

V. What Should We Include in Our Prayers?

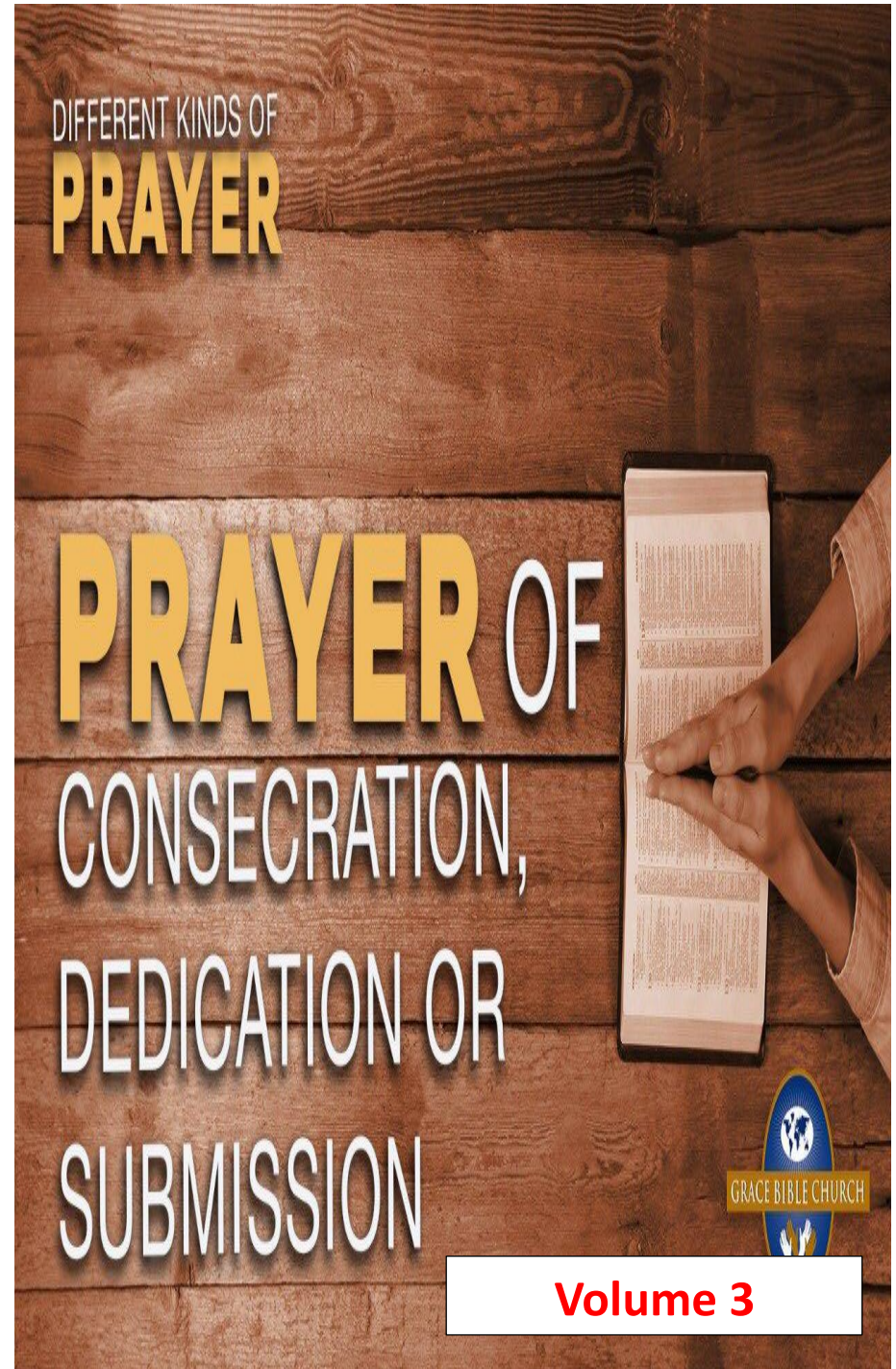
Although prayer cannot be reduced to a formula, certain basic elements should be included in our communication with God:

Adoration, Confession, Thanksgiving, Supplication (ACTS).

