



"And this I pray, that your love may abound yet more and more in knowledge and in all judgment;" Philippians 1:9



PRAYER AND FASTING

Mark 9:29

“And he said unto them, This kind can come forth by nothing, but by prayer and fasting.”

WHAT IS PRAYER?

Prayer is the practice of the presence of God. It is the place where pride is abandoned, hope is lifted, and supplication is made. Prayer is the place of admitting our need, of adopting humility, and claiming dependence upon God. Prayer is the needful practice of the Christian. Prayer is the exercise of faith and hope. Prayer is the privilege of touching the heart of the Father through the Son of God, Jesus our Lord.

The Bible speaks much of prayer. But, sometimes, too often, we ignore prayer and seek to accomplish in the strength of our own wills those things that we desire to have or happen. For those of us who are too often guilty of this, we need to bow our knees, confess our sin, receive God’s forgiveness, and beg that the will of the Lord be done above our own. God is sovereign and loving and He knows what is best for us and others, even if it doesn’t always seem to make the most sense.

Prayer is talking with God. Prayer is our direct line with heaven. Prayer is a communication process that allows us to communicate with Him, like a person-to-person phone call. To many people, prayer seems complicated, but it is simply talking to God. Praying is like talking to your best friend! It’s easy to talk to someone when you know they love you unconditionally!



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STRATEGIES FOR PRAYER:

A = ADORATION

C = CONFESSION

T = THANKSGIVING

S = SUPPLICATION

HOW TO PRAY:

1. Enter into your secret closet and shut your door
Prayer, like charitable giving, should be done in secret. This certainly does not prohibit public prayer per se (as in corporate prayer); rather, it prohibits personal prayer done openly for the purpose of recognition.

Why is it important to enter into your secret closet?

2. Pray to the Father who is in heaven
This is your time to share your heart with God – your pain your sorrow your worries, your cares, your trials, your tribulations, your tests, your disappointments, your failures, your mistakes, your needs, your hopes, and your dreams.



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Why do we pray to God the Father?

3. God will reward you openly

When you pray in secret for a manifestation from God, He can make it happen so those around you can witness it and know that it was only God! The house you're living in; the job you have. The car you drive. The degree you earned after putting your education on hold to raise your children as a single mother.

Does anyone have a testimony to share about the public manifestation of a prayer you prayed?



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WHAT IS FASTING?

What does it mean to fast?

What is the **Biblical definition** of fasting? It means to not ingest or take in **ANY food** or **ANY water** for a particular period of time. We find this definition in the **book of Esther**, where the Queen asks her uncle Mordecai to request others fast for her.

. . . fast for me, and do not eat nor drink **three days**, night or day. My maidservants and I will also fast in the same way. (**Esther 4:16**)

Biblical fasting is carried out for at least a day or more. As is hinted at in the Esther quote above, a complete day is considered from **sunset** of one day to sunset the next day.

Why do it?

One reason that fasting is a part of being a Christian is that we live in an **evil world**. If we are not careful, we can be lured into indulging in sin just like those who are not converted. We need to maintain a close, personal relationship with our Father in heaven if we are to have any chance at resisting evil. Fasting draws us into a closer relationship with **God** and sharpens our focus to seek His perfect will in our daily lives. Sometimes a fast is needed in order to **petition God** and to seek his favor for others.

How often should we fast?

Christians are commanded by God to fast at least one day a year, during the holy day known as **the Day of Atonement** (also called Yom Kippur - **Leviticus 23:32**). We should, however, try to fast a few times each year. Paul fasted on a regular basis (**2 Corinthians 11:27**). Jesus did not eat or drink for forty days so that he could fully resist the temptations of the devil. We should fast whenever we feel the need to seek God, become aware of our need to be strengthened spiritually or to petition God for the good of others.



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Preparation

The first thing one should do is stop drinking anything with caffeine in it, coffee, regular black tea (herbal teas may be beneficial) or soda pop in the week preceding any fast. Instead, one should drink pure filtered water (not bottled) just before you begin your fast so you will be adequately hydrated and will not get a headache or other ailments.

Fasting is meant to be a private act between us and God. We are warned by Jesus himself not to be proud of or boast to others that we are fasting in the hope they will think we are 'spiritual' and [close to God \(Matthew 6:16-18\)](#). It is also important to remember that fasting is not an end unto itself. It should, of course, draw us close to God and focus our minds to think like he does. But it should ultimately lead us to help those who are oppressed, feeding those who are hungry, providing shelter for those who have none, and giving clothes to those who are in grave need ([Isa. 58:6-7](#)).



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NINE DIFFERENT TYPES OF FASTS IN THE BIBLE

While you are fasting, what exactly are you believing God to do in, for, or through you? Listed below are 9 different types of fasts found in the bible and that you could model from.... enjoy

9 Different Types of Fasts in the bible:

- **The Disciples Fast** (*Matthew 17:21*): Deliverance from sin, addiction, bondage
- **The Ezra Fast** (*Ezra 8:23*): Help and divine protection from Satan. Ezra said that they prayed and fasted, and God answered their request.
- **The Samuel Fast** (*1 Samuel 7:6*): For revival – the people were bound by idol worship and needed deliverance. Samuel called them back to seeking the Lord and to bring the Ark back to Jerusalem.
- **The Elijah Fast** (*1 Kings 19:4, 8*): Mental freedom from emotional problems or habits.
- **The Widow's Fast** (*1 Kings 17:16*): She went without food to meet the physical needs of someone else. – the prophet Elijah. Because she sacrificed her food, God made sure that you would have more than enough food.
- **The Paul Fast** (*Acts 9:9*): For physical healing of his eyes and to get direction from God.
- **The John the Baptist Fast** (*Luke 1:15*): To enhance our walk with God and witness
- **The Ester Fast** (*Esther 4:16; 5:2*): Protection from the evil one.
- **The Jesus Fast**—For spiritual empowerment and victory over temptation, the flesh, and the devil.
- **The Daniel Fast** – The Seeking of God's favor in His purpose and vision for life.



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SCRIPTURES ON FASTING AND PRAYER

Matthew 6:16-18 - Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. *(Read More...)*

Acts 14:23 - And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

Joel 2:12 - Therefore also now, saith the LORD, turn ye [even] to me with all your heart, and with fasting, and with weeping, and with mourning:

Mark 9:29 - And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

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,

Acts 13:3 - And when they had fasted and prayed, and laid [their] hands on them, they sent [them] away.

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: I also and my maidens will fast

likewise; and so will I go in unto the king, which [is] not according to the law: and if I perish, I perish.

Acts 13:2 - As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.

Luke 2:37 - And she [was] a widow of about fourscore and four years, which departed not from the temple, but served [God] with fastings and prayers night and day.

Isaiah 58:1-14 - Cry aloud, spare not, lift up thy voice like a trumpet, and shew my people their transgression, and the house of Jacob their sins. *(Read More...)*

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 9:14-15 - Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? *(Read More...)*

Ezra 8:21-23 - Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and

for all our substance. *(Read More...)*

1 Corinthians 7:5 - Defraud ye not one the other, except [it be] with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.

Matthew 4:4 - But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

Matthew 17:20-22 - And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. *(Read More...)*

Matthew 5:6 - Blessed [are] they which do hunger and thirst after righteousness: for they shall be filled.

Nehemiah 1:4 - And it came to pass, when I heard these words, that I sat down and wept, and mourned [certain] days, and fasted, and prayed before the God of heaven,



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