

sermonnotes

Getting in Shape: Part 1



“Train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.” (1 Timothy 4:7-8)

Spiritual disciplines, both personal and corporate, promote spiritual _____ and produce _____ in our lives.

The Spiritual Discipline of Prayer

Devote yourselves to prayer, be watchful and thankful. (Colossians 4:2)

“But **when you pray**, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” (Matthew 6:6)

As we commit to the Spiritual Discipline of prayer our lives are changed, situations change and God reveals Himself to us.

- Prayer is the means of connecting in _____ with God. (Mark 1:35, Acts 6:4)
- Prayer is the way we _____ with God in His work. (1 Corinthians 3:9)

- Prayer is the avenue through which God's _____ is released. (Jeremiah 33:3)

The Spiritual Discipline of Fasting

“But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.” (Matthew 6:17-18)

The spiritual discipline of fasting, _____ with prayer, is not a means to impress God and earn His acceptance, but it can bring breakthrough for our lives.

- Breakthrough to deeper relationship with God through surrender. (Ephesians 4:22-24)
- Breakthrough to finding God's _____ in times of crisis. (2 Chronicles 20:1-4)
- Breakthrough to hear the _____ of the Lord. (Acts 13:2-4)

Answers: growth, godliness; relationship; partner; power; partnered; help; direction



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