

Prayer and Fasting

- 1 Cor 7- married couples abstain in order to devote themselves to prayer
- Luke 3- Jesus fasted for 40 days as did Moses on Mt Sinai
- Daniel fast- vegetables and water

In the Greek it simply means to abstain from food, but there is a broader application

- The benefits of prayer and fasting
 - o Increases the manifestation of the anointing in your life
 - o Mark 9:29 NKJV, *"This kind can come out by nothing but prayer and fasting."*
- Enhances and extends our sensitivity in hearing and being led by the Holy Spirit
 - o Acts 13:1-3, *"While they were worshipping the Lord and Fasting"*
 - o Acts 14:23, *"With prayer and fasting committed the new elders to the Lord"*
- Great avenue when it comes to suppressing and keeping the flesh under control

- Abstaining from natural things in order to give ones attention to spiritual things
- Using that gained time as an offering unto the Lord
 - o The Word, Prayer & Praise
- Daniel 9:1-3- putting God in remembrance of His Word

- Consecration, dedication, sanctification, set apart unto the Lord- holy unto the Lord
- Like when Jesus withdrew to lonely places to spend time with the Father
- Spending time seeking God's face and waiting upon Him to hear from the Lord- His will

Not being distracted (Mark 4:18-19) by weights and dissipation, flesh that makes us dull of hearing. Makes us vulnerable to not hear or be led from God into His Will and away from danger

Luke 5:33-35

They said to him, "John's disciples often **fast and pray**, and so do the disciples of the Pharisees, but yours go on eating and drinking." Jesus answered, "Can you make the guests of the bridegroom fast while he is with them? But the time will come when the bridegroom will be taken from them; in those days they will fast."

- Be discreet when you are fasting unto the Lord- don't advertise or make it obvious

Matthew 6:16-18

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

Luke 2:36-38

There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying. Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem.

In the Old Testament we see fasting as expressing of humility, repentance and seeking the Lord

Nehemiah 9:1-4

On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and having dust on their heads. Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the wickedness of their fathers. They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day, and spent another quarter in confession and in worshiping the Lord their God.

Joel 2:12-15

“Even now,” declares the Lord, “return to me with all your heart, with fasting and weeping and mourning.” Rend your heart and not your garments. Return to the Lord your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity. Who knows? He may turn and have pity and leave behind a blessing — grain offerings and drink offerings for the Lord your God. Blow the trumpet in Zion, declare a holy fast, call a sacred assembly.

1 Samuel 7:6

When they had assembled at Mizpah, they drew water and poured it out before the Lord. On that day they fasted and there they confessed, “We have sinned against the Lord.” And Samuel was leader of Israel at Mizpah.

1 Kings 21:27-22:1

When Ahab heard these words, he tore his clothes, put on sackcloth and fasted. He lay in sackcloth and went around meekly. Then the word of the Lord came to Elijah the Tishbite: 29 “Have you noticed how Ahab has humbled himself before me? Because he has humbled himself, I will not bring this disaster in his day, but I will bring it on his house in the days of his son.”

Nehemiah 1:4-5

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

Jonah 3:3-10

Jonah obeyed the word of the Lord and went to Nineveh. Now Nineveh was a very important city — a visit required three days. On the first day, Jonah started into the city. He proclaimed: “Forty more days and Nineveh will be overturned.” The Ninevites believed God. They declared a fast, and all of them, from the greatest to the least, put on sackcloth. When the news reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. Then he issued a proclamation in Nineveh: By the decree of the king and his nobles: “Do not let any man or beast, herd or flock, taste anything; do not let them eat or drink. But let man and beast be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish.” When God saw what they did and how they turned from their evil ways, he had compassion and did not bring upon them the destruction he had threatened.

2 Chronicles 7:14

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

Hosea 5:15

Then I will go back to my place until they admit their guilt. And they will seek my face; in their misery they will earnestly seek me

2 Samuel 12:22-23 *When fasting does not work*

He answered, “While the child was still alive, I fasted and wept. I thought, ‘Who knows? The Lord may be gracious to me and let the child live.’ But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me.”

Ps 109:24, “My knees give way from fasting; my body is thin and gaunt.”

- Isaiah 58- the Fast the Lord accepts – Zechariah 7

1 Corinthians 13:9-12 *Put childish ways behind you*

For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears. When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in part; then I shall know fully, even as I am fully known.