

# “Seven Principles of Prayer” and “Fasting For Beginners”

## Introduction to Course

The particular lay-out of the following class out-lines combine the two courses entitled “Seven Principles of Prayer” and “Fasting For Beginners”. Through-out the course the teacher was using the books with those same titles written by R.T. Nusbaum as an over-all guide for the course. The two courses were intermingled throughout the semester and even combined at times. These outlines came from a specific emphasis the Holy Spirit gave over this particular session of teaching. Our emphasis was entering into the Father – Son relationship. There was movement by the Holy Spirit for us to press into knowing the Son as our Life and entering into His communion with the Father, and how praying and fasting are a part of that eternal Life at work in us and manifesting through us. In some ways this could be a good course for beginners needing to lay the foundation of the Son being their “Way” instead of religion and human effort. This outline may only really be pertinent to the season in which it was taught, but are submitted in case they could be of further blessing.

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## Class One – “Our Father”

### Seeking The Son

*This is not a “learning how to pray and fast” class as we would comprehend such, but a time of seeking for the Son to be revealed in us. Not an “informational” time, but a “relational” time. Question will not be taken during class... but I will make myself available either after class or on Sundays, etc... to sit with you and answer any questions.*

*Luke 11:1 “And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught His disciples”*

The disciples had never heard anyone pray that way before. **It was the Son with His Father.**

The first words heard by the disciples in relation to true prayer was...“OUR FATHER”.  
*They witnessed in the flesh the essence of eternal communion breathed through the lips of the Son before mortals.*

These disciples were eye witnesses of God the Son communing with God His Father.

\*\*\*“OUR”..... “FATHER”..... CANNOT BE TAUGHT... LEARNED... IMITATED..

The only way to reach the first principle of prayer... The only way to BEGIN properly is for the SON to be revealed in you. We want to begin by learning a method that we might imitate to be more effective in getting answers for our prayer requests, or to make us mightier prayer warriors. We set our pace to learn **SOMETHING**, instead of positioning our hearts for SOMEONE to be REVEALED IN US (II Cor. 3:16-18)

**THE PERSON OF PRAYER IS THE SON... not YOU.**

“In the Beginning... GOD”. If God is not our beginning, then we will never have truly started.

Prayer can be something we do,... a religious activity of our flesh for God... or the communion of the Son with His Father through us His Body. *“Prayer is not a thing of the right terminology but of the right relationship. Anyone can say “our Father” but only the Son can truly fellowship with the Father. Matt. 11:27”*

**OUR...** The first words out of Jesus’ mouth was OUR. This is a huge clue to us that His desire is to bring us into His fellowship with the Father through oneness. If Jesus had started

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with MY Father, the relationship would have been exclusively His, and we simply bystanders adoring from afar the beauty of Their relatings. But rather He speaks of His desire to bring us into the fellowship of eternal Life. How glorious that we could partake of this eternal oneness that was from the beginning.

We pray as we know not... according to our understandings, desires, needs and lusts. (*James 4:3 “You ask and receive not because you ask amiss that you may consume it upon your lusts”*) The Son prays in oneness with His Father’s will, desires, spirit and heart. The Son prays this way because He is one with His Father.

The Father’s pleasure is with His Son Who is One with Him in all things by sameness of nature (**the same** was in the beginning with God). We may learn to say the exact same words and pray the exact same requests as the Son would,... but our essence is different and the Father KNOWS His Son. Hence, the Cross becomes our METHOD of dealing with OUR prayers, and the Son becomes our WAY to reach the heart of the Father. What emanates from US must be reckoned dead and not offered to the Father as a prayer. What emanates from the Son is heard and received by the Father.

*“A single sigh of our divine Victim’s Heart was more pleasing to God than all the hymns of heavenly spirits throughout eternity.”*

Strong’s Pray = 4336 to supplicate, worship from 4314 a prep of direction ; forward, toward... the side of...”

*John 1:1 “In the beginning was the Word, and the Word was with God, and the Word was God. 2 The same was in the beginning with God.”*

18 No man hath seen God at any time; the only begotten Son, which is **in the bosom** of the Father, he hath declared him.”

ALL THINGS... includes prayer. Colossians 1: 16b -19 “all things were created by him, and for him: 17 and he is before all things, and by him all things consist.

*John 1:3 All things were made by him; and without him was **not anything** made that was made.”*

Col 1: 17b – 19 “**all things** were created by him, and for him: 17 and he is before all things, and **by him all things consist**. 18 And he is the head of the body, the church: **who is the beginning**, the firstborn from the dead; that in **all things** he might have the preeminence. 19 For it **pleased the Father** that in him should **all fulness** dwell;”

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John 1: 16 “And of his fulness have all we received, and grace for grace. 17 For the law was given by Moses, but grace and truth came by Jesus Christ. 18 No man hath seen God at any time; the only begotten Son, which is in the bosom of the Father, he hath declared him.”

John 3:34 “...for God giveth no the Spirit by measure unto Him .” 35 “The Father loveth the Son, and hath given all things into His hand.”

John 4:21-24 “ Jesus saith unto her, Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet at Jerusalem, worship the Father. 22 Ye worship ye know not what: we know what we worship: for salvation is of the Jews. 23 But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him. 24 God is a Spirit: and they that worship him must worship him in spirit and in truth.”

John 5:19 -20 “Then answered Jesus and said unto them, Verily, verily, I say unto you, The Son can do nothing of himself, but what he seeth the Father do: for what things soever he doeth, these also doeth the Son likewise. 20 For the Father loveth the Son, and sheweth him all things that himself doeth: and he will shew him greater works than these, that ye may marvel.”

John 5:30 “I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me”

John 6:57 “57 As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me.”

John 8:29 And he that sent me is with me: the Father hath not left me alone; for I do always those things that please him.

John 11:41-42 “Father I give Thee thanks that Thou has heard me. I know that Thou hearest me always”.

John 14:19b “..because I live you shall live also”

John 17 21 that they all may be one; as thou, Father, art in me, and I in thee, that they also may be one in us: that the world may believe that thou hast sent me.22 And the glory which thou gavest me I have given them; that they may be one, even as we are one: 23 I in them, and thou in me, that they may be made perfect in one; and that the world may know that thou hast sent me, and hast loved them, as thou hast loved me. 24 Father, I will that they

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also, whom thou hast given me, be with me where I am; that they may behold my glory, which thou hast given me: for thou lovedst me before the foundation of the world.<sup>25</sup> O righteous Father, the world hath not known thee: but I have known thee, and these have known that thou hast sent me. <sup>26</sup> And I have declared unto them thy name, and will declare it: that the love wherewith thou hast loved me may be in them, and I in them.”

*(From the book)* “In Ephesians 1:3 Paul says, “Blessed be the God and Father of our Lord Jesus Christ” Paul knew that God was not his Father, but the Father of Jesus Christ. Paul knew that the New Birth was receiving the Life of the Son. Paul understood that it was NO LONGER PAUL but Christ living in him (Gal. 2:20), and for this cause Paul was able to bow his knees unto the Father of our Lord Jesus Christ on the basis of the life of Christ within (Eph. 3:14). Only on the basis of the Son can we all pray, “Our Father”.

**Only the Son can call God Father.** We need this “eternal ABBA” to fill our hearts and cry out through our prayers.

Gal. 4:5-7 “God sent forth his Son, made of a woman, made under the law, <sup>5</sup> to redeem them that were under the law, that we might receive the adoption of sons. <sup>6</sup> And because ye are sons, God hath sent forth the Spirit of his Son into your hearts, crying, Abba, Father. <sup>7</sup> Wherefore thou art no more a servant, but a son; and if a son, then an heir of God through Christ.”

