

# Personal prayer

Matthew 6: 1-18

# Matthew 6: 1 - 18

Prayer at the centre -

of the Sermon on the Mount (Matt 5-7)

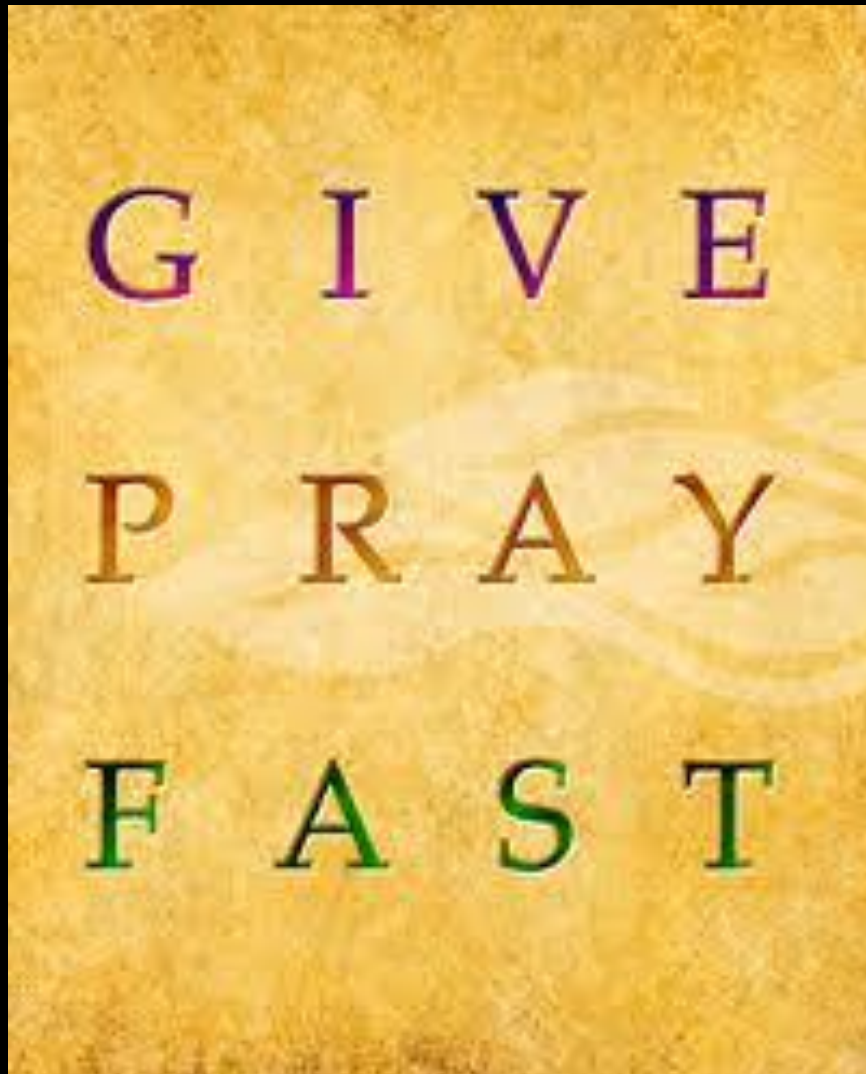
of discipleship

# Chapter 5 : The Law

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfil them.” (5:17)

Disciples must be totally committed to living the way God requires (righteousness) (5:20)

# Chapter 6 : 3 acts of righteousness



# When ...

Verse 2

G I V E

Verse 5

P R A Y

Verse 16

F A S T

Wrong way ...



Right way ...



**Relate to God**

# Prayer is ...

opening our life before our Heavenly Father

“our response to the knowledge of God”

*Timothy Keller, Prayer (2014)*







William Holman Hunt

1853-4



Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me. Rev.3:20

Prayer is ...

“the chief exercise of faith”

*John Calvin*

# Pray without stopping!

1 Thessalonians 5:17

Pray continually / pray without ceasing

Ephesians 6: 18

And pray in the Spirit on all occasions with all kinds of prayers and requests.

