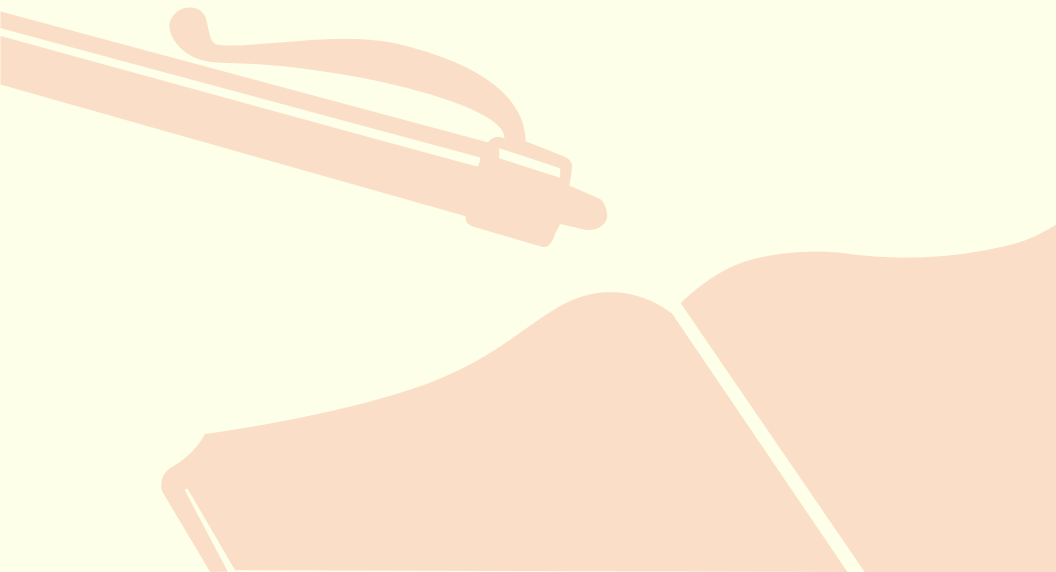


WEEK OF
Prayer

AUGUST 12-19



SCHEDULE

YOUTH AND ADULT CORPORATE PRAYER

August 12, 9:30 - 10:30 am | Sanctuary

CONCERT OF PRAYER AND PRAISE

August 12, 5:30 - 6:30 pm | Sanctuary

WOMEN'S PRAYER BREAKFAST

August 15, 8:30 am | The Living Room

YOUTH PRAYER BREAKFAST

August 17, 6:30 am | Youth House

PRAYER WITH BOB

August 18, 7:00 am | Bob's Office

24 HOURS OF FASTING & PRAYER

August 18, 5:30 pm - August 19, 5:30 pm

Visit ompc.org or the OMPC App for Daily Kingdom Prayers.

WHAT IS FASTING?

It is modeled in Scripture in many places...

Judges 20:24-28 – Fasting in desperate circumstances and for guidance
1 Sam 7:3-11 – Fasting as an aid to confession and repentance
1 Sam 31:13 – Fasting as an aid in mourning and grief
2 Sam 12:15-23 – Fasting in desperate circumstances to aid in fervency
1 Kings 21:25-29 – Fasting to increase a heart sense of mourning over sin in humility
2 Chronicles 20:3 – Fasting to increase fervency in prayer when the enemy attacks
Ezra 8:21-23 – Fasting to increase fervency in prayer for protection
Nehemiah 1:4 – Fasting on behalf of the church & nation to increase repentance
Esther 4:3,16 – Fasting when our lives, physically & spiritually, are in danger
Psalm 35:13 – Fasting to increase fervency when praying for the sick
Psalm 69:10; 109:24 – To humble hearts by humbling our bodies by avoiding food
Isaiah 58:6 – Fasting for the cause of justice
Jeremiah 36:4-9 – Fasting to prepare the heart to truly hear God's Word
Daniel 9:3 – Fasting to increase fervency of heart in seeking God
Joel 1:14; 2:12,15 – Fasting to increase our sense of repentance
Jonah 3:5 – Fasting as a means of increasing sincerity in turning to the Lord

It was practiced by Jesus...

Matthew 4:2 – Fasting in preparation to face His season of temptation by the devil
Matthew 6:16-18 – Fasting prescribed by Jesus as a discipline we would practice
Matthew 9:15 – Jesus assumed fasting is a discipline the church would practice
Luke 2:27 – Fasting as a means to prepare our hearts for worship
Acts 13:2 – Fasting was a practice of the early church as they waited on God to guide
Acts 14:23 – Fasting accompanying praying for new elders

The benefits of fasting...

- Fasting helps the mind and heart to focus on the work of prayer
 - Fasting ables the Spirit to turn our physical hunger to a desire for greater spiritual hunger
 - Fasting often exposes our sin as fleshly comforts like food are removed
 - Fasting makes space for prayer and for God to speak as time during meals is freed up
 - Fasting increases the Spirit-empowered discipline of the will: saying no to food helps us develop the grace of saying no to other appetites of the flesh, ie, sin.
- How to fast...
- The normal fast is abstaining from food and drinking only water (black coffee if needed)
 - A fast is best begun after a lighter meal and best broken by a lighter meal
 - Use meal times as prayer times finding a place of solitude and silence
 - Allow hunger pains to turn into hunger pains for God
 - Allow hunger pains to turn into prayer times
 - Listen to Praise and Worship during times of fasting when possible
 - Read Scripture during times of fasting when possible
 - Engage in Corporate prayer during times of fasting when possible

WHAT IS PRAYER?

Prayer is simply conversing with the Personal God. Prayer is talking to your Father in Heaven. Prayer is talking to your Best Friend, Jesus, about anything and everything that is on your heart.
Do not overcomplicate prayer!

Who hears our prayers?

- We are called to offer prayer to our Abba Father, by the power of the Holy Spirit, in the Name of Jesus.
- We can pray to ANY Person of the God-head, but offering prayers to the Father is how Jesus modeled prayer for us.
- To pray in the power of the Holy Spirit is to pray filled, directed, empowered and controlled by the Holy Spirit—and that simply means to pray in the context of the Gospel Waltz— Repent! Believe! Fight!

Pray in Jesus' name.

- To pray in Jesus' Name is not just a tag to be added to the end of our prayers but is the posture of the heart before God whereby we are trusting God to hear and answer based on Christ's record of righteousness and not our own.
- Praying to the Father believing that Jesus has opened up our free access to the Throne of Grace by His Finished Work—His obedient life that He lived for us; and His substitutionary death that He died for us.
- Means that we are praying surrendered to His Lordship
- Means that the posture of our hearts is presenting our desires while saying, "not MY will, but YOUR will be done."
- We are still called to pray in faith, believing. Of course, we cry out in mercy as we pray: "Lord I do believe, but help my unbelief."

Prayer is corporate.

- Jesus calls us to pray in our "closets" (Matt 6:6) but even more encourages us to pray corporately.
- The Lord's Prayer itself is a corporate prayer (Matt 6:9-13): all the petitions are in the first person plural, using the pronouns "our" and "us."
- Jesus also encouraged us to pray by saying repeatedly that if TWO of us would agree on anything in prayer, it would be done for us by His Father (Matt 18:19).
- Praying with others is a great way to learn how to pray!

Praying through Scripture.

- Pray through the Psalms, verse by verse, reading the verse, then praying it back to the Father in your own words, related to your own need and context.
- Find prayers of the Bible and pray them as your own (ex: Jehoshaphat's Prayer, 2 Chron. 20:5-12; Nehemiah; High Priestly Prayer in John 17; prayers of Paul in NT.; etc.)