
Eight Steps to Being Filled (Step 6: Fasting and Praying in the Holy Spirit)

The Fullness of the Holy Spirit

Pastor Wil Nichols

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Victorious Praise Fellowship Church of God in Christ

2116 Page Rd. Durham NC 27703

WEBSITE: www.VictoriousPraise.org

EMAIL: PastorWil@VictoriousPraise.org, Info@VictoriousPraise.org

PHONE: (919) 957-7500

Sermon: The Fullness of the Holy Spirit: Eight Steps to Being Filled (Step 6: Fasting and Praying in the Holy Spirit)

New Series Messages: “The Fullness of the Holy Spirit”

- **Being Filled with the Holy Spirit is A Continuous Process, Not A Singular Event.**
- Theme Scripture: Ephesians 5: ¹⁸ And be not drunk with wine, wherein is excess; but be filled with the Spirit;
- Subject: ***The Process of Being Filled (Drunk with New Wine) – New Walk, Look, Talk***
- Subject: ***Eight Steps to Being Filled (STEP 1: Submit to the Holy Spirit)***
- Subject: ***Eight Steps to Being Filled (STEP 2: Convicted by the Holy Spirit)***
- Subject: ***Eight Steps to Being Filled (STEP 3: Guided by the Holy Spirit)***
- Subject: ***Eight Steps to Being Filled (STEP 4: Obeying the Holy Spirit)***
- Subject: ***Eight Steps to Being Filled (STEP 5: Studying the Holy Spirit)***
 - Study to Show the Truth (What You Know)
 - Study to Work the Truth (What You Do)
 - Study to Divide the Truth (What You Produce)

Lesson Text

Luke 4:1–13 (AV) 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 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 17: 19–21 (AV) 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.

Luke 22:39–42 (AV)³⁹ And he came out, and went, as he was wont, to the mount of Olives; and his disciples also followed him. ⁴⁰ And when he was at the place, he said unto them, **Pray that ye enter not into temptation.** ⁴¹ And he was withdrawn from them about a stone's cast, and kneeled down, and prayed, ⁴² Saying, **Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.**

Introduction

To date we've looked at Five of the Eight Steps to Being Filled with the Holy Spirit: Submitting, Convicted, Guided, Obeying, and Studying.

Today we will look at the 6th Step, "Fasting and Praying"!

If there is one lesson we can get for the Easter Sunday morning, it is from the beginning of His ministry, to the very end of it, Jesus was in constant prayer and fasting!

In our second lesson text, the Disciples run into a particular unclean spirit they were now able to cast out; and enquired of Jesus as to why. His response was that some devils require prayer and fasting.

Before his ministry began, Jesus was led into the wilderness by the Holy Spirit where He then prayed and fasted for 40 days. After which he was tempted on all points (or categories) of sin.

1 John 2:16 (AV)¹⁶ For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

When we first accept Christ, we're all given a measure of faith to defeat unclean spirits in our lives. However, some devil are stubborn and require more than what are given at salvation.

Matthew 17: ²¹ **Howbeit this kind goeth not out but by prayer and fasting.**

We fast to strengthen the Holy Spirit in us, and we pray to overcome the flesh that is us.

Luke 11:9 (AV)⁹ And I say unto you, **Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.**

We Ask (Prayer of Petition), Seek (Prayer of Devotion), and Knock (Prayer of Intercession) to become filled with the Holy Spirit and Overcome all that is in the World.

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Subtopic for the Easter Sunday Morning would be "Overcoming the Cross"

Matthew 16:24 (AV)²⁴ Then said Jesus unto his disciples, **If any *man* will come after me, let him deny himself, and take up his cross, and follow me.**

"Fasting and Praying to Overcome the Lust of the Flesh, Lust of the Eyes, the Pride of Life"

I. Fasting and Praying to Overcome the Lusts of the Flesh

Luke 4: ³ And the devil said unto him, If thou be the Son of God, command this stone that it be made bread.

We need to be filled with the Holy Spirit, because just like Jesus, our flesh is constantly hungry; and the enemy has filled with what our flesh wants, “The Lusts of the Flesh”

1 John 2:16 (AV)¹⁶ For all that *is* in the world, ***the lust of the flesh***, ...

Although we have received the Holy Spirit, our human spirit (flesh), will get hungry.

Luke 4: ² Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered.

When our flesh has been denied, it get’s hungry!

Galatians 5:19–21 (AV)¹⁹ Now the works of the flesh are manifest, which are *these*; Adultery, fornication, uncleanness, ... hatred, ... wrath, strife, ... ²¹ Envyings, murders, drunkenness, ...

And without prayer and fasting, we will fall to our temptations, the lusts of the flesh.

To Overcome the Lusts of the Flesh we must Fast with the Prayer of Petition

Luke 11: ⁹ And I say unto you, ***Ask, and it shall be given you; ...***

The prayer of petition is about asking God for what you need.

The reason why so many fall to their temptations is because they don’t ask for the right help.

James 4:2–3 (AV)² Ye lust, and have not: ye kill, and desire to have, and cannot obtain: ye fight and war, yet ye have not, because ye ask not. ³ Ye ask, and receive not, because ye ask amiss, that ye may consume *it* upon your lusts.