- A-** Adoration To adore God is to worship and praise Him, to honor and exalt Him in our heart and mind and with our lips.
- C-** Confession When our discipline of prayer begins with adoration, the Holy Spirit has the opportunity to reveal any sin in our life that needs to be confessed.
- T-** Thanksgiving An attitude of thanksgiving to God, for who He is and for the benefits we enjoy because we belong to Him, enables us to recognize that He controls all things - not just the blessings, but the problems and adversities as well. As we approach God with a thankful heart, He becomes strong on our behalf.
- S-** Supplication includes petition for our own needs and intercession for others. Pray that your inner person may be renewed, always sensitive to and empowered by the Holy Spirit. Pray for others - your spouse, your children, your parents, neighbors, and friends; our nation and those in authority over us. Pray for the salvation of souls, for a daily opportunity to introduce others to Christ and to the ministry of the Holy Spirit, and for the fulfillment of the Great Commission.

PRAYER

Father, I come to express my appreciation for your wondrous grace and love. Your majesty and honor is worthy of praise. I thank you for the indwelling of the Holy Spirit, which guides and transforms my attitude and life. Fill me up until I overflow with your presence. Let the impartation of spiritual wisdom and understanding enlighten my mind. Help me to walk in righteousness and holiness as I seek to embrace your sovereignty over my life. Grant these things in Jesus' name.



I. What is Sanctification:

1 Thessalonians 4:3-4 KJV For this is the will of God, *even* your sanctification, that ye should abstain from fornication: (4) That every one of you should know how to possess his vessel in sanctification and honour;

- In the theological sense, things are sanctified when they are used for the purpose God intends. A human being is sanctified when he or she lives according to God's design and purpose.

II. Spiritual Goals for this Consecration:

1. to reorder focus to think according to spiritual principles
2. to ignite a passionate relationship with Jesus
3. to receive a clear understanding of being a disciple of Jesus
4. to grow in the grace and knowledge of God
5. to flourish and overflow with the fruit of the Spirit

Galatians 5:22-23 KJV

But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, (23) Meekness, temperance: against such there is no law.

III. I recommend some procedures to follow in your quiet time:

Psalms 46:10, "Be still, and know that I am God."

Focus your mind on Him. Calm down, relax, and recognize His presence. Take a deep breath and focus your thoughts on the Lord. Get into the Word of God. It's better to start by reading the Bible than it is to start in prayer. It is more important for you to hear from God, even than for God to hear from you. God already knows all about you, but you need to know a lot more about Him. This is the time when you simply read the Bible with an open mind.

IV. Your Personal Guide to Fasting and Prayer

Why You Should Fast: If you do not already know of the power and importance of fasting, here are some very important facts:

- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.

- Fasting is a biblical way to truly humble yourself in the sight of God.

- The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!

- Fasting can transform your prayer life into a richer and more personal experience.

- Fasting and prayer are the only disciplines that fulfill the requirements of

II Chronicles 7:14:

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."

The more time you spend with God in fellowship, worship, and adoration of Him, and the more you read and meditate upon His Word, the greater your effectiveness will be in prayer and the more meaningful your fast will be.

Partial Fast. Christian fasting is abstinence from food or drink for a specific period of time while focusing on prayer and fellowship with God. Such as: **Monday to Friday** 12Midnight to 3PM or Sunrise to Sunset.

- People abstained from specific types of foods, like sweets or meat.
- Also, a fast may involve abstaining entirely from all food and drink.
- Some fast from TV † social media † foolish, gossipy, excessive phone conversations.

❖ **PLEASE FOLLOW DOCTOR ADVICE FOR THOSE ON MEDICATIONS**