I. Objectives Phase 2, Session 12 - Prayer, Fasting, Resting, Stillness and Meditation

1. Explain that prayer is primarily the way in which we communicate with God; it is the way in which we are aware of His Presence.

Psalm 46:10
1 Thessalonians 5:17

2. Demonstrate that it is possible to pray without ceasing when we walk according to the Spirit.
1 Thessalonians 5:17

3. Explain that through prayer is how we exercise the power that the Lord has granted to us.
Genesis 1:26-28
Ephesians 3:20
1 Corinthians 4:20
Mark 11:23-24

4. The Lord did not ask us to pray for the sick, but to heal the sick. There an apparent exception in James 5:14-16, however, this is the prayer of believers, anointing them with oil.
Luke 9:1-2 and 10:9
Mark 16:18-19
Matthew 10:7-8
Mark 11:23-24

5. Demonstrate the great value of fasting to our sanctification process and to our capacity to overcome the world.
Isaiah 58:3-12
Matthew 17:20-21
Mark 9:28-29

6. Explain the meaning of resting in Jesus, that He is the Lord if the Sabbath. Why do we rest in Him?

7. Understand the importance of rest in doing the work of the kingdom. Elijah's example.

II. Email to participants before Session 12

During our next session, we will talk about Prayer and Fasting.

Prayer

Review Paul's prayers in the attachment and see if you can recognize a pattern in his prayers.

Please read, pray and meditate on Mark 11:23-24.

You may also want to read
Matthew 6:5-8 and 9-13
John 17:1-26
Mark 11:23-24
John 14:13-14
Matthew 21:21-22
Luke 11:9-13
Daniel 9:3,16,23
Daniel 10:12
Ephesians 1:15-23
Ephesians 3:14-21
Colossians 1:9-18
Colossians 3:12-17
2 Corinthians 3:17-18 and 4:1-6
Philippians 2:9-11
Psalm 150:1-6
Psalm 18:19,31-34
Please see attachment below of Paul's prayers

Fasting

When we fast, our body and our soul throw at us every reason why we should stop fasting. “What are you doing? You are killing me. This is unhealthy. This makes no sense. This is stupid. Stop, this is torture! . . .” It is a great opportunity for us to discover our spirit. It is a practice by which we discover the reality of our spirit and we establish the supremacy of our spirit over our soul and body. Fasting is a feast for our spirit.

This is how we may see fasting:

Isaiah 58:3-5 "*Why have we fasted,' they say, 'and You have not seen? Why have we afflicted our souls, and You take no notice?' "In fact, in the day of your fast you find pleasure, And exploit all your laborers. Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as you do this day, To make your voice heard on high. Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the Lord?"*

This is what the Lord intends us to experience while we fast*:*

Isaiah 58:6-7 *" Is this not the fast that I have chosen:* ***To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?*** *Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?*

This is what we experience when we fast as the Lord intends:

Isaiah 58:8-12 "***Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard.*** *Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness, If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday. The Lord will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.* ***Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In***."

Resting

Jesus is our Sabbath. He calls us to abide in Him and He in us. He calls us to rest in Him (Matthew 11:28-30), for in Him we find peace (John 16:33). For believers, the Sabbath is not a day but a person — the Person of Jesus Christ — in whom we abide, rest and find peace at all times. In Jesus, the holy day of the Lord is every day.

Genesis 2:1-3 "*Thus the heavens and the earth, and all the host of them, were finished.*

And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done. Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

The rest of God means that He stopped, that He had finished the work of creation, not that He was tired and needed to rest.

When Jesus said "*it is finished!*" in John 19:30, it has the same connotation, that His work is finished, that it is complete.

John 19:30 "So when Jesus had received the sour wine, He said, ***"It is finished!"*** *And bowing His head, He gave up His spirit*."

