

Integrity

Bible

Fasting

Self-control

Prayer



Galatians 5.22-25

... the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. ... And those who belong to Christ Jesus have crucified the flesh with its passions and desires.

If we live by the Spirit, let us also be guided by the Spirit.

DISCIPLINES



- **Matthew 10.38** whoever does not take up the cross and follow me is not worthy of me.
- **1 Cor 9: 24-27** Paul uses imagery of training to win a race

DISCIPLINES



- examples of the ways in which we train ourselves to reach a goal

PURPOSE – transformation!



- **2 Corinthians 3.18** all of us ... are being **transformed** into the same image from one degree of glory to another; for this comes from the Lord, the Spirit.
- **Romans 12.1-2** I appeal to you therefore, brothers and sisters, by the mercies of God, **to present your bodies as a living sacrifice**, holy and acceptable to God, which is your spiritual worship. 2 Do not be conformed to this world, but be **transformed** by the renewing of your minds, so that you may discern what is the will of God-- what is good and acceptable and perfect.

BIBLE

- learning is good

- **Luke 10.38-42** ‘ he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, "Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me." But the Lord answered her, "Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.’

BIBLE



– Deut 11.18-21

‘You shall put these words of mine in your heart and soul, and you shall bind them as a sign on your hand, and fix them as an emblem on your forehead. Teach them to your children, talking about them when you are at home and when you are away, when you lie down and when you rise. Write them on the doorposts of your house and on your gates, so that your days and the days of your children may be multiplied in the land that the LORD swore to your ancestors to give them, as long as the heavens are above the earth.’

BIBLE



- meditating
 - **Psalm 1.2** ‘their delight is in the law of the LORD, and on his law they meditate day and night.’
 - **Psalm 119.103** ‘How sweet are your words to my taste, sweeter than honey to my mouth!’

BIBLE



- reading
 - Creation – Abraham – Moses - David – Nehemiah – JESUS – Peter – Paul – Church - **HANNAH/JOHN/ISCA** - Jesus returns
- study
- meditation

PRAYER



Matthew 6.5-15

And **whenever you pray**, do not be like the hypocrites But **whenever you pray**, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

PRAYER – a conversation with God



- TYPES

- praise and thanks remind us of how God is good, build our faith
- request – for others or ourselves
- listening – conversation with God

PRAYER



- HOW
 - can use scripture as model - psalms and other prayers recorded in the Bible
 - written prayers – ours or others
 - use Bible meditation and/or visual focus
 - with fasting

FASTING



JESUS

- **Matthew 4.1-2** Jesus fasted
- **Matthew 6.16-18** "And **whenever you fast**, do not look dismal, like the hypocrites, But **when you fast**, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret..."!

FASTING

- **Luke 5.33-35** ‘...they said to him, "John's disciples, like the disciples of the Pharisees, frequently fast and pray, but your disciples eat and drink. Jesus said to them, "You cannot make wedding guests fast while the bridegroom is with them, can you? The days will come when the bridegroom will be taken away from them, and **then they will fast** in those days." ’

FASTING

THE CHURCH

- **Acts 13.2-3** 'While they were **worshiping the Lord and fasting**, the Holy Spirit said, "Set apart for me Barnabas and Saul ... Then after **fasting and praying** they laid their hands on them and sent them off.'
- **Acts 14.23** 'And after they had appointed elders for them in each church, with **prayer and fasting** they entrusted them to the Lord..'

FASTING



OLD TESTAMENT

- **Leviticus 16**; atonement day
- **Psalm 35.13** 'when they were sick, I wore sackcloth; I afflicted myself with fasting. I prayed ...,'
- **Esther** fasted (4.16)

FASTING



OLD TESTAMENT

- **Isaiah 58.3-7** – warning that fasting in itself of no merit
- **Daniel 10.3** – fasted from choice food; no meat or wine for 3 weeks

PURPOSE – transformation!



- **Romans 8.6** 'to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.'