### **The Spirit of the Son in Prayer.**

There is an attitude of heart in prayer that only the Son possesses. He is the Lamb and as such is willing to bear in His being the death necessary to answer that prayer fully. We pray that God might answer through His resources on our behalf. The Son, Christ in us, prays fully willing to fulfill that request through His own suffering. The difference is one of nature. Our nature will not enter such activity of sacrifice in the Spirit of love... only the Son's Lamb nature will pray with such a pure and willing motive.

*“Mental prayer rightly understood is an entire sacrifice of self to God in the spirit of Jesus the Victim (Lamb).”*

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*“Jesus Christ will be a priest forever, because He will ever offer Himself to His Father, and the Saints will be victims along with Him forever, and He will offer them eternally in union with His indefectible Sacrifice; and thus, His priesthood will be an eternal priest hood.”*

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## **Class Two “Who Art In Heaven”**

Eph. 1:2-3

Eph. 3:14 - 21

Eph. 4:6

The Son’s vantage point is from the Father’s bosom.. the view of the Father’s will, heart, motives and desire.

Like the Prodigal, as we return to the Father... we will find in His House, at His table, In His Face and in His eyes that which we should pray for. The prodigal was DEAD, and then found LIFE in the Son. Our old ways DIE as THE Son begins to fill us with the oneness He shares with His Father and their communion (Prayer) burdens (Prayer) and desires (intercession).

In all areas we must leave the “far country” of doing things outside of the Son, we must also leave the “older son” realm of doing things for God outside the house, and enter into the communion of Life in the Father’s house between The Son and the Father. From this position in Son in His Father’s Bosom (house) we will be filled with the essence of prayer and eternal Life.

*Homework: Read “Father’s Embrace” Parts one and two*

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## Seven Principles of Prayer: Class Three

### “Hallowed Be Thy Name”

This is the essence of the Son. His whole Being is “unto the Father’s glory”. His existence is to glorify His Name... pure love. If we want our approach to the Father to be acceptable, Jesus must become not just our truth in prayers... but our Way to the Father through His Spirit within (John 14:6). The tenor of the Son’s nature within us will guide, fill, and temper our prayers that they may be in oneness with the heart and purpose of the Father. The utterances proceeding “hallowed by Thy name” in our Lord’s prayer is “Thy will be done in earth as it is in heaven”. Here we hear the continuing honor of heart and approach found only in THE Son. We will tend to say “hallowed be Thy name” and then continue to pour out our needs, concerns and worries all in relation to our realm in the earth. This is the approach of humans dwelling on the earth. I say this not to convince us to try another and better approach in our prayers, but to try another PERSON (Christ) as our approach/way to the Father in prayer. Even if we ordered our prayers to sound perfectly like the way Jesus would pray, we are still in a far country outside the Father’s house of communion in oneness. Only through Christ can we enter into the communion between the Father and the Son (I John 1:3). Out from that communion emanates the “hallowed be Thy name” of the Son’s heart. That “hallowing” of love permeates every prayer request and communion found in the fellowship of prayer.

Jesus’ fellowship with His Father is above the earth in heavenly places of eternal Life. His prayers will seek the Father’s will as it is in His eternal Being to fill the earth with God’s glory. This is the honor due to the Father. We are created for His purposes, and not vice versa. The Son exists to fulfill His will and bring Him pleasure. Only Christ in us will pray with the hallowing of love and honor due to our beloved Father. Prayer becomes more than a time of offering up requests, but a state of constant communion when Christ within is the source of our praying. This hallowing we are speaking is the love between the Son and His Father. We can only know and flow with it as God brings forth the Spirit of His Son in us. Then we will be vessels filled with Christ as He loves and communes with His Father through us.

*Colossians 3:1-3 “If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth. For ye are dead, and your life is hid with Christ in God.”*



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*Habakkuk 2:1 “I will stand upon my watch, and set me upon the tower, and will watch to SEE what he will say unto me, and what I shall answer when I am REPROVED.”*

*Luke 10:40-42 “But Martha was cumbered about much serving, and came to him, and said, Lord, dost thou not care that my sister hath left me to serve alone? bid her therefore that she help me. And Jesus answered and said unto her, Martha, Martha, thou art careful and troubled about **many things**: but one **thing is needful**: and Mary hath chosen that good part, which shall not be taken away from her.”*

*Matthew 6:33 “seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you”.*

The Son will always begin above the earth in His Father because that is where His affections are set. If we are dead and our lives are hid with Christ in God (Col. 3:3), that is where our affections will also be found. Yet many times our eyes are SET on this and that earth problem, waiting to see what God will do as the answer to our prayers (Hab. 2:1-2). Such a prayer STANCE reveals that our hearts are all entangled with the earth and its woes. Revelation says that there is woe to the earth dwellers (Rev. 8:13, 12:12). If we are wrapped up in the Father through the Son being our Life... then the One thing that our hearts are set upon and our eyes are beholding is the heart of the Father. The scriptures that share the “Lord’s prayer” are found in Luke 11:1-4. Interestingly the scriptures that come directly before this is Luke 10:42 which says, “But one thing is needful: and Mary hath chosen that good part, which shall not be taken away from her”. There are many things in the earth to be “careful and troubled” about, such as Mary’s sister Martha was in verse 41. The prayers of those who are dwelling in the earth with their affections set down here will be filled with care and troubles over many things. But those who have found their place above in Christ have discovered the One thing that is needful and eternal. They have “chosen the good part” that can never be taken away from them because it is eternal... the fellowship between the Father and His Son. As we abide filled with the Oneness of Eternal Life, then God will take care of the earth problems and troubles. We are to seek first the Kingdom (Thy Kingdom come), and allow God to take care of the earth as Lord and your needs as your heavenly Father (Matt. 6:33). That way your prayers are filled with the sweet savor of the Son’s “Hallowed”, a hallowing He does through laying down His life as a sweet savor sacrifice. Our “hallowings” do not ascend from a nature of sacrifice, but are simply words yet saturated with Eternal Spirit. (Rev. 5:8, 8:3-4).

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## CLASS FOUR “On Earth as it is In Heaven”

*Luke 9 Jesus is transfigured on the mountain*

28 And it came to pass about an eight days after these sayings, he took Peter and John and James, and went up into a mountain to pray. 29 And as he prayed, the fashion of his countenance was altered, and his raiment was white and glistering. 30 And, behold, there talked with him two men, which were Moses and Elias: 31 who appeared in glory, and spake of his decease which he should accomplish at Jerusalem.

32 But Peter and they that were with him were heavy with sleep: and when they were awake, they saw his glory, and the two men that stood with him. 33 And it came to pass, as they departed from him, Peter said unto Jesus, Master, it is good for us to be here: and let us make three tabernacles; one for thee, and one for Moses, and one for Elias: not knowing what he said. 34 While he thus spake, there came a cloud, and overshadowed them: and they feared as they entered into the cloud.

35 And there came a voice out of the cloud, saying, This is my beloved Son: hear him. 36 And when the voice was past, Jesus was found alone. And they kept it close, and told no man in those days any of those things which they had seen.

*Jesus heals a demon-possessed boy*

37 And it came to pass, that on the next day, when they were come down from the hill, much people met him. 38 And, behold, a man of the company cried out, saying, Master, I beseech thee, look upon my son: for he is mine only child.

