THE SECRET SAUCE - PRAYER AND FASTING
Chad Everett | The Roads Church | Jan 5, 2020
YouTube Link: http://bit.ly/TheSecretSauceYouTube

I. **Matt 6:5-8;16-18** - "When you pray" and "When you fast"
   A. Fasting provides both a spiritual and natural benefit in our lives:
      1. **Job 23:12** 12…I have treasured the words of His mouth More than my necessary food.
II. **PRAYER** - Basics of establishing prayer in our lives
   A. **WHEN AND WHERE - Set a time and place**
      1. **Matt 6:6** But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly.
         a) **Matt 14:23** 23 And when He had sent the multitudes away, He went up on the mountain by Himself to pray. Now when evening came, He was alone there.
         b) **Mark 1:35** 35 Now in the morning, having risen a long while before daylight, He went out and departed to a solitary place; and there He prayed.
            (1) **Ps 63:1** 1 O God, You are my God; Early will I seek You;
         c) **Mark 6:46** 46 And when He had sent them away, He departed to the mountain to pray.
         d) **Luke 5:16** 16 So He Himself often withdrew into the wilderness and prayed.
         e) **Luke 6:12** 12 Now it came to pass in those days that He went out to the mountain to pray, and continued all night in prayer to God.
         f) **Matt 26:36** 36 Then Jesus came with them to a place called Gethsemane, and said to the disciples, "Sit here while I go and pray over there."
      2. **WHY set aside a time and place**:
         a) **Matt 26:40-41** 40 Then He came to the disciples and found them sleeping, and said to Peter, "What! Could you not watch with Me **one hour?** 41 *Watch and pray, lest you enter into temptation*. The *spirit indeed is willing, but the flesh is weak."*
            (1) **Watch** - *gregoreo* - Be awake, watchful, alert
               (a) **Matt 24:43** 43 But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into.
            (2) **Temptation** - *peirasmos* - To trap or tempt someone; to test or examine with the purpose of producing a failure
            (3) **Spirit is willing but the flesh is weak**
               (a) **Willing** - *prothymos* - Eager, ready, zealous
               (b) **Weak** - *asthenes* - Lacking in strength, courage and will; limited capacity
   B. **WHAT** - **Base Our prayers on God's Word not our desires**
      1. Instead of wondering if God wants to answer the prayers we are praying we need to pray prayers He wants to answer.
      2. **1 John 5:14-15**
         a) **According to** - *kata* - In relation to; down from, down to
            (1) In agreement with or in line with His will

b) **Confidence** - *parresia* - State of boldness and confidence in speech, free or all-outspokenness

3. **2 Chron 6:40** 40 Now, my God, I pray, let Your eyes be open and let Your ears be attentive to the prayer made in this place.

4. **2 Chron 7:14-15** 14 if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land. 15 Now My eyes will be open and My ears attentive to prayer made in this place.

5. **Jer 1:9-12** 12…You have seen well, for I am ready to perform My word.

C. **Literally Pray His Word not our desires**

1. **Wisdom** -

a) **James 1:5-8** 5 If any of you lacks wisdom, let him ask of God, who gives to all liberally and without reproach, and it will be given to him.

2. **Direction** -

a) **Prov 3:5-6** 5 Trust in the Lord with all your heart, And lean not on your own understanding; 6 In all your ways acknowledge Him, And He shall direct your paths.

III. **APPLICATION**

A. How can I pursue more of God through prayer and fasting this week?

B. What things can I say no to so that I can say yes to more of God?

C. What GREATER things am I believing God for in 2020?

D. When and where am I going to commit to pray every day?

E. Am I praying God's Word or am I praying my desires?

F. What scriptures can I pray over my current situation?

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