

Essential 2: Prayer



“Our Father in heaven, hallowed be your name. Your kingdom come, your will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil.”

Matthew 6:9-13

Prayer is a conversation with God. We talk to Him and listen to Him. We pour out our hearts to God communicating every part of our lives. Life in Christ is filled with heart-felt prayer blessing God and asking for His leadership in everyday life. We lead through prayer: praying for our family, friends, and the world, teaching them to pray. Prayer is a lifelong path developing and changing as we become more like Christ.

How will I pray?

What will be your place and when will be your time simply to be with the Father? Concentrated prayer at a specific time is the best fuel for continual prayer all the time. Simply setting aside this time and place will substantially change your life as a disciple of Jesus. Remember prayer is more about listening than speaking to God. Consider using the Prayer Resources on the Carmel website to help direct your prayer life.

Challenge: What are some specific ways God is calling you to grow in this area of life? What are some practical steps you can take?

How will I fast?

Have you ever fasted before? Once a week or once every few weeks, instead of eating breakfast, lunch, or dinner, would you consider spending that hour praying and reading God’s Word. Once you’ve grown accustomed to this practice, plan to fast for two meals in one day, and then for an entire twenty-four-hour period.

Regular fasting should be a part of every believer’s life.

Jesus said that after he was gone, his disciples would fast. Every believer is (or should be) his disciple. We are not all Apostles, Prophets, Evangelists, Pastors or Teachers, but we are all disciples, and Jesus said that after he was gone, his disciples would fast. So, why fast?

When we fast Biblically, according to the fast The LORD has chosen, Isaiah 58 says we can expect the following results:

- Bands of wickedness are broken
- Heavy burdens are lifted
- The oppressed go free
- Health springs forth speedily
- The glory of the Lord protects us
- The Lord guides us continually