

Prayer & Fasting

Matthew 6:16-18

If there's ever been a time for prayer & fasting among God's people it's now. Amidst all the: chaos conflict confusion corruption & covid-19 we must remember as God's people, "Our God" is **STILL** in control and He has the final say.

We need to remember the "birth pangs are getting closer" Luke 21:28

Notice 3 truths from God's Word concerning prayer & fasting:

I. Meaning of Fasting.

Greek word néstis means not to eat. Biblical fasting is doing without food or some other legitimate pleasure that we might seek the Face of God in prayer.

Fast or fasting is used _____ times in the Bible. _____ times in O.T. _____ times in N.T.

If fasting is not reaped with prayer it's not fasting in the Biblical sense of the word.

Fasting is not simply trying to lose weight fasting, but we fast to seek the Face of God in prayer for a specific purpose.

II. Moments or Periods for Fasting

God's Word mentions:

1. One _____ fast. 2nd Samuel 3:35

2. One _____ fast. Daniel 6:18

3. _____ day fast.

Esther 4:16 Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

Esther fasted... before risking her life to save the Jews.

4. _____ day fast. 1st Samuel 31:13

When the inhabitants of Jabesh Gilead buried Saul & his sons they...

5. _____ day fast. Matthew 4:1-2

God's Word is not specific on how long or how many days we should fast.

Example: 21 day fast for Tana Jo Daniel 10 over 100 people signed up for God's glory.

Some people could not fast because they were diabetic or had some other health issues.

One family fasted 21 days without _____ every time they wanted.....

they prayed for Tana. One man didn't _____ for 21 days.

April 20th 2000 Tana went home to be with Jesus.

Key thought: when we pray & fast for the sick remember:

they will either be healed... or get well... or get better... or go home...

For believers in Christ it's a win-win !!

III. The Motivation for Fasting 1 Corinthians 10:31

There are at least 9 Biblical reasons for fasting.

1. _____ our prayer life.

Fasting is a way to focus our faith & strengthen our prayer life. For every time we have a _____ for food, every time we _____ about the refrigerator, every time we _____ about the dinner table, that hunger pain is a reminder for us to seek the Lord in prayer for a specific purpose.

2. _____ the Hand of God in judgment. Jonah 3:4-6

When men _____ of sin God _____ of judgment. As a nation America is ripe for judgment & our only hope for survival is _____! 2nd Chronicles 7:14
As God's people we need to _____ in the _____ for America with prayer & fasting.

3. _____ people free & breaking strongholds.

Isaiah 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?*

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

Praying & fasting for God's glory that the captives will be set free! John 8:36

4. _____ insight. (discerning God's will)

Luke 6:12-16 -- As the Son of Man, Jesus..... Acts 13 -- The N.T. Church prayed.....

5. _____ 2nd Samuel 12:20-22

6. _____ needs prayer Hannah 1st Samuel 1:7-10

7. _____ a nation. Esther 4:16

Jehoshaphat called a National fast when threatened by Edom. 2nd Chronicles 20

8. _____ warfare & temptation Matthew 4:1-4

9. _____ revival prayer

Joel 1:14 *Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry unto the LORD*

Key thought: The devil can't keep God from _____ our prayers

therefore he tries to keep us from _____!

For God's glory join us in prayer & fasting.

For: Our homes & families Our churches Our nation For the lost

"Lord send a revival and let it begin in ME"