

*Women & More*  
*A 'call' and 'walk' Experience*

**Liquid Prayers**

Worksheet 6: **October 9, 2014**—prayer

The persistent praying-one practices the close walk; the fervent, fasting-one who prays has faith propelling her, and our liquid prayer has leverage with the Lord. God collects our tears, and puts our prayers in golden bowls—imagine that!

“Praying unceasingly means practicing God’s presence  
...develop a constant awareness of God’s presence all the time.  
We pick up a conversation with God at any given moment  
...seeing everything against the backdrop of His presence.”

Brother Lawrence

“It is far easier to fight with sin in public,  
than to pray against it in private...because the more spiritual the exercise,  
the more difficult it is for flesh and blood to maintain it.”

Charles Spurgeon

Lord, You know, You see, You care and You hear!

**Prepare by Soaking in Scripture:**

♥**1 Samuel 1:10** *“In bitterness of soul Hannah wept much and prayed to the LORD.”*

♥**Isaiah 38:5b-6 (the LORD to King Hezekiah)** *“I have heard your prayer and seen your tears; I will add fifteen years to your life. ¶And I will deliver you and this city from the hand of the king of Assyria. I will defend this city.”*

**Jeremiah 29:12**

**Psalm 126:5**

**Micah 7:7**

**Matthew 9:15**

♥**Hebrews 5:7 (our example)** *“During the days of Jesus’ life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission.”*

**Scripture to Memorize:**

**Revelation 5:8b** *“Each one had a harp and they were holding golden bowls full of incense, which are the prayers of the saints.”*

**NOTES on Speaking Session:**

**Questions for Mentor-group Discussion:**

1. *Webster* defines the noun ‘fast’ as 1: firmly fixed. 2: tightly shut. 3: adhering firmly. 4: stuck. 5: staunch. 6: not easily disturbed. Of the six definitions of *fast*, which one speaks most to you about ‘fasting to the Lord’—place the definition’s number on left; then explain your answer.

# \_\_\_\_\_ Explain: \_\_\_\_\_

2. The verb ‘fast’ is defined as 1 : to abstain from food 2 : to eat sparingly or abstain from some foods. Describe a time when you have abstained from some foods.

3. Aside from preparation for a particular medical procedure, or special diet, is the practice of ‘fasting’—to the Lord—foreign to you? \_\_\_\_\_ In what ways? Put an **X** in all of the boxes that best describe you.

- |  |  |
|--|--|
| <input type="checkbox"/> Never heard of it before                | <input type="checkbox"/> Seems extravagant                 |
| <input type="checkbox"/> Can’t imagine its purpose               | <input type="checkbox"/> It’s only for the supra-spiritual |
| <input type="checkbox"/> Don’t know when it’s appropriate        | <input type="checkbox"/> What would be my motivation       |
| <input type="checkbox"/> Don’t know what the Bible says about it |  |

“Prayer must not be our chance work,  
but our daily business, our habit and vocation.”

Charles Spurgeon

**Recommended Reading:**

“Return to Me” Says the Lord, Gregory Frizzell  
Why Pray? John Devries

*He Was There*

(Exodus 33:14)

Jesus heard when you prayed last night,  
He talked with God about you;  
Jesus was there when you fought that fight,  
He is going to bring you through.

**Jesus knew when you shed those tears,**  
But you did not weep alone;  
For the burden you thought too heavy to bear,  
He made His very own.

Jesus Himself was touched by that trial,  
Which you could not understand;  
Jesus stood by as you almost fell,  
And lovingly grasped your hand.

Jesus cared when you bore that pain;  
Indeed, He bore it too;  
He felt each pang, each ache in your heart,  
Because of his love for you.

Jesus was grieved when you doubted His love,  
But He gave you grace to go on;  
Jesus rejoiced as you trusted Him,  
The only trustworthy One.

His Presence shall even be with you,  
No need to be anxious or fret;  
Wonderful Lord! He was there all the time,  
He has never forsaken you yet.

Mrs. Nell Hawkins  
80 Ronald Street  
Liverpool 13, England

If you don't want to be changed, don't pray!

## *Fast, Fasted and Fasting Mentions in the New Testament*

### •Fast

- Matt 6:16 “When you **fast**, do not look somber as  
 6:17 but when you **fast**, put oil on your head  
 9:14 “How is it that we and the Pharisees **fast**,  
 9:14 but your disciples do not **fast**?”  
**9:15** then they will **fast**.  
 Mark 2:19 of the bridegroom **fast** while he is with them?  
**2:20** and on the day they will **fast**.  
 Luke 5:33 “John’s disciples often **fast** and pray,  
 5:34 of the bridegroom **fast** while he is with them?  
**5:35** in those days they will **fast**.”  
 18:12 I **fast** twice a week and give a tenth  
 Acts 27:9 because by now it was after the **Fast**.

### •Fasted

- Acts 13:3 so after they had **fasted** and prayed,

### •Fasting

- Matt **4:2** After **fasting** forty days and forty nights, (Jesus)  
 6:16 to show men they are **fasting**.  
 6:18 be obvious to men that you are **fasting**, but only  
 Mark 2:18 John’s disciples and the Pharisees were **fasting**.  
 2:18 and the disciples of the Pharisees are **fasting**,  
 Luke 2:37 the temple but worshiped night and day, **fasting**  
 Acts 13:2 they were worshiping the Lord and **fasting**,  
 14:23 with prayer and **fasting**, committed them

**The Old Testament has 64 mentions of fast, fasts, fasted and fasting.** David fasted passionately for those who were ill in Psalm 35:13-14—“*Yet when they were ill, I put on sackcloth and humbled myself with fasting. When my prayers returned to me unanswered, I went about mourning as though for my friend or brother. I bowed by head in grief as though weeping for my mother.*”

**Jesus is our example:** Matthew 4:1-2 “*Then Jesus was led by the Spirit into the desert to be tempted by the devil. <sup>2</sup>After fasting forty days and forty nights, he was hungry.*”

In Matthew 9:14-15 (also in Mark 2:19-20 and Luke 5:33-35), Jesus is questioned about fasting—“*Then John’s disciples came and asked him, ‘How is it that we and the Pharisees fast, but your disciples do not fast?’*”

<sup>15</sup>“*Jesus answered, ‘How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast.*”

The Synoptic Gospels all mention **fast** and **fasting** and, of course, the book of Acts talks about it. The two main messages to us today are that—

- 1) since the bridegroom (Jesus) is with the Father, **we will fast**; and
- 2) be careful not to let people know that we are fasting—*spiritual pride*.