

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## SERMON ON THE MOUNT (2)

*“Let my prayer be set before You as incense, the lifting up of my hands as the evening sacrifice.”  
(Psalm 141:2)*

### Objectives

<i>Knowledge of God’s Will</i>	Understand the meaning of the Lord’s Prayer and the meaning of fasting.
<i>Knowledge of God</i>	God is our Father, provider, and protector.
<i>Good Work</i>	Worship God daily through prayer. Seek Him for all our needs, and fast and pray in times of distress or trouble.

### A. The Lord’s Prayer

The Lord’s Prayer is simple on the surface, but in reality, it contains so many teachings and is filled with incredible meaning. Each phrase in the prayer has a clear purpose in each and every word, which helps us not only to understand how we should pray, but also to gain insight into God’s character.

### B. Fasting

Fasting is a form of self-affliction where we deny ourselves food or drink for a period of time. There are many forms of fasting written throughout the Bible, and each person who decided to fast had a clear purpose for their fasting. There are different purposes of fasting prayer, as recorded in the Bible:

- For deliverance from calamity (2 Chr 20:3; Est 4:15–16)
- For forgiveness of sins (Jon 1:1; 3:1–10; 1 Jn 1:9)
- For scriptural understanding (Dan 10:1–3, 12)
- For spiritual power to cast out demons (Mt 17:14–20)
- For the growth of the church (Acts 14:23; Ezra 8:21; Neh 1:3–4)

Personal fasting is necessary for similar purposes. We fast for the repentance of sins, for a petition, or for intercession. We also fast for the purposes of serving our Lord and in order to drive out evil spirits. However, we must be careful never to fast in a manner unacceptable to God: as a formality or achievement, because “others are doing it,” or hypocritically (wanting others to see our holiness).

### Life Application

1. Learning How to Pray: God desires for us to come near to Him and pour out our hearts. To help us to learn how, He gave us the Lord’s Prayer as a model prayer for us to follow. Every line is applicable for our daily needs.
2. Spending Time with God in Prayer: Prayer is a source of joy and strength. It is a time to draw closer to God. Do you have time to pray daily? Is it often a short, hurried prayer? Instead of only spending these few, rushed moments with God, let us resolve to do the following:
  - a. Pray daily to the Lord (Ps 55:17)
  - b. Use the Lord’s Prayer as our guide to worship Him, to praise Him, and to give all our petitions to Him.
  - c. In times of distress or trouble, fast and pray to rely on God’s intervention.

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## Lesson 6 Homework Assignment

### Sermon on the Mount (2)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Read							
Pray							

Memory Verse (Psalm 141:2):

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1. What does it mean to have prayers like incense?
2. Choose a line from the Lord's Prayer, write it down, and explain what it teaches us about God.
3. Name two examples of people fasting in the Bible and explain why they fasted.
4. What are four purposes for which we fast today?
5. Why is prayer so important? What is a common excuse we often make for not praying?
6. Write down at least one goal or action plan for the week that will help improve your prayer life.