

# PRAY, FAST, MAPS

**Foundations for Life in Christ and  
Leadership in the Church**

David Platt  
McLean Bible Church

## The Mission of MBC

We glorify God by making disciples and multiplying churches among all nations,  
beginning in greater Washington, D.C.

## The Mission of Our Lives

- To enjoy God's grace in a relationship with Him.
- To exalt God's glory to the ends of the earth.

## How Do We Accomplish This Mission?

- We glorify God by growing as disciples of Jesus.
- We glorify God by making disciples of Jesus.
- We glorify God by multiplying churches that reflect Jesus.

## Where Do We Accomplish This Mission?

- Among all nations.

## One Conclusion...

- To be a disciple of Jesus is to let His global cause dictate everything you think, desire, and do.

## One Question...

- Do we really believe the Bible?
  - What the Bible says about the church?
  - What the Bible says about the lost?

## The Story of Scripture...

- The Bible is the story of how God redeems His people for His kingdom.
- God is bringing His people to His place for His purpose.

## PRAY

<sup>5</sup> “And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. <sup>6</sup> But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you. <sup>7</sup> “And when you pray, do not heap up empty phrases as the Gentiles do, for they think that they will be heard for their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him. <sup>9</sup> Pray then like this:

“Our Father in heaven,  
hallowed be your name.  
<sup>10</sup> Your kingdom come,  
your will be done,  
on earth as it is in heaven.  
<sup>11</sup> Give us this day our daily bread,  
<sup>12</sup> and forgive us our debts,  
as we also have forgiven our debtors.  
<sup>13</sup> And lead us not into temptation,  
but deliver us from evil.

<sup>14</sup> For if you forgive others their trespasses, your heavenly Father will also forgive you, <sup>15</sup> but if you do not forgive others their trespasses, neither will your Father forgive your trespasses.

Matthew 6:5-15

### Why do we pray?

- To express the depth of our           need           for God.
- To explore the mystery of           intimacy           with God.
  - Set aside a           time          .
  - Go to a           place          .
  - Receive your           reward          .
- To experience the           power           of being used by God.

<sup>7</sup> And the LORD said to Moses, “Go down, for your people, whom you brought up out of the land of Egypt, have corrupted themselves. <sup>8</sup> They have turned aside quickly out of the way that I commanded them. They have made for themselves a golden calf and have worshiped it and sacrificed to it and said, ‘These are your gods, O Israel, who brought you up out of the land of Egypt!’ ” <sup>9</sup> And the LORD said to Moses, “I have seen this people, and behold, it is a stiff-necked people. <sup>10</sup> Now therefore let me alone, that my wrath may burn hot against them and I

may consume them, in order that I may make a great nation of you.”<sup>11</sup> But Moses implored the LORD his God and said, “O LORD, why does your wrath burn hot against your people, whom you have brought out of the land of Egypt with great power and with a mighty hand? <sup>12</sup> Why should the Egyptians say, ‘With evil intent did he bring them out, to kill them in the mountains and to consume them from the face of the earth’? Turn from your burning anger and relent from this disaster against your people. <sup>13</sup> Remember Abraham, Isaac, and Israel, your servants, to whom you swore by your own self, and said to them, ‘I will multiply your offspring as the stars of heaven, and all this land that I have promised I will give to your offspring, and they shall inherit it forever.’ ”

<sup>14</sup> And the LORD relented from the disaster that he had spoken of bringing on his people.

Exodus 32:7-14

- When we pray, God \_\_\_\_\_ acts \_\_\_\_\_!
- God uses our prayers for the accomplishment of His \_\_\_\_\_ purposes \_\_\_\_\_!

When the Lamb opened the seventh seal, there was silence in heaven for about half an hour. <sup>2</sup> Then I saw the seven angels who stand before God, and seven trumpets were given to them. <sup>3</sup> And another angel came and stood at the altar with a golden censer, and he was given much incense to offer with the prayers of all the saints on the golden altar before the throne, <sup>4</sup> and the smoke of the incense, with the prayers of the saints, rose before God from the hand of the angel. <sup>5</sup> Then the angel took the censer and filled it with fire from the altar and threw it on the earth, and there were peals of thunder, rumblings, flashes of lightning, and an earthquake.

Revelation 8:1-5

### How do we pray?

- P\_\_\_\_\_raise\_\_\_\_\_: Worship God for who He is.
- R\_\_\_\_\_epent\_\_\_\_\_: Confess your sin to God and acknowledge your need for Jesus.
- A\_\_\_\_\_sk\_\_\_\_\_: Petition for specific needs in your life and others' lives.
- Y\_\_\_\_\_ield\_\_\_\_\_: Surrender your life to following Jesus wherever and however He leads you.

<sup>16</sup> Rejoice always, <sup>17</sup> pray without ceasing, <sup>18</sup> give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

1 Thessalonians 5:16-18

## FAST

<sup>16</sup> “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. <sup>17</sup> But when you fast, anoint your head and wash your face, <sup>18</sup> that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Matthew 6:16-18

### Why do we fast?

- To express our delight in God’s goodness.

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. So I have looked upon you in the sanctuary, beholding your power and glory. Because your steadfast love is better than life, my lips will praise you. So I will bless you as long as I live; in your name I will lift up my hands. My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips.

Psalms 63:1-4

- More than we enjoy food, we enjoy God.