39 And, lo, a spirit taketh him, and he suddenly crieth out; and it teareth him that he foameth again, and bruising him hardly departeth from him. 40 And I besought thy disciples to cast him out; and they could not.

41 And Jesus answering said, O faithless and perverse generation, how long shall I be with you, and suffer you? Bring thy son hither. 42 And as he was yet a coming, the devil threw him down, and tare him. And Jesus rebuked the unclean spirit, and healed the child, and delivered him again to his father. 43 And they were all amazed at the mighty power of God.

*Jesus predicts his death the second time*

But while they wondered every one at all things which Jesus did, he said unto his disciples, 44 Let these sayings sink down into your ears: for the Son of man shall be delivered into the hands of men. 45 But they understood not this saying, and it was hid from them, that they perceived it not: and they feared to ask him of that saying.

*The disciples argue about who would be the greatest*

46 Then there arose a reasoning among them, which of them should be greatest. 47 And Jesus, perceiving the thought of their heart, took a child, and set him by him, 48 and said unto them, Whosoever shall receive this child in my name receiveth me: and whosoever shall receive me receiveth him that sent me: for he that is least among you all, the same shall be great.

*The disciples forbid another from using Jesus' name*

49 And John answered and said, Master, we saw one casting out devils in thy name; and we forbid him, because he followeth not with us.

50 And Jesus said unto him, Forbid him not: for he that is not against us is for us.

*Jesus teaches about the cost of following him*

51 And it came to pass, when the time was come that he should be received up, he steadfastly set his face to go to Jerusalem,

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*Matthew CHAPTER 17 Jesus is transfigured on the mountain*

*1 And after six days Jesus taketh Peter, James, and John his brother, and bringeth them up into an high mountain apart, 2 and was transfigured before them: and his face did shine as the sun, and his raiment was white as the light. 3 And, behold, there appeared unto them Moses and Elias talking with him. 4 Then answered Peter, and said unto Jesus, Lord, it is good for us to be here: if thou wilt, let us make here three tabernacles; one for thee, and one for Moses, and one for Elias.*

*5 While he yet spake, behold, a bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him.*

*6 And when the disciples heard it, they fell on their face, and were sore afraid. 7 And Jesus came and touched them, and said, Arise, and be not afraid. 8 And when they had lifted up their eyes, they saw no man, save Jesus only.*

*9 And as they came down from the mountain, Jesus charged them, saying, Tell the vision to no man, until the Son of man be risen again from the dead.*

*10 And his disciples asked him, saying, Why then say the scribes that Elias must first come?*

*11 And Jesus answered and said unto them, Elias truly shall first come, and restore all things. 12 But I say unto you, That Elias is come already, and they knew him not, but have done unto him whatsoever they listed. Likewise shall also the Son of man suffer of them. 13 Then the disciples understood that he spake unto them of John the Baptist.*

*Jesus heals a demon-possessed boy*

*14 And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, 15 Lord, have mercy on my son: for he is a lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water. 16 And I brought him to thy disciples, and they could not cure him.*

*17 Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me. 18 And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour.*

*19 Then came the disciples to Jesus apart, and said, Why could not we cast him out?*

*20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. 21 **Howbeit this kind goeth not out but by prayer and fasting.***

*Jesus predicts his death the second time*

*22 And while they abode in Galilee, Jesus said unto them, The Son of man shall be betrayed into the hands of men: 23 and they shall kill him, and the third day he shall be raised again. And they were exceeding sorry.*

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In Luke chapter nine we have the wonderful and rare account of a viewing of the Son communing with His Father. Peter, James and John saw the flesh and blood Jesus of Nazareth transform before their eyes into His heavenly image as He communed with His Father in prayer. (Luke 9:28-29 *“And it came to pass about eight days after these sayings, he took Peter and John and James, and went up into a mountain to pray. And as he prayed, the fashion of his countenance was altered, and his raiment was white and glistening.* Up on this mount these three disciples were able to see “as it is in heaven” while Jesus was praying. Up there, Jesus was no longer just a man but the glorious Son of His Father’s love. Up there, the communion of Elijah and Moses was all centered on the Cross and the crucified Christ being the fulfillment of the law and prophets. A “portal” was opened to these disciples into the spirit of heavenly communion. The communion of the Son is based on His eternal Lamb nature. Above, in heavenly places in Christ, the answer to all prayer is the Cross where God lays down His Life for us. We do not find the Son talking to Elijah (a prophet) about what is going wrong with the people and what to say or preach to remedy it. We do not find the Son talking to Moses (the Law) about the commandments that are broken and the consequences that should come. Luke 9 : 30-31 says *“And, behold, there talked with him two men, which were Moses and Elijah: who appeared in glory, and spake of his decease which he should accomplish at Jerusalem.”* Rather than viewing things based on the earth and its woes, all things are viewed through the eternal Heart of God Who gives His Son unto death as the answer to all things. As it is in heaven can only come into earth through an out-poured life. Therefore, when Jesus went into prayer His communion was not over what was wrong with people and the earth, but the death He was prepared to go into for them. This communion in the Eternal Spirit of the Lamb prepared Him to go back down into the earth and its situations filled and washed with His Father’s view, nature and way.

*Matthew 17:4-5 “Then answered Peter, and said unto Jesus, Lord, it is good for us to be here: if thou wilt, let us make here three tabernacles; one for thee, and one for Moses, and one for Elias.*

*While he yet spake, behold, a bright cloud overshadowed them: and behold a voice out of the cloud, which said, This is my beloved Son, in whom I am well pleased; hear ye him.”* Rather than seeing the One Son the Father was revealing, Who fulfills all the law and prophets by His Lamb nature, Peter saw a miraculous vision of three men and wanted to build a booth on the earth to memorialize the event. Even on the mountaintop, the greatest earth manifestation Peter could give to what he saw was to build a booth. The Father wanted them to see the Son Who is the Father’s pleasure because He goes down into death for others (Phil. 2). If we see the law and the prophets apart from the Son, our prayers become centered on people’s

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shortcomings and earth's situations. If we enter into the Eternal Communion of the Son with His Father, then we become filled with the Spirit of the Lamb and bring that out-poured nature into every burden and need upon the face of planet earth. The more we become saturated in the communion of Life through prayer, the more we will have the nature of Christ within to deal with earth issues. This is made clear in the verses immediately following the scriptural accounts of the Transfiguration.

In both the accounts of Matthew and Luke we find that immediately following the heavenly communion atop the mount of transfiguration was an encounter below with a demoniac. It is at this time we will discover if “as it is in heaven” is still real on the earth below. What is true in the Spirit will eventually have manifestation in the flesh / earth.

*Matthew 17:19-23 “Then came the disciples to Jesus apart, and said, Why could not we cast him out? And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. **Howbeit this kind goeth not out but by prayer and fasting.** Jesus predicts his death the second time And while they abode in Galilee, Jesus said unto them, The Son of man shall be betrayed into the hands of men: and they shall kill him, and the third day he shall be raised again. And they were exceeding sorry.”*

Jesus's disciples could not apply “what was true in the heavenlies” to their earth situation. In response to this Jesus spoke of the faith of a seed and his own death. He did not tell them to shout louder, but rather directed them towards the way of the Cross. Jesus also told them “**Howbeit this kind goeth not out but by prayer and fasting.**” If we look closely here we will see the context surrounding this verse concerning “prayer and fasting” deals with the need for the in-working of the Cross and not reciting more “Our Father's” or going without food. These disciples needed to enter into the Son as Their life and way, and not just belief system and things they saw on the mountaintop.

