



## Sexual Purity Course Lesson 8

As was said in the previous lesson, God has designed the Christian life so that there are things which we can do which will normally bring His enablement and power into our life. Another one of these disciplines is prayer. Along with this discipline we will consider fasting.

**Scripture:** Read Matthew 6:5-18; Colossians 4:2; James 5:16-18; and Hebrews 4:16.

One of the main reasons why so many of God's children don't have a significant prayer life is not so much that we don't want to, but that we don't plan to. If you want to take a four week vacation, you don't just get up one summer morning and say, 'Hey, let's go today!' You won't have anything ready. You won't know where to go. Nothing has been planned. But that is how many of us treat prayer. We get up day after day and realize that significant times of prayer should be a part of our life, but nothings ever ready. We don't know where to go. Nothing has been planned. No time. No place. No procedure. And we all know that that the opposite of planning is not a wonderful flow of deep spontaneous experiences in prayer. The opposite of planning is the rut... If you want renewal in your life of prayer you must plan to see it (Piper, *Desiring God*, pg. 150-151).

### **Study:**

1. Why should we pray? What is the purpose of prayer?
2. What should we pray about? What are some topics that should be a regular part of a healthy prayer life?
3. What is the purpose of fasting (Judges 20:18-28; 1 Samuel 7:3-6; 2 Samuel 12:15-23; Psalm 35:13; Joel 2:12-13; Jonah 3:5-8)? What is a fast supposed to accomplish?

### **Application:**

1. If you do not already have a regular time of private concentrated prayer built into your daily life then it is time to plan for it. Make this discipline a priority. You cannot expect to win the fight for sexual purity if you are not drawing daily strength from being with God. Write about your plans for incorporating this discipline into your life. Be specific.
2. Having studied the topic of fasting, under what circumstances do you see yourself fasting in the future?