

Reading the Owner's Manual

A Message Series by Pastor Gregg Matte



Praying and Fasting God's Way

Sep 14, 2025 • Dr. Stephen Trammell, Executive Pastor (9:15a, 11a & The4)

How to Pray God's Way...

- **Start your day with God in your private _____ of prayer.**

Matthew 6:5–8

- **Pray through the Lord's Prayer _____ and thoughtfully.**

Matthew 6:9–15

- Embrace the gift of “_____” to _____ your prayer life.
- Practice God's _____ as you _____ throughout the day.
- Allow private prayer to sensitize your _____ to see God's activity.

How to Fast God's Way...

- **Select a fast that will help you _____, refocus, and _____.**

Matthew 6:16–18

- There's a difference between fasting to be _____ and _____
_____ fasting.

LifePoint: Praying and fasting God's way is not to obtain the _____
of others but to cultivate _____ with God.

Welcome To Houston's First!

We're thrilled you're here! Let us know you're worshipping with us or how we can pray for you! Scan the code to reach out.