We find Jesus' disciples unable to deal with the situation, yet Jesus approaches the commotion and immediately deals with the situation with God's authority as His Son. Jesus' disciples did not understand why they could not deal with the situation and Jesus could so effortlessly. \_The disciples wanted to have all the authority of the Son of God on earth just as it is in heaven without being filled with the Son Who has that authority. Prayer represents a relationship with God based on the living communion of the Father with His Son in you. Fasting represents one who chooses to deny their own life that they might live

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by the Son instead. Prayer is partaking of the Son as He lives unto His Father. Fasting is not partaking of our own life that we might be vessels of Christ’s life instead.

It will never be “on earth” as it is “in heaven” in our lives if we do not enter into the true essence of what prayer and fasting represent. We can see incredible things in the Word by the Holy Spirit, things too wonderful to express in words. But none of that heavenly glory will fill the earth until we embrace our death and burial in Christ and enter into His relationship with the Father through oneness. The heart behind prayer and fasting is that of someone who longs to bring forth Christ in their daily walk and not just in their spiritual devotion times. Perseverance in study can at times simply be a lingering on the mountaintop waiting to see more. Prayer and fasting is the heart that is preparing to bring that glory back down to the earth for others. At times we cry out in our prayers for Christ to be formed in us... and at other times we cry out “Abba Father” through the very Spirit of the Son in our hearts. Either way, we are pressing in for Christ to be made manifest and released. While our hearts pour out in prayer, our soul resists the temptation to see things in the Spirit while still living by our flesh instead of through the Son. We deny/fast the feeding of our fleshly soul life that the Son within might be strengthened and expressed instead.

### HOMEWORK:

This week will be our first step into the realm of “fasting”. Our “homework” will be to spend time in prayer and fasting as we have just described and according to the Holy Spirit’s dealing in your heart at this time. The Spirit may guide you to fast “talking back” before your answer comes from the Lord in you. The Spirit may guide you to fast television to feed your Spirit instead of your soul. You may feel led to fast food for one or more meals to separate unto and feed your Spirit the Bread of Life as your true sustenance and Source. The main thing I ask of you is to be led of the Lord. As best as you can, spend time trying to hear from Him the area that He would have you fast this week. Also, be careful to combine your fasting with prayer so that we are not just emptying ourselves of us, but filling up with the Son. As you fast and pray this week, journal your experience. Write down the things the Lord shares with you, and the areas that are being dealt with by the Spirit.

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## CLASS FIVE “Our Chosen Fast”

To continue our study of fasting I would like to set forth some basic principles of the Cross as this can relate to fasting on a more daily and practical level. I believe that as we lay hold of these steps we will be able to incorporate the spiritual value of “fasting” as a lifestyle rather than just an event every once in a while. In upcoming classes we will discuss the more common forms of fasting that most of us are familiar with or have heard about.

➤ Fasting is an action of faith and not an act of human will-power.

The Song of Songs describes a believer’s maturity into the image of Christ through union with the Son. Throughout this book the Bride actively took steps to continue on in this relationship of union that led her into ever increasing fruitfulness in Her Beloved. Many of her choices towards Him and embraces of Him required her to deny / fast from living by her own mind, soul, strength, and life. She effectively broke from the vine of her old Life through a continual “fast” that brought her into the communion of His Vine-Life as her Source of supply. This choice to **not feed her old life** that she might partake of His was an embracing of her death with Christ that led her to **fast her old life** in practical and daily circumstances. **Because of her love for Him, she made decisions to fast her old ways that she might be with Him in oneness of kind. Her fasting was motivated by a love that was greater than her love for her own soul.** She was not earning her relationship with Him based on exerting her will to prove something, rather by love she chose to believe in Him and His work on the Cross without having to feed her soul/senses through outward experience.

A great example of this kind of fasting is found in Song of Songs 3:1 where the Bride found herself in a predicament where she could not find her Beloved in the ways that her soul enjoyed; *“By night on my bed I sought Him whom my soul loveth. I sought Him, but I found Him not.”* This crisis drew her out of her comfortable room into the city streets to search for Him. She is found looking for Him in old familiar ways and places that were all external sources. I believe she came to a cross-road in this crisis where she had to make a decision to believe in their union in a manner that did not feed her soul. She could embrace His Word as true and rest that His Life was within her, or she could feed her soul and remain separate from receiving the grace of His Life by faith. Her crisis was ended when she “fasted” the need to feed her soul, and choose to partake of Him through faith.

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3:5 *“I charge you, O ye daughters of Jerusalem, by the roes, and by the hinds of the field, that you stir not up, nor awake my love, till it please”.*

After fasting her need for reassurance and an external touch from the Lord, we find the Bride exhorting her friends. She encourages them to join with her in fasting the need to awaken and stir up the Lord just to feed their souls. Her faith has been exercised by a death /fast to her senses and soulish ways of relating to the Lord. In this verse she exhorts her sisters to not make the same mistake she was making by trying to demand an appearing of Him in a way that violates the true essence and reality of their union. She tells them to not stir Him up or awaken Him until it is His pleasure to do so. In Luke 8:23-24 we find the disciple in a boat with Jesus during a storm. The disciples are panicked with fear while Jesus is asleep. In these scriptures the disciples chose to awaken Jesus to calm their fears. In like manner we can choose to wake Jesus up because we are afraid and want Him to make the storm go away, or we can “stir not up, nor awaken Him till He please” by fasting the need to feed our fears and trust in God instead. When we choose to fast our fears, the result is an increase of Christ, as we shall see in the following verses of the Song of Songs.

➤ Fasting is an active embrace of the Cross, not a deed of the flesh.

*Song of Songs 3:6 “Who is this that cometh out the wilderness like pillars of smoke, perfumed with myrrh and frankincense, with all powders of the merchant?”*

This verse signifies how this dark night of her soul was like a wilderness without water... without Him. To find Him she had to die to (fast) her old form and way of knowing Him, and yield to the Cross that has translated her as one SPIRIT with the Lord (I Cor.6:17). Her resurrection is not in the form of more cakes of raisins or words of identity... but as smoke ascending from an altar, rich with the fragrance of the risen Son. She has found THEIR place now as One in His resurrection. She has put off her old form, accepting her death in Him, and is joining with Him in true resurrection, bearing His Spirit and Life. She has known suffering in this transition, for she is perfumed with myrrh. Yet myrrh is a spice that signifies the sufferings of Christ, not man. Therefore, she has chosen the path of fellowship in His sufferings rather than feeding her soul to prove something that has already been settled through His Cross. This has come at a cost to her, for she is powered with that which was purchased from the merchant. This time she had to buy the truth of the Cross and His Life in her. The result is a deeper conformity to His image and a greater release of His Life through her.

*Song of Songs 3:6a “Who is this that cometh out of the wilderness like pillars of smoke.”*



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Here we see that she is coming out of her wilderness experience not being able to feed her soul on His outward Presence and manifestation. In her wilderness experience she fasted feeding her soul, and fed upon His reality through her faith. In 3:5 **she made a determination not to stir Him up or awaken Him until He pleases. She waited on His appearing** in her as Life rather than pressuring a miracle sign out of Him like one of the selfish multitudes. The sign she embraced was the work of His Cross, trusting that she indeed was crucified with Him and is now risen in Him as a member of His Body. **Such faith demanded her to reject/fast her souls pressures** and “not let Him go”, establishing that His place was in her as Life.

