

A photograph of two hands clasped in prayer, resting on an open Bible. The scene is set against a warm, reddish-orange background. A semi-transparent purple circle is overlaid on the center of the image, containing the text.

# Prayer & Fasting

*Faith In Him #1*

**5** "When you pray, you are not to be like the hypocrites; for they love to stand and pray in the synagogues and on the street corners so that they may be seen by men. Truly I say to you, they have their reward in full. **6** But you, when you pray, go into your inner room, close your door and pray to your Father who is in secret, and your Father who sees what is done in secret will reward you. **7** "And when you are praying, do not use meaningless repetition as the Gentiles do, for they suppose that they will be heard for their many words. **8** So do not be like them; for your Father knows what you need before you ask Him.



# Matthew 6



9 "Pray, then, in this way: 'Our Father who is in heaven, Hallowed be Your name. 10 'Your kingdom come. Your will be done, On earth as it is in heaven. 11 'Give us this day our daily bread. 12 'And forgive us our debts, as we also have forgiven our debtors. 13 'And do not lead us into temptation, but deliver us from evil. [For Yours is the kingdom and the power and the glory forever. Amen.]' 14 For if you forgive others for their transgressions, your heavenly Father will also forgive you.



# Matthew 6

**15** But if you do not forgive others, then your Father will not forgive your transgressions. **16** "Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. **17** But you, when you fast, anoint your head and wash your face **18** so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you.



# Matthew 6



**1. They are personal.**

**Prayer &  
Fasting**

- 1. They are personal.**
- 2. They are active.**

**Prayer &  
Fasting**

3 'Why have we fasted and You do not see? Why have we humbled ourselves and You do not notice?' Behold, on the day of your fast you find your desire, and drive hard all your workers. 4 "Behold, you fast for contention and strife and to strike with a wicked fist. You do not fast like you do today to make your voice heard on high. 5 "Is it a fast like this which I choose, a day for a man to humble himself? Is it for bowing one's head like a reed and for spreading out sackcloth and ashes as a bed?



# Isaiah 58



Will you call this a fast, even an acceptable day to the Lord? **6** "Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke? **7** "Is it not to divide your bread with the hungry and bring the homeless poor into the house; When you see the naked, to cover him; And not to hide yourself from your own flesh? **8** "Then your light will break out like the dawn, and your recovery will speedily spring forth;



# Isaiah 58



And your righteousness will go before you; The  
glory of the Lord will be your rear guard. **9**  
"Then you will call, and the Lord will answer;  
You will cry, and He will say, 'Here I am.' If you  
remove the yoke from your midst, the pointing  
of the finger and speaking wickedness, **10** and  
if you give yourself to the hungry and satisfy  
the desire of the afflicted, then your light will  
rise in darkness and your gloom will become  
like midday.



# Isaiah 58

- 1. They are personal.**
- 2. They are active.**

**Prayer &  
Fasting**



- 1. They are personal.**
- 2. They are active.**
- 3. They are focused.**

**Prayer &  
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