“Thus says the Lord of hosts: The fast of the fourth month and the fast of the fifth and the fast of the seventh and the fast of the tenth shall be to the house of Judah seasons of joy and gladness and cheerful feasts.”

Zechariah 8:19

- To confess our need for God’s grace.

“Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord.”

Joel 1:14

- More than we need a meal, we need God’s mercy.

- To seek and submit to God’s will.

<sup>21</sup> Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. <sup>22</sup> For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, “The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him.”

<sup>23</sup> So we fasted and implored our God for this, and he listened to our entreaty.

Ezra 8:21-23

- More than we want our hunger to cease, we want His kingdom to come.

- To anticipate the \_\_\_\_\_ return \_\_\_\_\_ of God's Son.

*<sup>14</sup> Then the disciples of John came to him, saying, "Why do we and the Pharisees fast, but your disciples do not fast?" <sup>15</sup> And Jesus said to them, "Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.*

*Matthew 9:14-15*

- More than our stomachs long to be full, our souls long to see \_\_\_\_\_ Jesus \_\_\_\_\_.

*He who testifies to these things says, "Surely I am coming soon." Amen. Come, Lord Jesus!*

*Revelation 22:20*

### How do we fast?

- F \_\_\_\_\_ ocus \_\_\_\_\_ on God.
- A \_\_\_\_\_ bstain \_\_\_\_\_ from food.
- S \_\_\_\_\_ ubstitute \_\_\_\_\_ the time with prayer and meditation on God's Word.
- T \_\_\_\_\_ aste \_\_\_\_\_ and see that God is good.

*Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! Oh, fear the LORD, you his saints, for those who fear him have no lack! The young lions suffer want and hunger; but those who seek the LORD lack no good thing.*

*Psalms 34:8-10*

## MAPS

<sup>5</sup> I will not leave you or forsake you. <sup>6</sup> Be strong and courageous, for you shall cause this people to inherit the land that I swore to their fathers to give them. <sup>7</sup> Only be strong and very courageous, being careful to do according to all the law that Moses my servant commanded you. Do not turn from it to the right hand or to the left, that you may have good success wherever you go. <sup>8</sup> This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. <sup>9</sup> Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go.”

Joshua 1:5-9

<sup>1</sup> Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers; <sup>2</sup> but his delight is in the law of the LORD, and on his law he meditates day and night. <sup>3</sup> He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither. In all that he does, he prospers. <sup>4</sup> The wicked are not so, but are like chaff that the wind drives away. <sup>5</sup> Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; <sup>6</sup> for the LORD knows the way of the righteous, but the way of the wicked will perish.

Psalms 1

### Why do we meditate on God's Word?

<sup>7</sup> The law of the LORD is perfect, reviving the soul;  
the testimony of the LORD is sure, making wise the simple;  
<sup>8</sup> the precepts of the LORD are right, rejoicing the heart;  
the commandment of the LORD is pure, enlightening the eyes;  
<sup>9</sup> the fear of the LORD is clean, enduring forever;  
the rules of the LORD are true, and righteous altogether.  
<sup>10</sup> More to be desired are they than gold, even much fine gold;  
sweeter also than honey and drippings of the honeycomb.

<sup>11</sup> Moreover, by them is your servant warned; in keeping them there is great reward.

Psalms 19:7-11

- Because God's Word is perfect, trustworthy, right, and radiant.
- Because God's Word gives us life, makes us wise, brings us joy, and helps us see.
- Because God's Word is more valuable than money and more satisfying than food.
- Because God's Word guards us from danger and leads us to treasure.

I rejoice at your word like one who finds great spoil.

Psalms 119:162

## How do we meditate on God's Word?

*Do your best to present yourself to God as one approved, a worker who has no need to be ashamed, rightly handling the word of truth.*

*2 Timothy 2:15*

### Dangerous Approaches to the Bible...

- The emotional approach: What feels right to me?
- The spiritual approach: What deep, hidden meaning is there for me?
- The pragmatic approach: What works best for me?
- The superficial approach: What does this mean to me?

### A Dependable Approach to the Bible...

- Meditate and Memorize.
  - Meditate: Read the Bible prayerfully, humbly, and reflectively.
    - What is happening in this passage?
    - What does this passage teach about...
      - Who God is?
      - Who we are?
      - How we follow Jesus?
  - Memorize: Key verses, passages, and chapters.
- Apply.
  - Head: How does this passage transform your thoughts?
  - Heart: How does this passage transform your desires?
  - Hands: How does this passage transform your actions?
- Pray.

*<sup>7</sup>If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.*  
*John 15:7*

- Praise according to God's Word.
- Respond according to God's Word.
- Ask according to God's Word.
- Yield according to God's Word.

- S hare.

*And these words that I command you today shall be on your heart. <sup>7</sup>You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. <sup>8</sup>You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. <sup>9</sup>You shall write them on the doorposts of your house and on your gates.*

*Deuteronomy 6:6-9*

*Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>teaching them to observe all that I have commanded you.*

*Matthew 28:19-20*

- Seriously consider writing down your reflections.
- Intentionally look for opportunities to talk with others about your reflections.

### **Practical Takeaway**

- Identify one step forward you can take in your life regarding PRAYER.
- Identify one step forward you can take in your life regarding FASTING.
- Identify one step forward you can take in your life regarding GOD'S WORD.