

## LESSON 26: CHRISTIANS BELIEVE IN PRAYER

### (Part 3)

There are many different kinds of prayer. We'll try and define some of them so we can understand prayer better. There are also a variety of forms for praying. Basically it is simply talking to God and listening for His voice.

#### I. INTERCESSION

##### A. Biblical background

1. I Timothy 2:1
2. Ephesians 6:18

B. Definition: To come between parties or act as mediator or advocate.

C. We represent God to others having been with Him.

#### II. PETITION

A. Definition: To ask

B. I John 5:14

C. Philippians 4:6

D. Most common type of prayer

#### III. IN SPIRIT

A. I Corinthians 14:14

B. Not men but rather to God's understanding (14:2)

C. Personal edification (14:4)

D. Romans 8:26-27 valuable resource

#### IV. PRAYING DIRECTLY FOR AND WITH OTHERS

In this kind of prayer we pray FOR other people. Other kinds of prayer do have a place

- a. Praise
- b. Intercession
- c. Petition - asking God for our own healing.

#### (V) FASTING/SOLITUDE

##### A. Fasting

##### 1. Definition

- a. Not to be motivated by vanity or the desire for power
- b. Demonstrates total dependence upon God for substance

##### 2. Biblical references to fasting

- a. Luke 4:2
- b. Daniel 10:3
- c. Esther 4:16 and Acts 9:9
- d. Deut. 9:9 and I Kings 19:8
- e. Lev. 23:27
- f. Joel 2:15, II Chron. 20:1-4 and Ezra 8:21-23
- g. Zac. 8:19 and Luke 18:12

##### 3. The purpose of fasting

- a. Matthew 6:16-18
- b. Fasting reveals the things that control versus helping with the transformation process. Anger, bitterness, jealousy, strife, fear, etc
- c. I Cor. 6:12
- d. Other values of fasting are increased effectiveness in intercessory prayer, guidance in decisions, increased concentration, revelations, etc.
- e. God rewards those who diligently see Him.

4. The practice of fasting
  - a. Start out slow, try a fruit fast or partial fast by skipping lunch, then on to a normal fast.
  - b. Drink plenty of water during fast
  - c. Don't be worried about your false hunger pains
  - d. Please don't just rush out into a prolonged fast, start small with one

5. Fasting never changes God's mind, only yours.

## B. Solitude

### 1. Definition

- a. Settle yourself in solitude

### 2. Christ's example

- a. Matthew 4:1-11
- b. Luke 6:12
- c. Matthew 14:13
- d. Matthew 14:23
- e. Mark 1:35
- f. Mark 6:31
- g. Luke 5:16
- h. Matthew 26:36-46
- i. We could keep going. Do you think Jesus held a high priority on the value of solitude?

### 3. The purpose of solitude

- a. James 3:1-12
- b. Solitude is intimately related to trust
- c. Solitude is also intimately related to compassion

### 3. Developing the discipline of solitude

- a. Take advantage of "little solitudes" daily
- b. Find a place in or around your house and make it your quiet place

- c. Discipline yourself so your words are few not full
- d. Three or four times a year you may want to spend a few hours in silence developing inner solitude
- e. You will feel a renewed sensitivity and compassing for others

Pray quietly this week. Try fasting a meal and pray for unsaved friends, family and co-workers.