This image shows a page of handwritten musical notation on aged, yellowed paper. The score consists of six staves of music, likely for a piano or similar instrument. The notation includes various note values, rests, and dynamic markings. Performance instructions such as *poco rit.*, *a tempo*, *cresc.*, and *poco a poco* are written below the staves. There are also several instances of the word *Ped.* (pedal) with asterisks, indicating where the sustain pedal should be used. Fingering numbers (1, 2, 3, 4, 5) are placed above or below notes to indicate which finger to use. The music is written in a single system, with a key signature of one sharp (F#) and a time signature of 3/4. The overall appearance is that of an antique manuscript.

# What do we pray?

**UPWARD PRAYER:** praise and thanksgiving

**INWARD PRAYER:** confession

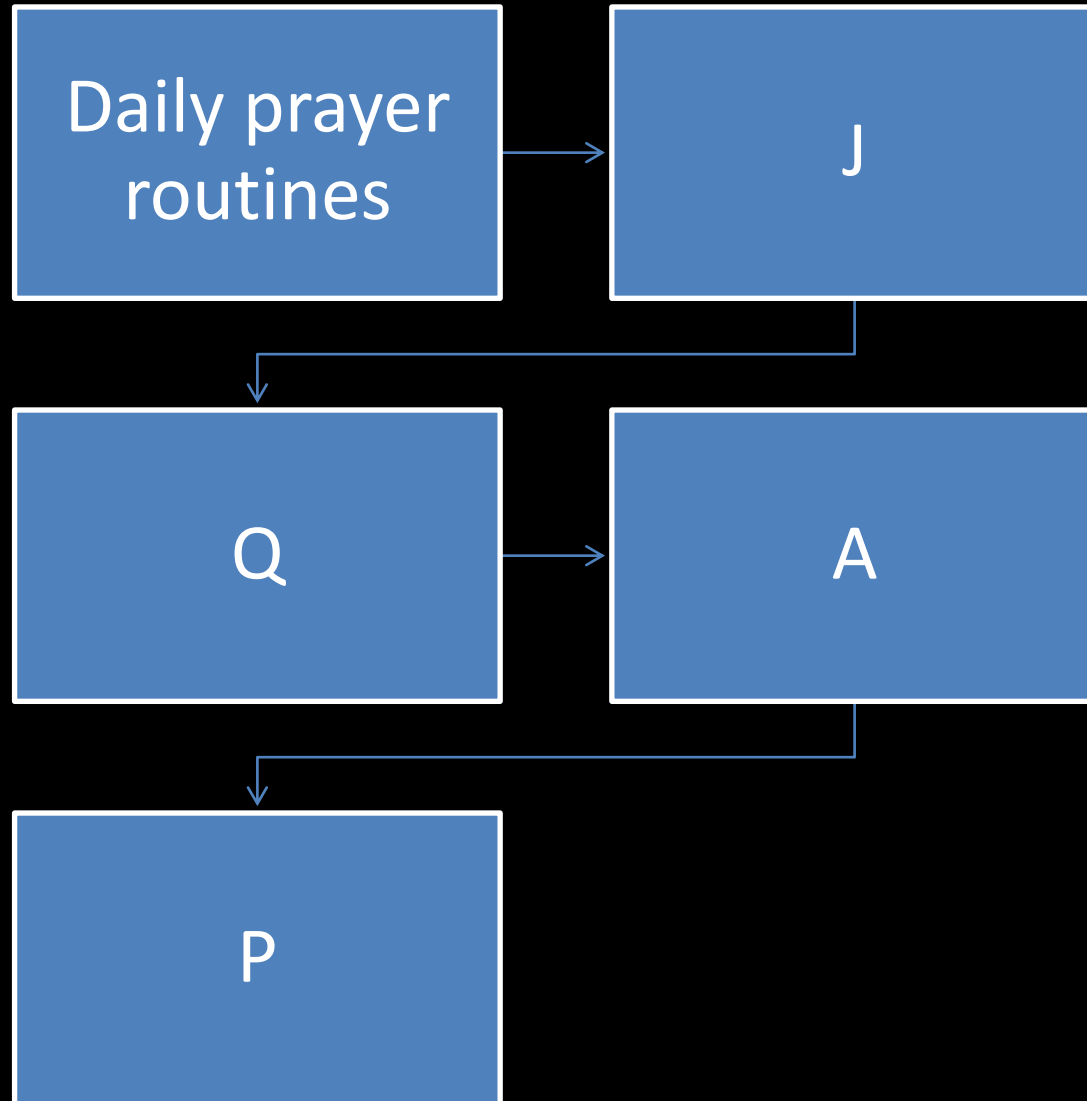
**OUTWARD PRAYER:** supplication and intercession