Isaiah 58:13-14 "*If you turn away your foot from the Sabbath, From doing your pleasure on My holy day, And call the Sabbath a delight, The holy day of the Lord honorable,* ***And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, Then you shall delight yourself in the Lord;*** *And I will cause you to ride on the high hills of the earth, And feed you with the heritage of Jacob your father. The mouth of the Lord has spoken***.**"

In Jesus, we are to do this daily:
And shall honor Him, not doing your own ways, Nor finding your own pleasure, Nor speaking your own words, Then you shall delight yourself in the Lord;

This text in Isaiah contains the essence of what the Sabbath is all about, the end of self-centeredness (2 Corinthians 5:14-15), the beginning of full reliance on the Lord which is humility. It is through humility that we access the Sabbath, our rest on the Lord. He completed the work, so we can rest and stop the works of the law, for in Him we fulfill the law. This is why in Mark 2:27, *He said to them, "The Sabbath was made for man, and not man for the Sabbath. Therefore the Son of Man is also Lord of the Sabbath*." The Sabbath was made for us, so that we would rest in Christ from the works of the law.

Matthew 12:6-8 "*Yet I say to you that in this place there is One greater than the temple. But if you had known what this means, I desire mercy and not sacrifice,' you would not have condemned the guiltless.* ***For the Son of Man is Lord even of the Sabbath***."

He took the law away from us and nailed to the cross.

Colossians 2:13-14 "*And you, being dead in your trespasses and the uncircumcision of your flesh, **He has made alive together with Him, having forgiven you all trespasses**, having wiped out the handwriting of requirements that was against us, which was contrary to us. **And He has taken it out of the way, having nailed it to the cross***.

Colossians 2:16-23 "*So let no one judge you in food or in drink, or regarding a festival or a new moon **or sabbaths, which are a shadow of things to come, but the substance is of Christ.** Let no one cheat you of your reward, taking delight in false humility and worship of angels, intruding into those things which he has not seen, vainly puffed up by his fleshly mind, and not holding fast to the Head, from whom all the body, nourished and knit together by joints and ligaments, grows with the increase that is from God.*
Therefore, if you died with Christ from the basic principles of the world, why, as though living in the world, do you subject yourselves to regulations**— "Do not touch, do not taste, do not handle," which all concern things which perish with the using—according to the commandments and doctrines of men? **These things indeed have an appearance of wisdom in self-imposed religion, false humility, and neglect of the body, but are of no value against the indulgence of the flesh."

Hebrews 4:1-13 "***Therefore, since a promise remains of entering His rest, let us fear lest any of you seem to have come short of it**. For indeed the gospel was preached to us as well as to them; but the word which they heard did not profit them, not being mixed with faith in those who heard it. **For we who have believed do enter that rest, as He has said: "So I swore in My wrath, 'They shall not enter My rest,' "** although the works were finished from the foundation of the world. For He has spoken in a certain place of the seventh day in this way: "**And God rested on the seventh day from all His works**"; and again in this place: "They shall not enter My rest." Since therefore it remains that some must enter it, **and those to whom it was first preached did not enter because of disobedience**, again He designates a certain day, saying in David, "Today," after such a long time, as it has been said: "Today, if you will hear His voice, Do not harden your hearts." For if Joshua had given them rest, then He would not afterward have spoken of another day. **<u>There remains therefore a rest for the people of God. For he who has entered His rest has himself also ceased from his works as God did from His. Let us therefore be diligent to enter that rest, lest anyone fall according to the</u> same example of disobedience**. For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart. And there is no creature hidden from His sight, but all things are naked and open*

to the eyes of Him to whom we must give account."

Jesus is our Sabbath *for it is God who works in you both to will and to do for His good pleasure*. Philippians 2:13. It is He who does the work in us.

It is the Spirit of the Lord who lead us to follow His commands

Ezekiel 36:27 "*I will put My Spirit within you and cause you to walk in My statutes, and you will keep My judgments and do them*."

As stated in the parable of the sower, we just have to throw the Seed, which is the Word of God, the Lord does the heavy lifting while we rest in Him.

Mark 4:26-29 "*And He said, "The kingdom of God is as if a man should scatter seed on the ground, and should sleep by night and rise by day, and the seed should sprout and grow, he himself does not know how. For the earth yields crops by itself: first the blade, then the head, after that the full grain in the head. But when the grain ripens, immediately he puts in the sickle, because the harvest has come*."

