

## **“Our Pursuit of God” Matthew 6:5-18**

**The Point: Pursue God with a desire for more of him rather than the praise of men.**

### **I. Pursue the praise of God rather than the praise of man (6:5, 16).**

- “The fear of man lays a snare, but whoever trusts in the Lord is safe” (Proverbs 29:25).

### **II. Pursue God in prayer because he is your Father (6:5-15)**

- “If you ever want to humble a person, ask them about their prayer life.” – David Sills
- “What a man is on his knees before God, that he is, and nothing more.” – Robert Murray McCheyne
- Lord’s Prayer: It is a guide, but can also be prayed verbatim if our hearts are engaged. The basis of the prayer is our relationship with God, which is then followed by six petitions.
- “We cannot know what prayer is for until we know that life is war.”

#### **How should we pray?**

- Posture: Standing, but not just standing
- Place: In secret, but not just in secret
- Length: Concise, but not just concise
- Style: Structured, but not just structured
- “praying at all times in the Spirit with all prayer and supplication” (Eph. 6:18)

#### **How can we grow in our prayer life?**

- 1) Pray. Pray. Pray
- 2) Know the God to whom you pray. “Believing prayer is prevailing, successful prayer. It assails the kingdom of heaven with holy violence, and carries it as by storm. It believes that God has both the heart and the arm, both the love that moves him and the power that enables him, to do all and to grant all that his pleading child requests of him.” - Octavius Winslow
- 3) Pray the Word:
- 4) Be strategic.
- 5) Use Tools.
- 6) Read books on prayer.

“Learn to move man, through God, by prayer alone.” – Hudson Taylor

### **III. Pursue God through fasting with a desire for more of him (6:16-18)**

- What is fasting? Fasting is voluntarily abstaining from food or another regular routine for spiritual purposes.
- “While they were worshipping the Lord and fasting, the Holy Spirit said, ‘Set apart for me Barnabas and Saul for the work to which I have called them.’ Then after fasting and praying they laid their hands on them and sent them off” (Acts 13:2-3).
- Are you desperate for God?

#### **The Power of Christian Hope**

Jesus enables us to pursue God and experience increasing measures of his fullness through prayer and fasting.