

# Prayer and Fasting

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The Voice Calling in the Wilderness

# Outline

1. Prayer
2. Fasting
3. How Prayer and Fasting aids our Spiritual Journey
4. Prayer Rule



**What is  
Prayer?**

# What is Prayer?

- “...a more ancient and traditional definition of prayer calls it the **lifting of the mind and heart to God, the standing in his presence, the constant awareness and remembrance of his name, his existence, his power and his love.**”

# What is Prayer?

- **Converse** and **union** with God.
- Prayer is a **personal conversation** with God himself.
- But it is not just talking or a task we complete, prayer is a **door** to Christ.
- Spending time with God
- Purpose of prayer is to open that door to allow Christ into our lives, then only can we build that personal relationship with Christ.

# Types of Prayer

## 1. Public Worship

- a. Done as a group
- b. United offering of prayer
- c. On behalf of all and for all to the Father, Son, and Holy Spirit

## 2. Personal Prayer

- a. Individual
- b. Personal conversation with God
- c. Praying *for* others, not *with* others

# Why Do We Pray?

- Obvious reasons such as to **give thanks** to God for all his blessing, to **ask for forgiveness**, and to **pray for others** as well as **ourselves**.
- We pray so that God can help us to become more like Him in our actions.
- Also, so that we can know God and do his will.

# Why Do We Pray?

- Prayer **should not** be confined to just calling on God when we need him or when we are experiencing difficult times.
- When we call on Christ, we are able to **dispel** the **temptations** and the **darkness** that we may be struggling with.
- When we begin to call on God for everything in our lives whether good or bad, we start to develop a **foundation and relationship**

# How To Pray?

- P- Praise God for the many blessing he has showered upon you
- R- Repent and ask God to forgive you for any sins you have committed in thought, word, or action
- A- Ask God to intercede in your life and provide guidance through whatever it is you may be going through
- Y- Yield to God's will

# Factors to Consider When Praying

- Pray as you Can
  - Best routine is one you will stick with
- Pray Attentively
  - Prepare to Pray (Sit still for some time)
  - Do not Rush
  - Pray Aloud (Makes us slow down and think about what we are saying)
- Pray with resources
  - Sheema
  - Pampakuda

# Factors to Consider When Praying

- Pray (Meditate) on Psalms
- Pray (Meditate) on the Gospels
- Pray for Others
  - Make a prayer list
- Pray Frequently
  - Using every opportunity to pray, even if its short
- Pray Faithfully
  - Persistence and Perseverance



**What is  
Fasting?**

# What is Fasting?

- Reminder
  - Fasting is a reminder of God's presence and blessings in our lives.
- Sacrifice
  - By fasting we are practicing sacrifice, and we use this to strengthen ourselves spiritually and physically to overcome all temptations.

# What is Fasting?

- Discipline
  - If we can discipline ourselves to go without certain kinds of food, we can hopefully discipline ourselves so that we can go without certain kinds of behavior that are spiritually destructive.
  - Fasting is about getting control of our passions, maintaining control, and giving control of ourselves to God.
  - Fasting affects every part of our life because we are distancing ourselves from sin too.

# Why Do We Fast?

- To Prepare
  - Holy Qurbana
  - Fasts of the Church (Resurrection Sunday/Nativity)
  - Marriage and Baptism
- To be Free
  - From our Passions (Lust, Anger, Pride, Envy)
- To be Fruitful
  - Fruit of Repentance
  - Fruit of Virtues (Humility, Love, Compassion)
- Transcend our desires, selfishness, and to let go of our ego (pride)

# How do we Fast?

- Personal Fast
  - Preparation for a personal event
- Fast with the Church
  - Wednesday/Friday
  - 5 Canonical Fasts
- Avoid Extremes
  - Do not give up everything you can think of!

# How do we Fast?

- Deny Yourself (Your Will)
  - Temptations/Foods
- Talk Less
  - Inner/Outer
  - Reduce the “noise”
- Cultivate Silence
  - Make time to meditate
  - Phones/Social Media/Games

# How Prayer and Fasting Aid Our Spiritual Journey

- But fasting without prayer is just a diet change.
- Prayer is the most important part of fasting.
- Together, fasting and prayer are a powerful spiritual weapon against temptation that increases our spiritual growth towards God.
- Through fasting and prayer, the Holy Spirit transforms and strengthens us.
- It cleanses us spiritually and brings us closer to God.

# Prayer Rule

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# What is a Prayer Rule?