Even though we pray, we’ve got to pray for the right things to overcome our flesh.

John 14:13–14 (AV)¹³ ***And whatsoever ye shall ask in my name, that will I do, that the Father may be glorified in the Son. ¹⁴ If ye shall ask any thing in my name, I will do it.***

It’s not stuff that’s in God’s name, it’s the Kingdom of Heaven.

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

II. Fasting and Praying to Overcome the Lusts of the Eyes

Luke 4: 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 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.

The second reason we must be filled with the Holy Spirit is because our Eyes are wide open.

1 John 2:16 (AV)¹⁶ For all that *is* in the world, the lust of the flesh, ***and the lust of the eyes***...

The eye is the window to soul, and the devil is constantly showing us the things of this world to negatively impact our soul.

We see something, we think about it; we think about it, we feel it. We feel it long enough, we do it. And if the enemy can affect and infect our heart with evil, we will become evil.

Proverbs 23:7 (AV)⁷ For as he thinketh in his heart, so *is* he: Eat and drink, saith he to thee; but his heart *is* not with thee.

Matthew 12:35 (AV)³⁵ **A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.**

To Overcome the Lusts of the Eyes we must Fast with the Prayer of Devotion

Luke 11:⁹ And I say unto you, **Ask, and it shall be given you; seek, and ye shall find; ...**

The prayer of devotion is about seeking God for where you are to go. The problem is that our eyes seek the wrong things. So we must change how we seek.

2 Corinthians 5:7 (AV)⁷ (For we walk by faith, not by sight:)

Hebrews 11:6 (AV)⁶ But without faith *it is* impossible to please *him*: for he that cometh to God must believe that he is, and *that* he is a rewarder of them that diligently seek him.

We no longer seek how to work it out; but like the song says, "I see God working it out for me".

III. Fasting and Praying to Overcome the Pride of Life

Luke 4:⁹ 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:

The final reason we need to be filled with the Holy Spirit is because our nature is prideful.

1 John 2:16 (AV)¹⁶ For all that *is* in the world, the lust of the flesh, and the lust of the eyes, and **the pride of life**, is not of the Father, but is of the world.

Rich people are not arrogant because of their wealth, powerful people are not arrogant because of their power, famous people are not arrogant because of their fame. Riches, Power, and Fame simply brought out what was already in them.

But God hates and resist pride!

1 Peter 5:5 (AV)⁵ Likewise, ye younger, submit yourselves unto the elder. Yea, all *of you* be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble.

To Overcome the Pride of Life we must Fast with the Prayer of Intercession

Luke 11:⁹ And I say unto you, **Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.**

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This is the prayer where you're going to need some help. To intercede means to intercede on behalf of others.

The Power of Praying for Each Other:

- James 5:16 (AV)¹⁶ Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.
- Matthew 18:19 (AV)¹⁹ Again I say unto you, That if two of you shall agree on earth as touching any thing that they shall ask, it shall be done for them of my Father which is in heaven.

The Power of the Holy Spirit Praying for Us:

- Romans 8:26 (AV)²⁶ Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered.
- Luke 22:31–32 (AV)³¹ And the Lord said, Simon, Simon, behold, Satan hath desired to have you, that he may sift you as wheat: ³² But I have prayed for thee, that thy faith fail not: and when thou art converted, strengthen thy brethren.

Midweek Study Lesson Plan (Sermon: Eight Steps to Being Filled (STEP 6: Fasting and Praying in the Holy Spirit))

Study Tools:

- Sermon Video and Notes: <https://victoriouspraise.org/>
- Bibles, Commentaries, and Dictionnaires: <https://biblehub.com/tools.htm>
- Book Source: [“The Complete Guide To Understanding The Holy Spirit”](#); Read the Following Chapters:
 - “What’s Evidence of Being Filled with the Holy Spirit?”
 - “Should every Christian speak in tongues?”

Lesson Text

- Luke 4:1–13, Matthew 17:14–21, 1 John 2:16, Luke 11:9

Sermon Outline

- I.** Fasting and Praying to Overcome the Lusts of the Flesh
- II.** Fasting and Praying to Overcome the Lusts of the Eyes
- III.** Fasting and Praying to Overcome the Pride of Life

Questions

I. Getting to Know “Me”

1. Tell us something significant or interesting you did over the break? As a child, what’s the most memorable break or vacation you’ve had?
2. What television game show or talk show would you like to be on and why?
3. What circumstances or events might cause you to go on a fast? What would you expect to be the results of your fasting?

II. Into the Bible

1. Many Christians believe that speaking in tongues is the evidence of being filled with the Holy Spirit? Do you agree? If not, what is the evidence of being filled with the Holy Spirit?
2. The Pharisee in Luke 18:11-12 prayed and fasted. What was his attitude? What does Isaiah 58 state about the attitude the Lord wants us to have in prayer and fasting?

III. Life Application

1. Share the benefits that you have experienced as a result of your intentional fasting and praying.
2. What tends to be most challenging for you when you fast and pray?

Prayer:

- **Prayer Request:**
- **Personal Prayer:**