This is why we have used the analogy that "we are sailing, not rowing" because it is the Lord who does the heavy lifting while we rest on Him.

This is why Jesus died, so we no longer would live for ourselves but for Him. In other words, we would rest in Him.

2 Corinthians 5:14-15 "*For the love of Christ compels us, because we judge thus: that if One died for all, then all died;* ***and He died for all, that those who live should live no longer for themselves, but for Him who died for them and rose again*****."**

This explains why "*If we are "out of our mind," as some say, it is for God; if we are in our right mind, it is for you*." 2 Corinthians 5:13 NIV

There is also the rest related to having our physical needs and the needs of our souls met. This comes by the replenishment of our energy through sleeping, eating and drinking and our understanding that we are not alone; there are other people working for the kingdom of God, and we should be in fellowship with them. This is well illustrated in this passage about Elijah. Please keep in mind, however, that the tiredness, hunger, thirst, anxiety, depression and wish to die that he experienced are related to his "rowing", to his attempt to do all on his own effort, not relying on the Lord. The Lord

reminded Elijah that he didn't need to work alone, that there were 7,000 Israelites who had not bent their knees to Baal; he also had Hazael (king of Syria), Jehu (king of Israel) and Elisha as his allies.

1 Kings 19:1-21 NKJV "*And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, "So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time." And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. But he himself went a day's journey into the wilderness, and came and sat down under a broom tree.* ***And he prayed that he might die, and said, "It is enough! Now, Lord, take my life****, for I am no better than my fathers!"* ***Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, "Arise and eat." Then he looked, and there by his head was a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. And the angel of the Lord came back the second time, and touched him, and said, "Arise and eat, because the journey is too great for you." So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God****. And there he went into a cave, and spent the night in that place; and behold, the word of the Lord came to him, and He said to him, "What are you doing here, Elijah?" So he said, "I have been very zealous for the Lord God of hosts; for the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword. I alone am left; and they seek to take my life." Then He said, "Go out, and stand on the mountain before the Lord." And behold, the Lord passed by, and a great and strong wind tore into the mountains and broke the rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a still small voice. So it was, when Elijah heard it, that he wrapped his face in his mantle and went out and stood in the entrance of the cave. Suddenly a voice came to him, and said, "What are you doing here, Elijah?" And he said, "I have been very zealous for the Lord God of hosts; because the children of Israel have forsaken Your covenant, torn down Your altars, and killed Your prophets with the sword.* ***I alone am left; and they seek to take my life****." Then the Lord said to him: "Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place.* ***It shall be that whoever escapes the sword of Hazael, Jehu will kill; and whoever escapes the sword of Jehu, Elisha will kill. Yet I have reserved seven thousand in Israel, all whose knees have not bowed to Baal, and every mouth that has not***

kissed him.*" So he departed from there, and found Elisha the son of Shaphat, who was plowing with twelve yoke of oxen before him, and he was with the twelfth. Then Elijah passed by him and threw his mantle on him. And he left the oxen and ran after Elijah, and said, "Please let me kiss my father and my mother, and then I will follow you." And he said to him, "Go back again, for what have I done to you?" So Elisha turned back from him, and took a yoke of oxen and slaughtered them and boiled their flesh, using the oxen's equipment, and gave it to the people, and they ate. Then he arose and followed Elijah, and became his servant*.

For details about the broom tree, please see
https://fivetalents.org/blog/2017/8/21/beneath-the-broom-tree-discovering-hope-in-the-deepest-moments-of-suffering

Jesus is the fulfillment of the law and in Him we fulfill the law. Only by truly being in Him (abiding in Him and He in us), can we be in Sabbath rest seven days a week.

This is what was in the law about the Sabbath:

The commandment:
Exodus 20:8-11 NKJV "*Remember the Sabbath day, to keep it holy. Six days you shall labor and do all your work, but the seventh day is the Sabbath of the LORD your God. In it you shall do no work: you, nor your son, nor your daughter, nor your male servant, nor your female servant, nor your cattle, nor your stranger who is within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, and rested the seventh day. Therefore the LORD blessed the Sabbath day and hallowed it*."