### Seasons in the Wilderness

Like the Shulamite in the Song of Songs, the children of Israel had a wilderness experience that left them humbled (*“Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the Lord” Deut. 8:3*). All of us have wilderness periods. Our seasons “in the wilderness” are times where there is a lack of outward supply. This lack of outward resources helps make us aware of just how much we draw from sources other than Christ in us as our Life. There is no condemnation in this process, only the realization that we must press into Christ unto He alone fills and sustains us. Apart from our true Vine filling us... we wither and dry up. In the wilderness, life springs forth only in those who are living from an inward Source of water. Christ in us is a well of Living waters. Outward drought presses us into inward waters of Life.

### Chosen Fasts and Circumstantially Enforced Fasts

Sometimes we choose to turn off the outward supply to draw from Christ within. That is a chosen fast. Other times outward resources are removed apart from our control. That is when circumstances put us into a fast apart from our “permission”. In Texas right now, we are in a severe drought. It may be the hottest summer ever in the history of Texas. The trees have no choice but to press their roots deep into the soil to find hidden sources of water deep in the earth. Certain trees will be stronger than ever at the end of this drought, while other trees will die. This “enforced fast” of outward water will drive the trees to discover hidden water supply in depths they would never press into otherwise. So it is with us. There is a need for outward lack to drive us to the eternal Supply of Christ within. We need our Jesus to be our All, and no matter how abundant and rich our outward existence may appear, our lives are a wilderness if Christ is not filling us from within. We choose to

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honor the Lord as Life when we resist the temptation to draw our sustenance from something other than Him.

### Lowering The Bucket

Fasting could be described as when we choose to “cut off the supply” of our flesh to draw Christ from our spirit. This will require “lowering the bucket” to reach the crystal clear waters of Christ in our spirit. The murky waters of our soul exist in the shallows and try to come forth instead of Christ.

Much of the time our first response is to react according to what we see by how we feel. Can you see how shallow this response is? We have not pursued the Lord’s view, neither have we drawn forth from His life within. Our eyes need to be opened so that we can really see, and then our hearts need to be separated unto the Lord so that we will only draw forth from His Life in response. In a very practical sense we need to “fast” our view and “fast” our reactions. Being hasty can cause us to simply just react in a situation. But we need to “lower the bucket” deeper and deeper until we hit the pure waters of Christ in us, drawing forth only from His living waters instead of the polluted waters of our own opinions, thoughts, and emotions.

We can help “lower that bucket” (the bucket being our heart) through choosing to fast partaking of the shallow water of our soul life. As we refuse to “fill the bucket of our heart” with the stale and polluted waters of our views, reactions, words, thoughts, etc..”; we allow the bucket to press down deeper into the well of our being until it reaches the Living and Life-giving waters of Christ within. In a very practical sense, this fast is not to strengthen our will-power, but to ensure that we treat others with the love of Christ rather than our stinky attitudes. Digging wells is dirty work with lots of resistance. Pushing down roots takes concentrated effort. Yet times of outward lack can help press us to these measures. A rain shower is refreshing and effortless as water pours on us from above, but until those waters become like a well in us, they are here today and gone tomorrow.

### Deny Yourself

*Luke 9:23 “And he said to them all, If any man will come after me, let him deny himself, and take up his cross daily, and follow me.”*

Jesus said it like this... “If you want to follow me (my Life) you will have to deny (fast) your own.” In other words, fasting is a regular part of any disciple’s daily walk. Either our

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soul and body is our Master or Christ is. In fasting there is a denying ourselves of feeding on sources other than the Son. In prayer there is a communion with the Father of feeding on every word that proceeds from His mouth. We are separating FROM things as we separate our hearts UNTO God through Christ. A friend emailed me this statement a few days ago, *“Reading the scriptures without the true heart condition to be filled is like looking at the menu and never eating.”* If our activities are not bringing us into the communion of Life, then we are simply going through religious routines. We can read our bibles to feed our souls rather than seeking for Christ to be formed in us. We can preach, teach, go to bible school or go to the mission field to feed our ego rather than lay our lives down for others through the Spirit of Christ. We can fast feeding on the Word of God for selfish gain. We can fast doing ministry to be honored of men. We can choose to not feed those motives of self and determine in our hearts to commune with and function by the Life of the Son instead.

### Jesus in The Wilderness

Before Jesus Christ Himself could enter into ministry He had to pass through His wilderness experience. During this time He was confronted with temptations to use the things of God to feed self rather than remain completely separated unto the Father through oneness. Because He is the Son, He lives by the Father alone (John 6:57). When Satan comes to break Him from His Father as Source, Jesus resists and remains in Oneness with His Father. Jesus spent forty days fasting before Satan came to tempt Him. Jesus spent that time in a concentrated state of not feeding His Body with outward food. During His time of temptation Jesus was in a state of hunger and weakness. These scriptures show us that THROUGH THE SON in us, we can overcome the temptations to live by other sources and remain plugged into the Father at ALL TIMES.

### Satan tempts Jesus in the wilderness

#### *Luke 4:1-13*

*1 And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, 2 being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.*

*3 And the devil said unto him, If thou be the Son of God, command this stone that it be made bread.*

*4 And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God.*

*5 And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time. 6 And the devil said unto him, All this power will I give thee, and the glory of*

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*them: for that is delivered unto me; and to whomsoever I will I give it. 7 If thou therefore wilt worship me, all shall be thine.*

*8 And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.*

*9 And he brought him to Jerusalem, and set him on a pinnacle of the temple, and said unto him, If thou be the Son of God, cast thyself down from hence: 10 for it is written, He shall give his angels charge over thee, to keep thee: 11 and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.*

*12 And Jesus answering said unto him, It is said, Thou shalt not tempt the Lord thy God.*

*13 And when the devil had ended all the temptation, he departed from him for a season.*

*Matthew 4:1-11*

*1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 2 And when he had fasted forty days and forty nights, he was afterward an hungred. 3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.*

*4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.*

*5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, 6 and saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone.*

*7 Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God.*

*8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; 9 and saith unto him, All these things will I give thee, if thou wilt fall down and worship me.*

*10 Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.*

*11 Then the devil leaveth him, and, behold, angels came and ministered unto him.*

# “Seven Principles of Prayer” and “Fasting For Beginners”

## Class Six “Thy Kingdom Come... Thy Will Be Done”

“Thy Kingdom Come” is the heart’s cry of all lovers of Jesus. It is something that only Christ Himself can bring forth in us. He alone bears the government upon His shoulders (Isaiah 9:6). “Thy will” is only going to be done when Christ the Son is formed in us and governing from within.

Last class we chose an area to fast for that week. Many of us found that we were unable to enforce the fast we chose, showing us that in that area the governing influence of our flesh was stronger than the Son. It became obvious to us that “thy Kingdom” had not yet come in those parts. We may not have been aware of our need for Christ in those regions of the land of our hearts, and our decision to fast helped make known our need for more of Jesus to be formed within. THIS IS A GOOD THING!!! Rather than our hearts being drawn to condemnation or cover-up, we are taking this as an opportunity to press in for Christ to be formed. “Thy Kingdom Come” is our heart’s cry, and presses us to seek the Lord as our Life.

The will of the Father is His Son. It is not that we should stop eating or give up a bad habit to become more acceptable to Him. As the Kingdom of His dear Son begins to govern in our motives by the Life of Christ being formed, then the will of the Father will be done and all areas will be motivated by the love of God through Christ within. Our desire is that ALL things would be filled with Christ, and not simply to “make things better” apart from Him.

