



Milk Series

Part A.

WORSHIP AND PRAYER

Worship which includes prayer, has been defined as "... the giving honor to YAH, the rendering of "worship" to our Creator and Redeemer; the commune of spirit with Spirit. It is man speaking to YAH and YAH to man.. It is the time of spiritual eating and drinking." Prayer is ultimately man's recognition of YAH's superiority. Through prayer man humbly approaches YAH who says, "... whoever exalts himself shall be humbled; and whoever humbles himself shall be exalted" (Matt. 23:12; cf Prov. 29:23; Is. 57:15;66:2). It is said that prayer, praise, scripture and exhortation are the four cardinal elements of worship and will be covered in more detail in a later milk lesson (YAH's Plan For Financially Supporting the Kingdom).

1. How must we worship YAH? (John 4:23-24)
2. How can the worship of YAH be corrupted (Rom 1:25)
3. What does corrupt worship cause? (Rom 1:26-32)
4. How did Christ worship each Sabbath Day? (Luke 4:16)
5. What does Heb. 10:25 tell us about worship?
6. What are some guidelines for our worship (Eph. 5:18-21, Col 3:16-17)
 - a. Col 3:8-10
 - b. Col 3:11
 - c. Col 3:12
 - d. Col 3:13
 - e. Col 3:14
 - f. Col 3:15
 - g. Col 3:16
 - h. Col 3:17
7. What does Psa. 150 instruct us to do in connection with worship?
8. In whose prayer does the Lord delight? (Prov. 15:8)
9. What are the different elements of or parts to our prayer?

- a. (Dan 4:30-35; Psa. 104:1; 145:1-3)
 - b. 1John 1:1-10; Matt 6:5-15; Luke 18:1-14
 - c. Psa. 118:1-4; Luke 17:15-17; John 11:41; Phil 4:6
 - d. Ex 32:32; Matt 5:44; John 17:13-21; Rom 10:1; 1Tim 2:1-3; James 5:15
 - e. Matt 6:11;7:7; John 17:1-12
10. What are some requirements for effective prayer?
- a. Matt 21:22; Mark 11:24; Jam. 1:6; Heb. 11:6
 - b. 1 John 5:14
 - c. John 14:13-14
 - d. Rom. 8:26-27
 - e. Luke 18:10-14
 - f. James 5:15-16; Psa. 66:18-19
 - g. Matt 6:7
11. What Must be done at times in addition to prayer? (Mark 9:29)
12. If we have something against someone, what should we do before we pray? (Mark 11:25)
13. If we do not forgive, what will happen? (Mark 11:26)
14. If your brother or sister has something against you, what should you do before you pray? (Matt 5:23-24)
15. How often should we pray? (1 Thes. 5:17)
16. Who helps us to pray? (Rom. 8:26-27; Eph. 4:30; 1 Thes. 5:19)
17. If believers gather together for prayer, what is promised? (Matt. 18:19-20)
18. What does Jesus promise regarding private prayer? (Matt. 6:5)
19. What can hinder our prayers besides a lack of faith?
- a. James 4:2-3
 - b. 1 Peter 3:7
20. For whom should we pray?
- a. Eph 6:18
 - b. Phil 4:6
 - c. 1 Tim. 2:1
 - d. 1 Tim 2:2
 - e. Eph 6:19
21. In whose name should we pray? (John 14:13-14; Col. 3:17)
22. What should prayer replace according to \m?

Kingdom of YAH

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Part B.

FASTING

Fasting is defined as a voluntary abstinence of some kind. In the Bible, fasting "...generally means going without all food or water for a period and not merely refraining from certain foods." In recent years fasting has become somewhat popular, especially in connection with health enthusiasts. It is thought that periods of fasting help eliminate many toxic substances from the body. No doubt this is probably true, and as such, periodic fasting may have physical health benefits for its devotees. Fasting, according to scripture also aids in the spiritual way. It humbles or afflicts the soul (Lev. 16:29), and, this helps to put the individual in an attitude more receptive to the leading of the Holy Spirit. It is generally true that sickness and affliction are quite effective in turning people toward YAH. Perhaps there is a similar connection here between fasting and turning towards YAH in the most sincere manner. There are many people who will quickly testify to its merits.

