



# SIF

***The Spiritual Discipline of :  
Talking to God  
October 1, 2023***



# 1. Repent/Turn from Sin



*“Then the Lord said to Moses, <sup>18</sup> “Make a bronze basin, with its bronze stand, for washing. Place it between the tent of meeting and the altar, and put water in it. <sup>19</sup> Aaron and his sons are to wash their hands and feet with water from it. <sup>20</sup> Whenever they enter the tent of meeting, they shall wash with water so that they will not die.”*



*Also, when they approach the altar to minister by presenting a food offering to the Lord, <sup>21</sup> they shall wash their hands and feet so that they will not die. This is to be a lasting ordinance for Aaron and his descendants for the generations to come.” Exodus 30:17-21 (NIV)  
(underline added for effect)*



“Aaron shall offer the bull as a sin offering, which is for himself, and make atonement for himself and for his house.” ... 11 “And Aaron shall bring the bull of the sin offering, which is for himself, and make atonement for himself and for his house, and shall kill the bull as the sin offering which is for himself.”

Leviticus 16: 6,11 (NKJV)



“Then he shall kill the goat of the sin offering, which is for the people, bring its blood inside the veil, do with that blood as he did with the blood of the bull, and sprinkle it on the mercy seat and before the mercy seat.” Leviticus 16:15 (NKJV)



“With practice one can take the Ten Commandments on one day, a psalm or chapter of Holy Scripture the next day, and use them as flint and steel to kindle a flame in the heart”

Martin Luther to his barber, Master Peter



**At Least Once/Day:  
Ask Forgiveness of Yourself before Praying for Others.**





**But for Some: Repent from Repenting!**



**“As far as the east is from the west, So far has  
He removed our transgressions from us.”  
Psalm 103:12 (NKJV)**



“Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. 2 Wash away all my iniquity and cleanse me from my sin. 3 For I know my transgressions, and my sin is always before me.”



**“7 Cleanse me with hyssop, and I will be clean; wash me, and I will be whiter than snow. 8 Let me hear joy and gladness; let the bones you have crushed rejoice. 9 Hide your face from my sins and blot out all my iniquity.” Psalm 51: 1,2,3,7,8,9 (NIV)**

## 2. Pray in Secret:



*“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. <sup>6</sup> But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.”*

**Matthew 6:5,6 (NIV)**



*“The effective, fervent prayer of  
a righteous man avails much.”*  
James 5:16 (NKJV)



### 3. Don't Use Many Words:





*“And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. <sup>8</sup> Do not be like them, for your Father knows what you need before you ask him.” Matthew 6:7,8 (NIV)*



*“Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; <sup>7</sup> and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.”*  
Philippians 4:6,7 (NKJV)





*“Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard.” Isaiah 58:8 (NKJV)*



