



Emptied to be Filled

Matthew 6: 5-18

1. Seasons for Intensified Prayer and Fasting

- When my passion for the Lord needs _____.
- When I am _____ a major decision.
- When I am _____ spiritual warfare.

2. Steps to Intensify my prayer life

- Pray Humbly, honestly, and fervently.
- Pray consistently.

P.R.A.Y. the Jesus way

_____ Praise and thank God for blessing in your life.

_____ Ask God to forgive you.

_____ Present your requests to God.

_____ Align your heart with the Heart of God.

3. Surrendering to the Lord through Fasting

- Fasting is not about losing weight, but gaining freedom.
- Fasting is about emptying myself of worldly desires to be filled with God.
- Fasting demonstrates a desperation for God.

"Jehoshaphat was afraid and turned his attention to seek the LORD, and proclaimed a fast throughout all Judah." *2 Chronicles 20:3 (NASB)*

"O our God, will You not judge them? For we are powerless before this great multitude who are coming against us; nor do we know what to do, but our eyes are on You." *2 Chronicles 20:12 (NASB)*