The penalty for infringing the commandment:
Exodus 31:12-18 "*And the Lord spoke to Moses, saying, "Speak also to the children of Israel, saying: Surely My Sabbaths you shall keep, for it is a sign between Me and you throughout your generations, that you may know that I am the Lord who sanctifies you. You shall keep the Sabbath, therefore, for it is holy to you.* ***Everyone who profanes it shall surely be put to death****; for whoever does any work on it, that person shall be cut off from among his people. Work shall be done for six days, but the seventh is the Sabbath of rest, holy to the Lord. Whoever does any work on the Sabbath day, he shall surely be put to death. Therefore the children of Israel shall keep the Sabbath, to observe the Sabbath throughout their generations as a perpetual covenant. It is a sign between Me and the children of Israel forever; for in six days the Lord made the*

heavens and the earth, and on the seventh day He rested and was refreshed.' " And when He had made an end of speaking with him on Mount Sinai, He gave Moses two tablets of the Testimony, tablets of stone, written with the finger of God.

The first application for the infringement of the commandment:
Numbers 15:32-36 "*Now while the children of Israel were in the wilderness, they found a man gathering sticks on the Sabbath day. And those who found him gathering sticks brought him to Moses and Aaron, and to all the congregation. They put him under guard, because it had not been explained what should be done to him.*
Then the Lord said to Moses, "The man must surely be put to death; all the congregation shall stone him with stones outside the camp." So, as the Lord commanded Moses, all the congregation brought him outside the camp and stoned him with stones, and he died."

Stillness and Meditation

The Lord wants us to experience His presence. This is the benefit that we receive when we are in stillness and are meditating. This is why He says to us in Psalm 46:10 "*Be still and know that I AM God*". Since God is love, when we experience His presence, we experience His love. Then, we might ask, "How great is His love?" Read, pray and meditate on these verses to gain understanding of His love for us:
John 3:16 — He gave His Life for us
John 15:13 — there is no greater love than to lay down your life for your friends
John 17:23 — the Father loves us as He loves Jesus
John 15:9 — Jesus loves us as the Father loves Him

What does His love do in us? The answer might be found in 1 John 4:18 and 2 Timothy 1:7. Fear takes away power, love and self control.

Ask the Lord to reveal His love for you every morning and as often as you can. Pray the love prayer that you will see below.

Experience the presence of God. There is no effort involved, so do not try. Do not row; we are sailing. If you don't experience His presence, give it time; there is no hurry. Be in His presence at least 5 minutes twice a day, "Be still and know that I am God." Ask the Lord a question and quiet your mind so that you can hear Him. Meditate, reason together with Him (Isaiah 1:18). If you have a hard time quieting your mind, do any of the following: picture yourself talking with Jesus — you want to be quiet so that you can listen to Him; listen for silence around you; listen to your heart beat; watch your

breathing; look inward and feel your body from head to toe and toe to head. If you have doubts or concerns about meditation, read Psalm 1:1-6, Joshua 1:8-9, Philippians 4:8, 1 Timothy 4:15, Luke 21:14. It is a conversation with the Lord, as stated in Isaiah 1:18. Rather than imagining, a person should visualize something they have seen before or read about, like the example above of sailing rather than rowing. Visualization, seeing with the eyes of our hearts (Ephesians 1:18), is an important way to viscerally connect us with the reality of the word, the truth, the laws of God. We do not, however, need to imagine these things; they exist within us. The Vine and the branches, the Shepherd and the sheep, etc., these are analogies taken from the real world that help us understand spiritual laws. The laws of God don't need imagination; they are spiritual realities.

Stillness and Meditation teach us to control and exercise dominion over our mind. These practices allow us to quiet the mind when we don't need to use it. Remember that the mind isn't us, but merely an instrument that the Lord has given us to understand revelation. We use it when we need it and make it quiet when we want to enjoy the present. Be fully aware and delight in the presence of God.

In Christ,

Hernando
Receiving His Life Ministries