

Hungry for Conversation



Matthew 6:9-13

The heart of Prayer – saying **Father**

☞ ***“If you can’t
say Father
and mean it,
then
spiritually
you are an
orphan”***



Building on real communication

∞ **V.9 *Hallowed be your name*** -
Recognise the greatness of your father

∞ ***Your kingdom come*** - Practice surrender
∞ ***Give us this day*** - Learn reliance
∞ ***Forgive our debts as we forgive*** - Develop a lifestyle of forgiveness

The Joy of Fasting

- ✧ **Ritual**
- ✧ **Don't understand**
- ✧ **Don't have the discipline**
- ✧ **Not prayerful**
- ✧ **Adds strength (Mk.9:29)**
- ✧ **Focus on God's voice**
- ✧ **Demonstrates commitment**
- ✧ **Expression of love**
- ✧ **Spiritual blessings (Mtt.5:6)**

