

Outline
“Reverent Submission II”
Prayer & Fasting

Objective: Understanding that fasting coupled with prayer is what breaks the strongest of strongholds on your life!

Introduction

I. “Train in submission is to train in prayer” 1 Corinthians 9:24-27

A. to Train—is to follow a set of instructions or drills—so train as if you are after the reward

B. to train—means you have intentions, prayer expresses what you intend, if you don’t train you are purposeless

C. Training helps you not to lose by disqualification...

Go back to Hebrews 6:1-2

II. Training: Praying brings maturity Read Hebrews 6:1-3

- **Go forward not backwards**
- **Why would you go back to something you’ve already overcome**
- **Maturity shows we are discipline and follow authority**
- **Without training we cannot become disciplined**
- **Without discipline we cannot submit to authority**
- **Remember the story of the demon-possessed boy in the Synoptic Gospels**

- **Go to Mark 9:25-28(Read)**

- **Understand that Prayer is effective, but there will be times we will have to go deeper.**

- **Superficial prayer will not work alone**

- **Fasting is an outward expression to an inner dependence on God**

- **See fasting help's focus one's energies on the resources available in God and not the world**
- **Fasting trims the fat and brings us to the bare necessity needed to be prosperous and effective—fasting uncomplicates life and clears the mind and spirit to focus on Him who saves.**
- **When we engage the spirit through prayer & fasting we are training to worship God the way we were intended in the beginning**
- **And worshiping through fasting allows for those old habits and behaviors to be let go—Jesus clearly says that in order to break the strongholds that lock us up from being free we must be RADICAL**
- **What's more radical than denying yourself food, what's more radical than denying the desires of your heart that are readily at your disposal—nothing...this is what will train us into understanding the meaning of Sacrifice and the reason for our purpose...**
- **So why do we do this...turn to 1 Corinthians 9:23**

IV. Conclusion: read 1 Corinthians 9:23

- **We train and submit so that we can share in the blessings of the Gospel**
- **And what are the blessings... to be free and prosper in his presence—this is our aim and this is what reverent submission is all about**
- **To live as God intended us to live in his image and likeness**