OUR ONLY HOPE IS TO COME UNTO JESUS! Jesus said in Matthew 11:258-30, “*Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. For my yoke is easy, and my burden is light*”. Instead of waiting until everything is “perfect” to spend time with the Lord, we must come unto Him when we are weary, unformed, and desperate. We are to press into Jesus Himself. To “soak in” His very essence, to commune and partake of His Being... drinking His Blood and eating His flesh. To be a branch drawing into us the sap of His Divine Nature! This is the activity of those who are crying out in earnest “Thy Kingdom Come”. We cannot change our inward government, but we can press into the Living God and pant after Him like a deer seeking water.

With this heart motive, let us take this next week to seek, pray and fast according the desire that is in our hearts. An example could be someone who would rather spend time pouring out their heart before the Lord than playing a computer game. That person WANTED to be with the Lord more than to be with their computer. They fasted that computer game because it was in their heart to do so. This one is joining in our Lord’s prayer, crying out “Thy Kingdom Come” as they press in for more of Jesus to live and govern them from deep within.

## “Seven Principles of Prayer” and “Fasting For Beginners”

The scriptures in Mark 2:18-20 show us this kind of fast that comes from a hunger for Jesus to come forth in Life, *“And the disciples of John and of the Pharisees used to fast: and they come and say unto him, Why do the disciples of John and of the Pharisees fast, but thy disciples fast not? And Jesus said unto them, Can the children of the bridechamber fast, while the bridegroom is with them? as long as they have the bridegroom with them, they cannot fast. But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days”.*

If it is not in our hearts at this time to want the Lord’s government more than the filling of our flesh, then we can still come unto Him and pray, “Lord ...make me willing” / “Holy Spirit draw me” / “Father show me how You see Your Son”. It is important to be real with our Father and not make excuses for our flesh, even if our excuses come from a sincere desire not to fail or disappoint Him. His love for us is perfect, for He sees us in His Son. Everything that Jesus prays we can agree with for we are now in Him. If He is not formed in us yet, we are still found in Him and can identify as One Him in all things.

*He is the honey from the Rock*

*Will you be stung to reach Him?*

*What price is too high to know Him?*

*What treasure compares?*

*What has captivated your heart?*

*To reveal is the Father’s*

*But to seek is ours.*

*The times and the seasons are in our hands,*

*If we will move with Him through them.*

*May we hearken to the Spirit’s call,*

*The blowing of His Spirit.*

*Seek and we shall find, for He is a treasure worthy of all cost.*

*Come to know Him.*

# “Seven Principles of Prayer” and “Fasting For Beginners”

## Seven Principles of Prayer Class Seven “Give us this day our daily Bread”

As those who are meant to live by the Son, we need the sustenance of His Life each day. There is the need for a daily filling of Christ that requires daily Bread. It is important to notice that the need for daily bread is not the first thing that Jesus prayed, but came after the eternal relationship between the Father and the Son was emphasized. That is because our daily Bread is to partake of Him Who came before us and be conformed to that Son.

Let us look at the progression of the prayer:

“Our Father”... Jesus wants to bring us into His Relationship with the Father by living in us. We cannot cry out “Abba Father” until the Spirit of the Son is filling our hearts.

“Who art in Heaven”... God’s eternal heart, view and purpose fill the Son’s prayers

“Hallowed be Thy name”... the Son exists to honor (hallow) His Father

“Thy Kingdom come”... The government of Christ the Son

“Thy Will be done”... The heart-cry of the Son

“On earth as it is in heaven”... May that same eternal Son be revealed and formed in us until Christ lives in us (earthen vessels) the same as He is in Oneness with His Father in heavenly places at the right hand of God.

### Now we come to this utterance... “Give us this day our daily bread”

We realize that the Son is not going to dwell in us in the manner we just described until we are filled with His Life. We need His heart in us. We need His nature in us. We need His complete Person to fill us, just like bread would fill a hungry man’s belly.

We are hungry for the Son to manifest through us. We are hungry for Him to hallow His Father’s name and do His will and bring forth His Kingdom in us. We have seen what happens when we try to do these things in our strength by our own life. We are empty of the right spirit. We are void of the nature that will sacrifice in love. For us, the thought of skipping a cup of coffee or a meal seems like torture. Yet the Son will suffer loss all the way to the death of the Cross. Through our first fast many of us came to the crisis of our inability to do it. At this point we are going to “come to the Lord’s table” and EAT our daily bread. Once we are filled with Him “the Living Bread”, then we will not be motivated by things of the earth filling us but be constrained by the love of Christ instead.

# “Seven Principles of Prayer” and “Fasting For Beginners”

An Old Testament example of this principle at work can be found in the book of Exodus:

*Exodus 29:26 “And thou shalt take the breast of the ram of Aaron’s consecration, and wave it for a wave offering before the Lord: and it shall be thy part.”*

*Exodus 29:32 “And Aaron and his sons shall eat the flesh of the ram, and the bread that is in the basket, by the door of the tabernacle of the congregation. 33 And they shall eat those things wherewith the atonement was made, to consecrate and to sanctify them”*

*Philippians 1:8 “God is my witness that I yearn for you all with the affection of Christ Jesus Himself!” Moffat translation*

In Philippians 1:8 we see that Paul has truly eaten his ‘daily bread’ because his affections are coming from the heart of Jesus Christ and not his own personal love. Paul is filled with the love of Jesus, and not his own affections. In Exodus 25:26 we find that part of the process for consecrating a priest in Israel involved them holding the breast of a ram in their hands and waving it before the Lord in identification and then eating it. The breast of the ram is the area right over the heart. I believe this is a picture of someone holding up the heart of Jesus to God and saying, “I identify with the heart of Jesus instead of my own affections”. The fact that the priest then ate that breast of the ram is a picture of us allowing the heart of Jesus to get inside of us so that we might be motivated by the heart of Jesus and His affections, just like we see in Paul.

This beautiful picture of consecration unto God should bring hope to each of us in our darkest hours of failure. God our Father is not looking for our love, kindness or affections. God wants us to forget about our heart, love and affections and identify with Jesus’ heart of love instead! In Galatians 5:24 Paul said that He has CRUCIFIED his own personal affections so that Christ might live there instead. When our love fails and we fall in a heap of condemnation and despair, we must remember the way of a true priest. We must eat our daily Bread. At that very moment we can embrace the Cross where our affections were crucified and with our hands of faith hold up the heart of Jesus as our new heart. We can believe that His heart will beat in ours as we “eat His flesh and drink His blood”. He alone fills us daily with the motivations of His Life. Oh, bless the Lord! Words fail to express the wonder of being One with Jesus, that His heart of love would now be ours. May we quit trying to repair our broken hearts of selfishness and be filled with that new heart which is literally Jesus Christ Himself living in us!

***Look at John chapter 6***

We must come to Jesus daily to be filled with Him, the Bread of Life. We need “our daily Bread” to be able to do the Father’s will, and manifest the Son and His Kingdom. Pouring out for others will come once we ***are filled*** with the right spirit.. the Spirit of Christ.



# “Seven Principles of Prayer” and “Fasting For Beginners”

## Seven Principles of Prayer Class 8 Living Bread Continued

### *Give Us THIS Day*

God’s Living Bread brings us into a place of fellowship and communion in the eternal oneness between the Father and the Son. Our walk in Christ is a daily one, and requires the Life of Jesus moment by moment. Without living, daily Bread... we fall back into religion and the works of the flesh. We must cultivate a relationship with our Father that daily lives by the Son He provides as our Life. We must real enough with ourselves to know when what we are filled with is no longer the living Son, but stagnant doctrines... left over doctrines from days or even years ago that no longer breathe of the Living Son within. We may experience days, weeks or months of flowing in the Life of Christ. Yet, it is still possible to become entangled again with the things of this earth life, and set our affections down here below. When that occurs, the filling of the Son is many times replaced with others things. Our hearts must daily cry out, *“Father, today... this moment... I need to be filled with your Son in such a way that I live by Him alone”*.

