

Our Father in heaven
Hallowed be your name
Your kingdom come, Your will be done
On earth as it is in heaven
Give us this day our daily bread
And forgive us our debts
As we also have forgiven our debtors
And lead us not into temptation
But deliver us from the evil one
For yours is the kingdom and the power
And the glory forever
Amen



One Thing I Ask One Thing I Seek

LEARNING TO PRAY AND FAST



vs



PRAYER: Expressing to God what's in your heart and on your mind, and allowing God to do the same for you. There are many ways and reasons to pray, but prayer itself is the foundational way we build and grow in our relationship with God.

FASTING: Intentionally clearing away something in your life, to make space for the above. It is an intentional act of sacrifice, communicating to yourself and to the world that your greatest desire is for God.



One Thing I Ask
One Thing I Seek

LEARNING TO PRAY AND FAST

One thing I ask from the Lord, this only
do I seek: that I may dwell in the house of
the Lord all the days of my life, to gaze on
the beauty of the Lord and to seek him in
his temple.

Psalm 27:4

My heart says of you, “Seek his face!”
Your face, Lord, will I seek.

Psalm 27:8

I remain confident of this: I will see the
goodness of the Lord in the land of the living.
Wait for the Lord; be strong and take heart
and wait for the Lord.

Psalm 27:13-14

YES PLEASE

NO THANKYOU

“...before a man can seek God, God must first have sought the man.”

“We pursue God because, and only because, He has first put an urge within us that spurs us to the pursuit.”

A. W. Tozer

“Come near the holy men and women of the past and you will soon feel the heat of their desire after God. They mourned for Him, they prayed and wrestled and sought for Him day and night, in season and out, and when they had found Him the finding was all the sweeter for the long seeking.”

“How tragic that we in this dark day have had our seeking done for us by our teachers. Everything is made to center upon the initial act of ‘accepting’ Christ (a term, incidentally, which is not found in the Bible) and we are not expected thereafter to crave any further revelation of God to our souls.”

A.W. Tozer

“The man who has God for his treasure has all things in One. Many ordinary treasures may be denied him, or if he is allowed to have them, the enjoyment of them will be so tempered that they will never be necessary to his happiness. Or if he must see them go, one after one, he will scarcely feel a sense of loss, for having the Source of all things he has in One all satisfaction, all pleasure, all delight. Whatever he may lose he actually lost nothing, for he now has it all in One, and he has it purely, legitimately and forever.”