# A key principle

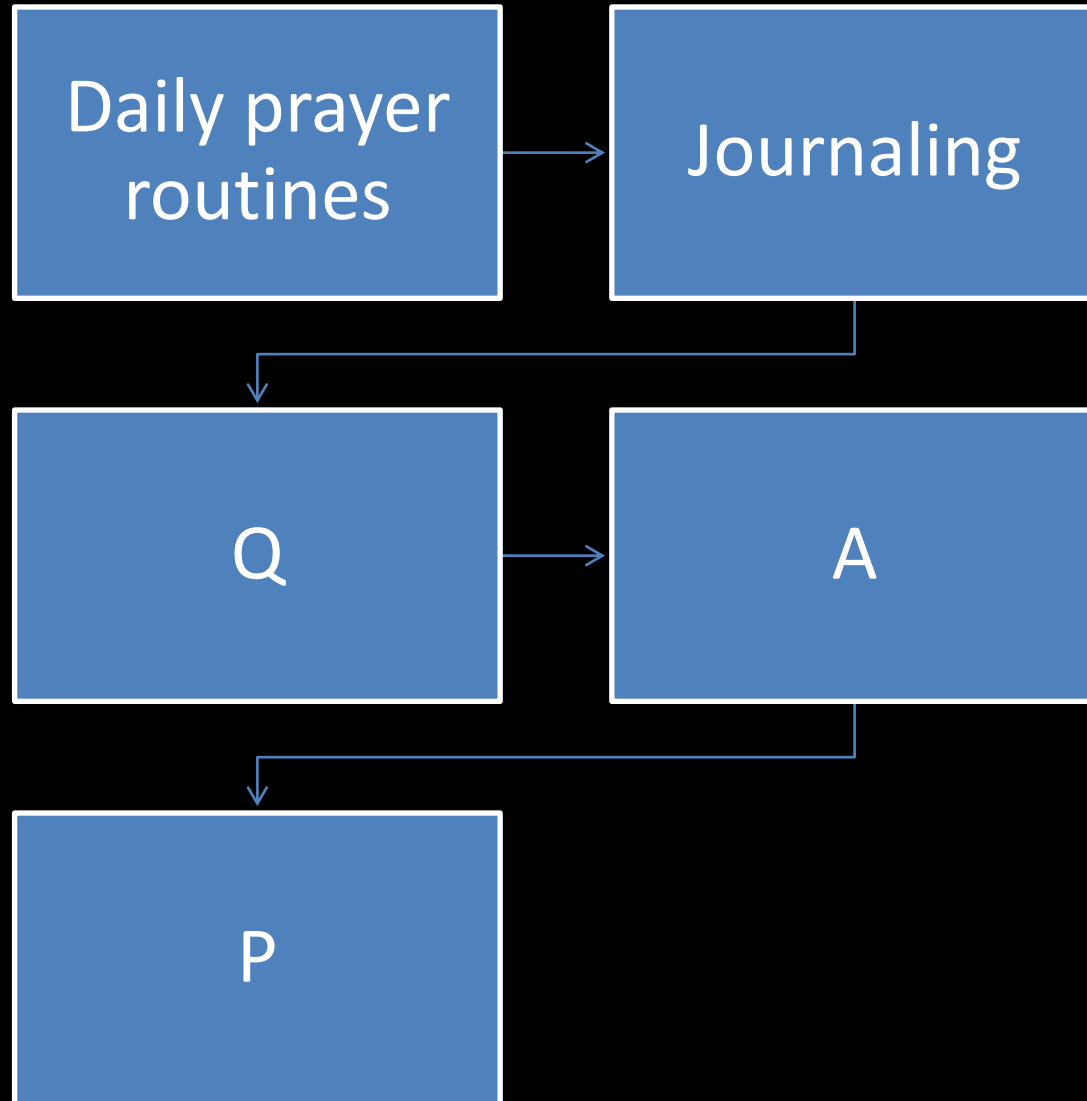
UPWARD prayer comes first



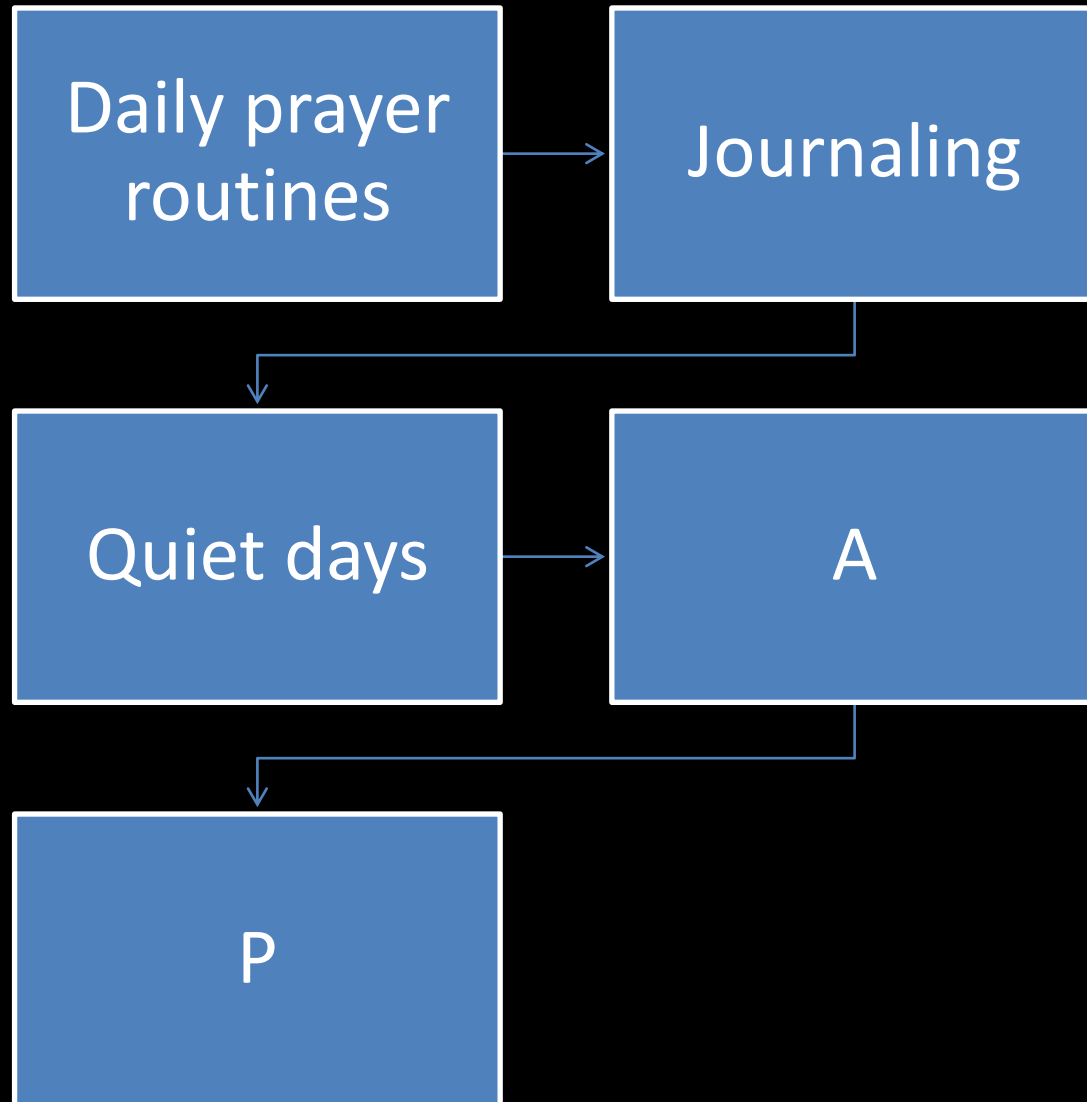
# Developing personal prayer



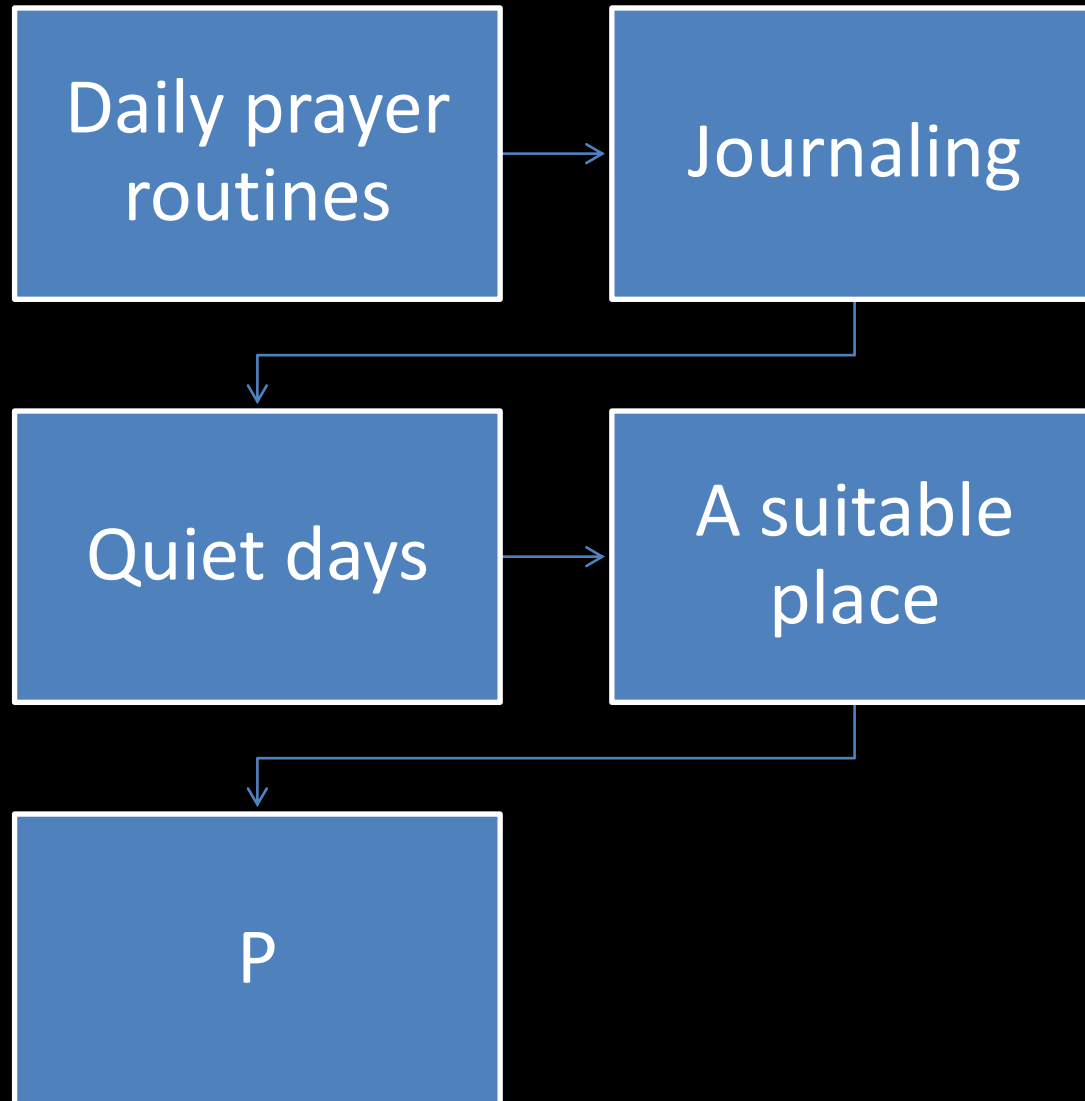
# Developing personal prayer



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# Developing personal prayer



What about fasting?!

# Fasting as a sign of

- CONFESSIOIN (Day of Atonement Lev 23:27-8)
- CONSECRATION AND PREPARATION (Matt 4)
- EARNESTLY SEEKING GOD'S WILL & PURPOSES (Acts 13)

# Fasting is a whole-person expression of:

- our seriousness in coming to God,
- being attentive to him
- recognising our utter dependence on God in all things
- self-discipline





Jesus Knocking at the Door, by Del Parson, © 1983 IRI

What stops  
us ?