YAH gave Israel one fast day, and that was in connection with the Day of Atonement. Although they fasted at the various other times and for various reasons. It was never His intention that it become mere ritual, and we certainly should not make it such. We may use it as an assistance to our prayer life, especially during the times of crisis or when grave decisions are required. Fasting apart from prayer and consecration before YAH serves no useful purpose other than deriving some physical health benefit. Excellent health is a worthy objective, but they that worship YAH "... must worship Him in spirit and in truth" (Joh 4:24).

As a general practice, some customarily fast weekly from the preceding evening, starting either after dinner or at bedtime, until dinner time the following day. Some go beyond the dinner hour. This only a custom and is not binding on anyone. To derive the greatest benefits from fasting, it is suggested that you choose a day that will permit you to spend much time in prayer and meditation with some devotional Bible reading.

1. In the following Bible passages, what was the occasion for fasting?
 - a. Lev. 16:29-31; 23:26;26-32; Num 29:7
 - b. 1 Sam 7:5-6
 - c. 1 Sam 31:11-13
 - d. 2 Sam 12:15-23
 - e. Neh 1:1-4
 - f. Esther 4:1-6
 - g. Dan 6:16-20
 - h. Acts 13:1-3
2. There are a number of other instances of nations and individuals fasting in the Bible.
 - a. Ex 34:27-28 Who and Why
 - b. Judges 20:25-28 Who and Why
 - c. Jonah 3:1-10 Who and Why
 - d. Dan 9:1-5 Who and Why

- e. Luke 2:21-38 Who and Why
- f. Matt 4:1-2 Who and Why
- 3. What does Jesus say about fasting in Matt 17:14-21 and Mark 9:29?
- 4. Should married couples engage in sexual intimacies during periods of fasting? (1 Cor 7:3-5)

If you are going to fast when it is completed, DO NOT OVEREAT! A little vegetable soup or broth and water or herb tea should hold you until the following day. The following day you may resume your normal eating habits. However, it is hoped that these normal eating habits include eating clean and not OVEREATING. YAH's people are commanded to be temperate in all things.

THE FAST YAH COMMANDS

What does Yah says is wrong with Israel?

- Isa 58:1** ¶ Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins.
- Isa 58:2** Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their YAH: they ask of me the ordinances of justice; they take delight in approaching to YAH. (We seek YAH as though we delighted to know His ways; and as a nation that did righteousness (although we were unrighteous), and as though we did not forsake the ordinances of our YAH. We ask for justice and take delight in approaching YAH while we are yet unrighteous. (Isa 58:2))
- Isa 58:3** ¶ Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. (We ask YAH why do we fast and He does not see, why do we afflict our soul and Yah does not acknowledge it. YAH says in the days of our fast we seek pleasure and cease not from our labours.)
- Isa 58:4** Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. (Our reasons for fasting are wrong, we fast for strife and debate to smite with the fist of wickedness. YAH says don't do it!)
- Isa 58:5** Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD? (YAH's simple question is this what I asked for?)
- Isa 58:6** Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? (This the fast that YAH wants from us: stop those things that cause us to do wickedness, free the people from heavy burdens and free the oppressed break those things that cause them to be oppressed or burden. i.e. destroy that way of thinking and doing things.)
- Isa 58:7** Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? (For your fast, feed the hungry, bring the homeless into your house and make yourself available to your own family.)
- Isa 58:8** ¶ Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward. (Then shall the knowledge of who we are break forth and the health of our people shall come quickly.)

- Isa 58:9** Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; *(Then shall YAH hear our prayers and answer our cries.)*
- Isa 58:10** And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday: *(and if we pour out our soul to the hungry and satisfy the afflicted, then shall there be no darkness within us)*
- Isa 58:11** And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not. *(and YAH shall always guide us and satisfy us when we are in drought and make fat (healthy) our bones)*
- Isa 58:12** And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in. *(those of us that do this shall build the old wasted places and lift up the foundations of many generations and we shall be called the repairer of the breach, the restorer of the paths to live in..)*
- Isa 58:13** ¶ If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words: *(If we keep the sabbath and turn away from doing our own pleasures on it and call it a delight, honourable and honor YAH (not being a Hebrew, not discussing those things that concern us as a people), not doing our own ways (Doing what YAH has instructed us to do, nor speaking our own words)*
- Isa 58:14** Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it. *(Then shall YAH place us above every nation as He has promised!)
HalleuYAH*

