves and so obsessed with money, which is here today and gone tomorrow. Tell them to go after God, who piles on all the riches we could ever manage.

2. GIVING CONQUERS THE LUST FOR “ _____ ”

1 Timothy 6:18 (CEV) Instruct them to do as many good deeds as they can and to help everyone. Remind the rich to be generous and share what they have.

3. GIVING CONQUERS THE LUST FOR “ _____ ”

1 Timothy 6:19 (LB) By doing this they will be storing up real treasure for themselves in heaven – it is the only safe investment for eternity! And they will be living a fruitful Christian life down here as well.

4. GIVING PROVES THAT GOD IS MY _____

Malachi 3:10 (NLT) Bring all the tithes into the storehouse so there will be enough food in my Temple. If you do, says the Lord Almighty, I will open the windows of heaven for you. I will pour out a blessing so great you won't have enough room to take it in! Try it! Let me prove it to you!

WHEN YOU PRAY

Matthew 6:5-9a (MSG) And when you come before God, don't turn that into a theatrical production either. All these people making a regular show out of their prayers, hoping for stardom! Do you think God sits in a box seat? Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace. The world is full of so-called prayer warriors who are prayer-ignorant. They're full of formulas and programs and advice, peddling techniques for getting what you want from God. Don't fall for that nonsense. This is your Father you are dealing with, and he knows better than you what you need. With a God like this loving you, you can pray very simply. Like this:

- Prayer is an important discipline because it helps us conquer the PRIDE OF LIFE.
- The pride of life says “ _____ ”

• DEFINITIONS FROM THE KING JAMES VERSION

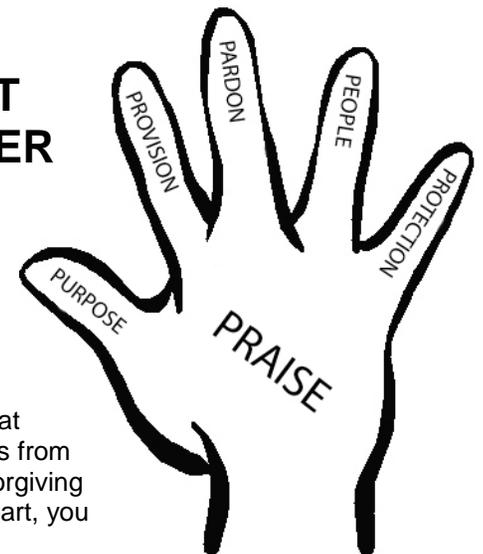
VAIN REPETITIONS – “speaking without _____ ”

Matthew 6:9-13 (KJV) After this manner therefore pray ye:

- **PRAISE:** Our Father which art in heaven, Hallowed be thy name.
- **PURPOSE:** Thy kingdom come. Thy will be done in earth, as it is in heaven.
- **PROVISION:** Give us this day our daily bread.
- **PARDON:** And forgive us our debts,
- **PEOPLE:** As we forgive our debtors.
- **PROTECTION:** And lead us not into temptation, but deliver us from evil:
- **PRAISE:** For thine is the kingdom, and the power, and the glory, for ever. Amen.

SIX WAYS TO GET A GRIP ON PRAYER

(A PRAYER OUTLINE)



Matthew 6:14-15 (MSG)

In prayer there is a connection between what God does and what you do. You can't get forgiveness from God, for instance, without also forgiving others. If you refuse to do your part, you cut yourself off from God's part.