### *Our Need To Be Filled*

In John chapter six we find people seeking Jesus with the specific motivation to be filled. I believe this motivation in the multitudes is what prompted Jesus to begin His whole discourse on describing Himself as the living bread sent down from the Father. He saw their need to be filled. Eating to be filled is a basic human need. It is a need in regards to energy supply, but it is also a need in regards to “not feeling empty” which can go beyond simple energy needs. Emptiness can also be in regards to feeling alone and separate. There is also a comfort, joy and fellowship in eating together that is innately human as well. Therefore, this desire to be filled is the longing of mankind for energy (life), intimacy, and fellowship. Jesus is the fulfillment of all this as our Living Bread. When the Son FILLS us with His life, which is more to us than a doctrine, then we are brought into the fellowship of the Father and the Son. We are brought into “Hebron”, the spiritual place where can actually commune in oneness with the Father and Son relationship through our union into Christ. As we are filled with the Son, we are strengthened by His motivations, love, and desire to do the will of the Father. As we are filled with the Son we are brought into His love relationship with the Father. As we are filled with the Son we begin to experience the indwelling God, which is like a feast that goes beyond knowledge into the very fullness of God (*Ephesians 3:18 “And*

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*to know the love of Christ which passes knowledge, that you might be filled with all the fullness of God”).*

### ***Union Bread***

This living Bread which is the Son sent from the Father to fill all humanity is the answer to our deepest needs. In John chapter six Jesus knew this and was trying to bring them to the place of opening their hearts to partake of His fullness. The problem was the way they wanted to partake of this “Bread from heaven” was in the form of a miracle or a work... not from an embrace of oneness. They wanted to receive mercy manna dropping down from heaven again, while still devoid of union with God Himself. The Bread the Father has sent is UNION BREAD... Not MANNA from a far away, separate God. The people kept referring to the wilderness, and Christ kept referring to His Cross. In the wilderness we learn lessons of just how empty we are apart from Christ. At the Cross Christ made us one through His death. God the Father was going to offer up His Son and break Him at Calvary so that we might eat and be filled. He was going to pour out His blood like wine for us to drink so that we might be filled with His Same Life as those who are now one with Him.

### ***Jesus Satisfies***

Until we taste of His fullness through God’s Bread that fills like none other, we will labor for bread that leaves us unsatisfied. Literally, things like food, money, friends, T.V., computer games ... you name it; we will try to fill the void with it!! But this is not meant to be a point of condemnation, but a point of drawing us to taste of God’s Living Bread that we might know what it really means to be filled in the deepest way we were created for.... to be filled with the Son! To feast in Hebron and partake of God’s Spirit and love, is a filling beyond all else. Sometimes we may choose to be filled with lesser things of this earth, when we could rather cultivate a heart that hungers after the table of God instead. We each can pray to our Father, “I need to taste this living Bread... I need to be filled with the Son as Life”. It is possible to go years reading the bible and listening to sermons in a way that simply feeds your mind with doctrines and teachings rather than fills your spirit with Christ.

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## *Our Next Fast*

If we are eating the living Bread, we will experience another fullness which is God Himself in us. It may be at this point that we introduce the possibility for another fast. This fast could be our choice to not partake of something that has been replacing and trying to fill that void in us that is meant only for the Living Bread Himself. An example could be someone who tends to overeat when they worry as a form of comforting themselves. When that person feels that motivation rise up and press them towards the refrigerator, at that point they may choose to press into Jesus to find His Life as their comfort instead of food. In this way our fast is not just “stopping eating” but cultivating your relationship with the Son to be your Source of comfort now instead of food. Some people may deal with loneliness by getting on face-book or watching T.V. In like manner, this one could choose to fast going on-line or watching T.V. and spend time with the Lord instead. This one is seeking out the Living Bread to bring them into the intimacy and fellowship of God, rather than trying to fill that void through other things. The amazing thing is that once we actually taste the Living Bread, we will find Him so much better than all the false vines that do not truly fill.

# “Seven Principles of Prayer” and “Fasting For Beginners”

## Seven Principles of Prayer Class 9 “And Forgive Us”

### *The Prayer’s Journey*

Our last class we were discussing how each day we can come to the Father and believe to receive His Living Son in a manner that fills us with Life. This heart-pursuit emanates from someone who has determined to know the Son beyond head knowledge and become filled with the Spirit of the Son to enter into the living communion between Him and His Father. We have embraced that through union into Christ, God is now OUR Father. As Father, we have honored Who He is from eternity past in the wonder of His love relationship with the Son. We have cried out for that Son to become so formed in us that Their eternal relationship would govern our hearts and bring forth His Kingdom in our earthen vessel. We have come to our Father for daily Bread, knowing we must literally exist by the very Life of Christ from within. And yet, there is the very present reality that Christ is not fully formed in every inward part. Until His Kingdom comes forth in manifestation because Christ has been formed, our “kingdom” will come and the flesh will manifest that old sin nature. It is simply a part of the daily process until the Son is truly Living through us in that area. Until it is Christ, there is daily need for forgiveness.

### *The Father’s Forgiveness*

I believe that the greatest hurt to the Father’s heart is the lack of His Son. Because God so dearly loves His Son, that which is not His Son in those who are meant to function as the very Body of that Son is offensive to Him. This prayer is being prayed to the Father, and not to the great Judge of the Universe. What would most deeply hurt the Father’s heart is the lack of His Son. It is “Father Heart” that we have sinned against by not manifesting His Son. The Father has offered up His Son for us, and daily feeds Him to us as Living Bread. The Father has given all in giving all of His Son for us. To take that unspeakable gift and then still live for and by self is truly the essence of sin. For this, we as those who are His family must daily ask forgiveness until His Son comes forth. In this way we are keeping our relationship with the Father tender, real and in-tune with the relationship we have with Him based on Christ.

# “Seven Principles of Prayer” and “Fasting For Beginners”

## *Staying Tender With The Father*

It is important to remember that this prayer is not a religious and doctrinal thesis; it is the heart utterances between a Father and His Son that we have been graciously given access into through Christ being our Life. The Son Who breathes forth the lines of this prayer by heart and spirit is deeply affected by His Father in every way. He cares about His Father's needs, will, and that His name is hallowed, honored, and loved. As the heart of Christ begins to beat within our own bosoms, then we feel that tender love and oneness shared between Christ and His Father. And when we violate their sacred union by manifesting our selfish old nature, it is no small thing. To ask the Father's forgiveness for this is to communicate your honor and love for His heart, and that you too long for it to be Christ in you. Together, you and the Father long for the increase of Christ. Face to face with the Father you keep tender and sensitive to the sacred calling and deep yearning for the Son to be made manifest in us. The Blood of Jesus cleanses our sins, but also maintains that blessed fellowship with the Father until it can truly be Christ in us.