Although we can should keep the fast of YAH at all times, it may not be feasible to do it on a daily basis (just my thoughts). However, there are some appointed times I believe we should especially mindful of them and do them. See below:

- Zec 8:1** ¶ Again the word of the LORD of hosts came *to me*, saying,
- Zec 8:2** Thus saith the LORD of hosts; I was jealous for Zion with great jealousy, and I was jealous for her with great fury.
- Zec 8:3** Thus saith the LORD; I am returned unto Zion, and will dwell in the midst of Jerusalem: and Jerusalem shall be called a city of truth; and the mountain of the LORD of hosts the holy mountain.
- Zec 8:4** Thus saith the LORD of hosts; There shall yet old men and old women dwell in the streets of Jerusalem, and every man with his staff in his hand for very age.
- Zec 8:5** And the streets of the city shall be full of boys and girls playing in the streets thereof.
- Zec 8:6** Thus saith the LORD of hosts; If it be marvellous in the eyes of the remnant of this people in these days, should it also be marvellous in mine eyes? saith the LORD of hosts.
- Zec 8:7** Thus saith the LORD of hosts; Behold, I will save my people from the east country, and from the west country;

Zec 8:8 And I will bring them, and they shall dwell in the midst of Jerusalem: and they shall be my people, and I will be their YAH, in truth and in righteousness.

Zec 8:9 ¶ Thus saith the LORD of hosts; Let your hands be strong, ye that hear in these days these words by the mouth of the prophets, which *were* in the day *that* the foundation of the house of the LORD of hosts was laid, that the temple might be built.

Zec 8:10 For before these days there was no hire for man, nor any hire for beast; neither *was there any* peace to him that went out or came in because of the affliction: for I set all men every one against his neighbour.

Zec 8:11 But now I *will* not *be* unto the residue of this people as in the former days, saith the LORD of hosts.

Zec 8:12 For the seed *shall be* prosperous; the vine shall give her fruit, and the ground shall give her increase, and the heavens shall give their dew; and I will cause the remnant of this people to possess all these *things*.

Zec 8:13 And it shall come to pass, *that* as ye were a curse among the heathen, O house of Judah, and house of Israel; so will I save you, and ye shall be a blessing: fear not, *but* let your hands be strong.

Zec 8:14 For thus saith the LORD of hosts; As I thought to punish you, when your fathers provoked me to wrath, saith the LORD of hosts, and I repented not:

Zec 8:15 So again have I thought in these days to do well unto Jerusalem and to the house of Judah: fear ye not.

Zec 8:16 These *are* the things that ye shall do; Speak ye every man the truth to his neighbour; execute the judgment of truth and peace in your gates:

Zec 8:17 And let none of you imagine evil in your hearts against his neighbour; and love no false oath: for all these *are things* that I hate, saith the LORD.

Zec 8:18 ¶ And the word of the LORD of hosts came unto me, saying,

Zec 8:19 Thus saith the LORD of hosts; The fast of the fourth *month*([Jeremiah 52:6-7](#)), and the fast of the fifth([Jeremiah 52:12-14](#)), and the fast of the seventh ([Jeremiah 41:1-3](#)), and the fast of the tenth ([Jeremiah 52:4-5](#)), shall be to the house of Judah joy and gladness, and cheerful feasts; therefore love the truth and peace. (These feast all represent times when we were being punished for our wickedness, oppressed, hungry and take away captive) it seems these things were done to teach us a lesson (the fast that YAH called for from Isa 58)

Zec 8:20 Thus saith the LORD of hosts; *It shall yet come to pass*, that there shall come people, and the inhabitants of many cities:

Zec 8:21 And the inhabitants of one *city* shall go to another, saying, Let us go speedily to pray before the LORD, and to seek the LORD of hosts: I will go also.

Zec 8:22 Yea, many people and strong nations shall come to seek the LORD of hosts in Jerusalem, and to pray before the LORD.

Zec 8:23 Thus saith the LORD of hosts; In those days *it shall come to pass*, that ten men shall take hold out of all languages of the nations, even shall take hold of the skirt of him that is a Jew, saying, We will go with you: for we have heard *that* YAH *is* with you.