

Get FIT Prayer Prepares Us To Be Used of God

Pastor John Carmichael

[2Ti 2:20-21 NASB95] 20 Now in a large house there are not only gold and silver vessels, but also vessels of wood and of earthenware, and some to honor and some to dishonor. 21 Therefore, if anyone cleanses himself from these [things,] he will be a vessel for honor, sanctified, useful to the Master, prepared for every good work.

[Mar 1:35-39 NASB95] 35 In the early morning, while it was still dark, Jesus got up, left [the house,] and went away to a secluded place, and was praying there. 36 Simon and his companions searched for Him; 37 they found Him, and said to Him, "Everyone is looking for You." 38 He said to them, "Let us go somewhere else to the towns nearby, so that I may preach there also; for that is what I came for." 39 And He went into their synagogues throughout all Galilee, preaching and casting out the demons.

Introduction:

- Summer body. We need another cold snap to give us more time to get ready for the beach. Of course, you are modest right? Some people need to acquaint themselves with a body wrap. You ain't got no reason to be showing all that! Keep it holy and covered.
- FIT not for show but for health. It not about looking good but about being healthy. Being able to live, work, and play. We have a part to play in our health.
- Some say they would like to run a half marathon (13.1 miles). You have to get ready for it. You have to be FIT to run a half marathon.
- Same it true for whether we are FIT for use by God. We may want to be used of God but are we willing to do what it takes to be FIT?
- Jesus modeled this in Mark 1. Before He embarks on a preaching tour and having victory over demons, He spent time in prayer.
- He got FIT to preach the Gospel and cast out demons.
- He had a FIT prayer life that made Him ready.

What is a FIT prayer life?

There are six aspects of a FIT prayer life.

I. F

a. Frequency

- i. [2Co 4:16 NASB95] 16 Therefore we do not lose heart, but though our outer man is decaying, yet our inner man is being renewed day by day.
- ii. [1Th 5:16-17 NASB95] 16 Rejoice always; 17 pray without ceasing;

b. Faithful

- i. [Lev 6:12-13 NASB95] 12 'The fire on the altar shall be kept burning on it. It shall not go out, but the priest shall burn wood on it every morning; and he shall lay out the burnt offering on it, and offer up in smoke the fat portions of the peace offerings on it. 13 'Fire shall be kept burning continually on the altar; it is not to go out.

II. I

a. Intensity

- i. [Jas 5:16 NASB95] 16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much.

b. Intentional

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- i. [Act 16:13 NASB95] 13 And on the Sabbath day we went outside the gate to a riverside, where we were supposing that there would be a place of prayer; and we sat down and began speaking to the women who had assembled.

III. T

a. Time

- i. [Mar 14:37-38 NASB95] 37 And He came and found them sleeping, and said to Peter, "Simon, are you asleep? Could you not keep watch for one hour? 38 "Keep watching and praying that you may not come into temptation; the spirit is willing, but the flesh is weak."
- ii. [Act 3:1 NASB95] 1 Now Peter and John were going up to the temple at the ninth [hour,] the hour of prayer.

b. Teachable

- i. [Luk 11:1-2 NASB95] 1 It happened that while Jesus was praying in a certain place, after He had finished, one of His disciples said to Him, "Lord, teach us to pray just as John also taught his disciples." 2 And He said to them, "When you pray, say: 'Father, hallowed be Your name. Your kingdom come.'
- ii. Pattern – keep you focused and covers what needs to be covered.
- iii. Preference – Sing, write, speak.

• FIT at the beginning!

- [Mar 3:13-15 NASB95] 13 And He went up on the mountain and summoned those whom He Himself wanted, and they came to Him. 14 And He appointed twelve, so that they would be with Him and that He [could] send them out to preach, 15 and to have authority to cast out the demons.

• Stayed FIT forever!

- [Mar 6:45 NASB95] 45 Immediately Jesus made His disciples get into the boat and go ahead of [Him] to the other side to Bethsaida, while He Himself was sending the crowd away.