## *The Spirit of Hyssop*

In the Old Testament, hyssop was used to apply the blood. Examples of this can be found in the Passover account found in Ex. 12:22, and the cleansing of a leper found in Lev. 14:4-7. Hyssop is a small shrub that is common to those regions. It is a humble, common and lowly shrub as opposed to a great cedar tree used elsewhere in scripture. The beauty of the hyssop is that it represents the attitude of heart in which the blood is meant to be applied. God prescribed that the blood specifically be applied with hyssop to be effective. There is great spiritual import signified in this. Our approach to God our Father when we have violated His heart concerning His Son living through us should not be indifferent and proud. That blood is there to keep us in relationship with God, to maintain a life-flow that has been limited by our sin. Jesus is not our blood bank and the Father is not the bank-teller. Receiving forgiveness for our sins is more than a business transaction. Because we care about the Father and desire to give Him His Son, we receive forgiveness with a broken and contrite heart that honors the eternal relationship we have been gathered into through Christ, and regrets violating it through manifesting our flesh (Psalm 51:7,17). Through the “hyssop” we are communicating to our Father that, more than being “let off the hook”, we deeply appreciate the blessed grace that was purchased with scars wherein we can continue to relate to God as Father and partake of His Living Bread. There is an honoring of God in this and a hallowing of His Name.

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### *Seeking For the Son to Be Revealed as our Life*

To me, there are two ways of viewing the Lord’s Prayer. The first relates to THE Son as He communes with His Father. The second view relates to “those who are in the process of the Son being formed in them” (Gal. 4:19). The prayer itself begins in “THE BEGINNING” as shared in John 1:1. It is the eternity past of God who ever has been. It is here that THE Son was ever with His Father. But as the prayer continues there is a cry for the coming forth of that eternal Son and His Kingdom in the earth. With that cry is the need for daily Bread and daily forgiveness, because conformity to the Son is a process. In the beginning of our studies we found the disciples beholding THE Son as He was communing with His Father, and these disciples asking Him to teach them “how to do that”. Jesus, therefore, shared with them the principles that would work in the heart of one who wants to relate to God as Father. The main ingredient to that desire is that the Son be revealed as Life in the person praying. Only God can Father His Son in man’s spirits, and therefore this prayer is a heart-cry to the Fathering God of Eternity to bring forth His Son in us until Christ is governmental formed and glorifying the Father through each and every one.

### *A Living Prayer*

During my younger years, when I was attending traditional church services, we would regularly recite the “Lord’s prayer”. At that time in my life this prayer sounded much like a bunch of words that I had to recite in a religious ceremony. But now, as I have grown closer to the Lord’s heart, I find that this same prayer is often recited on my knees accompanied with tears and groans that God would bring forth His Son in me. It is a living, communing prayer that breathes with passion for the Son to God our Father. I thank God that Jesus did not just teach me how to pray, but literally wants to pray that prayer through me as my Life. I also thank God that when Christ is not yet formed enough to pray through me, the Holy Spirit is drawing my heart to press into the Son and seek the Father until His Kingdom of His dear Son has truly come.

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## Seven Principles of Prayer Class 10 – Summary of Course

**“Lead us not into temptation but deliver us from evil” –**

Colossians 1:13 “Who hath **delivered us** from the power of darkness, and hath translated us **into the Kingdom of His dear Son**”.

This is the final heart-cry of a vessel crying out to the Father to be filled with the Living Son in governmental, Kingdom ways. Here is one who wanted the reality of the Cross to truly work in them. They want the deliverance of Calvary... that through being crucified with Christ we shall no longer be held by motions of sin or the hold of the enemy. Rather we shall exist in the Kingdom of His dear Son... the Son of His love who will transform us as He lives through us unto God. Amen!

### *Matthew Chapter 6*

*1 Take heed that ye do not your alms before men, to be seen of them: otherwise ye have no reward of **your Father which is in heaven**.*

*2 Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward. 3 But when thou doest alms, let not thy left hand know what thy right hand doeth: 4 that thine alms may be in secret: and **thy Father** which seeth in secret himself shall reward thee openly. 5 And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward. 6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and **thy Father** which seeth in secret shall reward thee openly. 7 But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking. 8 Be not ye therefore like unto them: for **your Father** knoweth what things ye have need of, before ye ask him. 9 After this manner therefore pray ye: **Our Father** which art in heaven,*

*16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.*

*17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 that thou appear not unto men to fast, but **unto thy Father** which is in secret: and **thy Father**, which seeth in secret, shall reward thee openly.*

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I believe that we can sum up the heart of prayer and fasting in saying that it all proceeds from a relationship with the Father through His Son living in us. This point is made very clear to us in Matthew chapter six. In these verses we hear the Son Himself talking about entering into His relationship with the Father, and how to do things from participating in Their communion of oneness.

- Let your alms and good deeds be something between you and your Father, and not for the praises of people
- Praying is a relationship with your Father through Christ, and not a religious show before people.
- Fast unto your Father and not for others to see

We find the Lord's prayer (Matthew 6:9-15) sandwiched between Jesus telling us that giving alms, praying and fasting are all part of a relationship with the Father. This should tell us that the emphasis is not on what we do, but if what we are doing is coming from the Son living unto His Father through us. To give, pray or fast from our own strength and resources is usually a negative experience that drains us and can eventually leave us in a state of burn-out. Rather than spending our time during this course studying the methodology of prayer and fasting we have chosen to focus on the Son living through us unto His Father. Rather than seeking God for help with our prayer-life and fasting ability, we have cried out for Him to form His Son in us more. Jesus was not just teaching His disciples how to pray in Matthew 6:9-15, He was encouraging them to enter into His relationship with the Father that would fulfill all their needs. This is proven even further in verses 25-33 when Jesus goes on to say that the Father will care for their earth needs as they continue to focus on allowing His Son to live through them, seeking first His Kingdom (thy Kingdom come... Christ live in me).

*25 Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment? 26 Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet **your heavenly Father** feedeth them. Are ye not much better than they? 27 Which of you by taking thought can add one cubit unto his stature? 28 And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin: 29 and yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. 30 Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith? 31 Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? 32 (For after all these things do the Gentiles seek:) for **your heavenly Father** knoweth that ye have need of all these things. 33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.*



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Jesus continues to put the emphasis on relating to His Father, even when speaking about how to “do Christian things”. To Jesus, all these things are simply the result of living unto His Father. If we embrace Christ as our Life, we too can experience the joy in giving, the communion in praying, and the spiritual release of His Life in our fasting. May we not leave this class still trying to figure how to pray or fast in our own ability. I believe that the heart of the Holy Spirit has been moving to draw our hearts towards the increase of Christ in us. More of the Son unto His Father in each of our hearts!! Therefore, if in some measure, no matter how small, we have moved out from religion into relating to the Father by His Son in us...then our time together has been truly fruitful.

May we “fast” living by our own life, and “fill up” up the communion of Christ with His Father. Amen.

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### Seven Principles of Prayer Take Home Final –

Thank you Holy Spirit and students for a wonderful semester! Our prayer is that the seeds planted during this time together could enrich our union into Christ and His communion with the Father through us. As a teacher for this course, my personal preference in the manner in which you complete this final is to answer from your heart according to what has been Life to you during our sessions. Spend time with the Lord as you write your response.

Please share a paragraph or more one each line of the Lord's Prayer. Your grade for this course will come from the quality of your answers on this final.

Comment on each of these lines:

1. “Our Father”
2. “Who art in heaven”
3. “Hallowed be Thy Name”
4. “Thy Kingdom Come”
5. “Thy Will be done”
6. “on earth as it is in Heaven”
7. “Give us this day our daily bread”
8. “forgive us our sins”
9. “as we forgive those who trespass against us”
10. “lead us not into temptation, but deliver us from evil”

Finally please write a page concerning what you have learned about fasting. At the end of that page write down a fast that you would like to commit to doing sometime in the next three weeks. Part of your final (but only before the Lord) will be taking time to do that fast in the spirit of what you have learned during this time together.