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- Outline of our daily prayer routine
  - Done everyday
  - Allows us to focus on our heart rather than the words
  - Helps develop discipline in our prayer life
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## Example of a Prayer Rule

1. Qaumo
2. Lord's Prayer
3. Peace be with you Mary
4. Nicene Creed
5. Scripture Reading
6. Prayers from Pampakuda/Sheema
7. Jesus Prayer

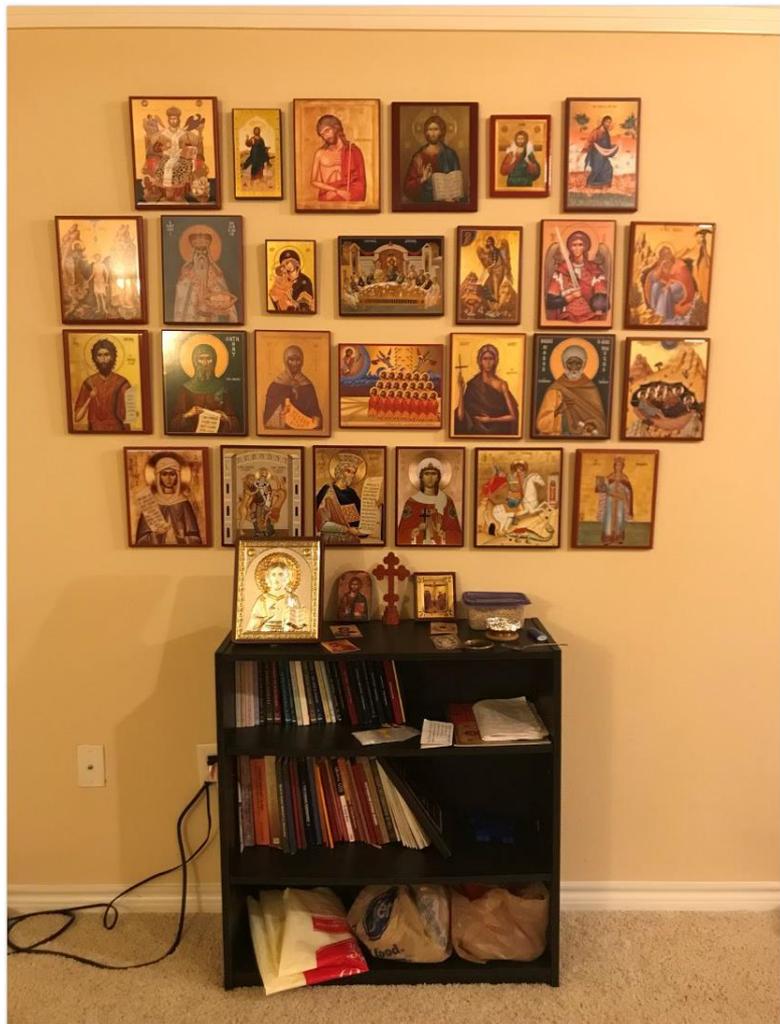
# Developing a Prayer Rule

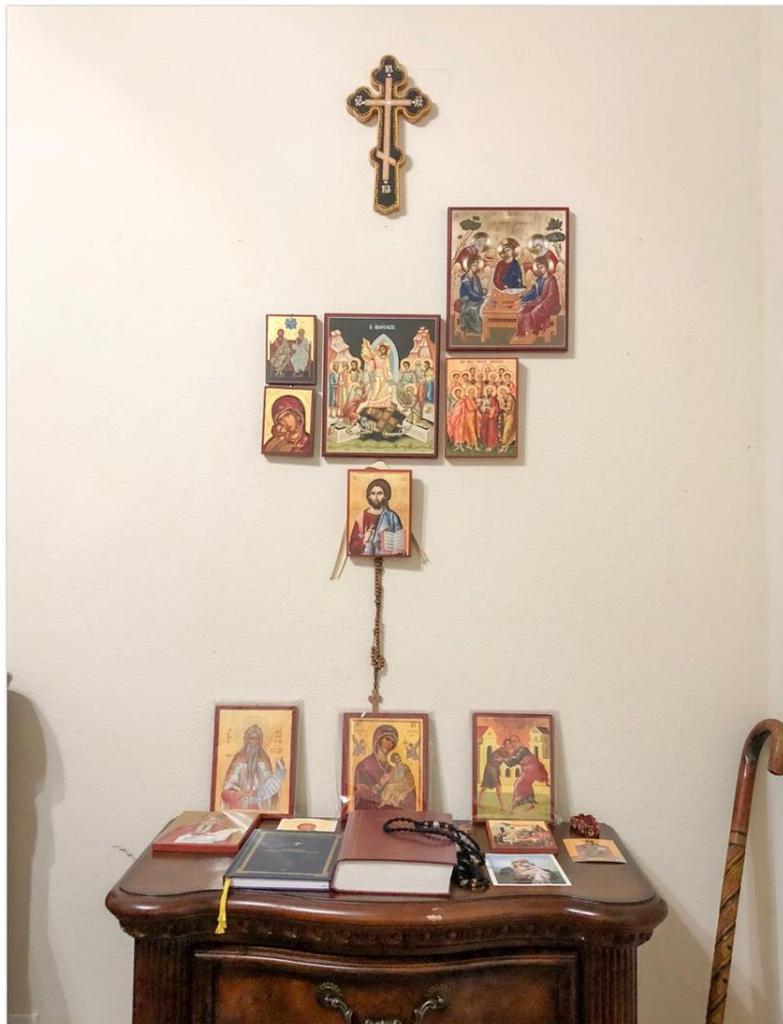
Step 1:

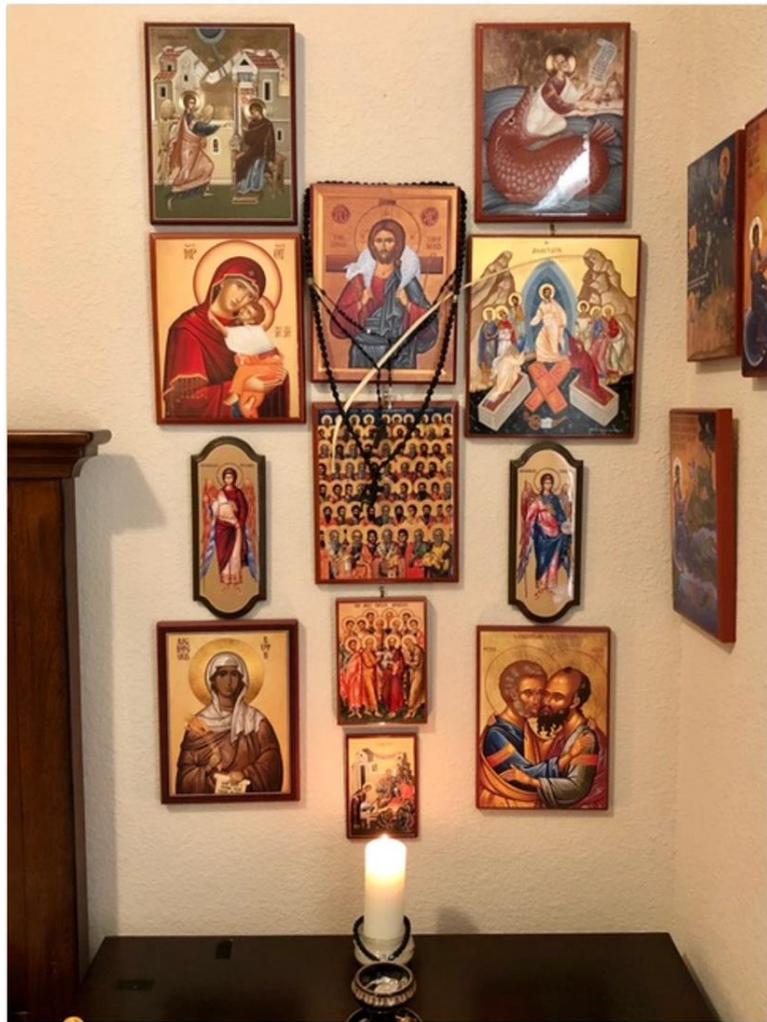
**TIME**

Step 2:





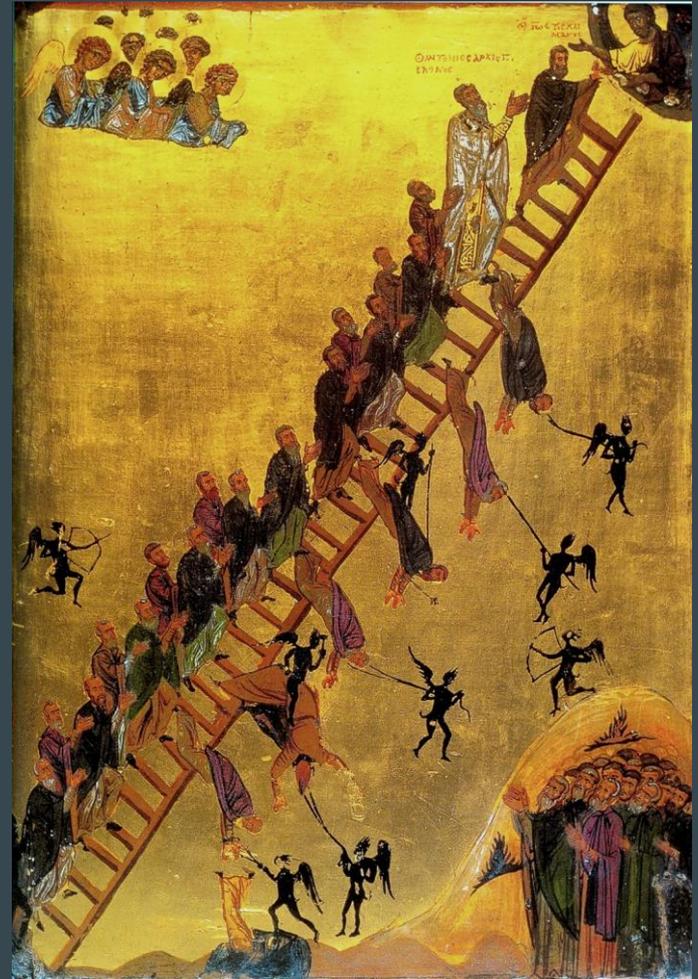






# Step 3:

- Effort
- Consistency
- Perseverance



# Things to Keep in Mind

1. Make prayer/family prayer a priority
2. Take our time
3. Start Small
4. Add things as we become more consistent
5. Keep going!

Question/Comments?

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