

# The Power of Prayer & Fasting

## Why Pray?

### This is His House

**Matt 21:13** Jesus said to them, “It is written, ‘My house shall be called a **house of prayer**,’

### Prayer is a form of Worship

**Psalm 141:2** Accept my prayer as incense **offered** to you, and my upraised hands as an evening offering.

### Prayer Works

**Mark 11:24** For this reason I am telling you, **whatever** you ask for in prayer, believe (trust and be confident) that it is granted to you, and you will receive it.

### God is Ready to Answer

**Isaiah 65:24** I will answer them **before** they even call to me. While they are still talking about their needs, I will go ahead and answer their prayers!

## How to Pray

### Be Intentional

**Colossians 4:2** Be earnest and unwearied and steadfast in your prayer life, being both alert and **intent** in your praying with thanksgiving.

### Be Passionate

**James 5:16** The effective, **fervent** prayer of a righteous man avails much.

### Be Persistent

**Matthew 7:7-8** “Keep on **asking**, and you will receive what you ask for. Keep on **seeking**, and you will find. Keep on **knocking**, and the door will be opened to you. For everyone who asks, **receives**. Everyone who seeks, **finds**. And to everyone who knocks, the door will be **opened**.”

### Pray Like Jesus Prayed!

**Luke 11:1-4** Once Jesus was in a certain place praying. As He finished, one of His disciples came to Him and said, “Lord, teach us to pray, just as John taught his disciples.” Jesus said, “This is **how** you should pray:

“Father, may your name be kept holy. May your Kingdom come soon. **(Worship God)**

Give us each day the food we need, **(Tell Him Your needs)**

Forgive us our sins, as we forgive those who sin against us. **(Repent and pray for others)**

And don't let us yield to temptation.” **(Pray for Gods help)**

## **Fasting**

**Fasting = Abstaining** (typically from certain foods or drinks)

**There are different periods of fasting.** 1,3,7,10,14,21 and 40 day scriptural examples.

**1 - day fast** (sunrise to sunset). Judges 20:26, to seek direction from the Lord.

**3 - day fast** without food or drink. Esther 4:16, for wisdom, discernment, protection, and guidance. In Acts 9:9 Saul was converted but for 3 days he went without food and water.

**7 - day fast** 1 Samuel 31:13. For wisdom, grief, and guidance.

**10 - day fast** of vegetables and water only. Daniel 1:12, Daniel was fasting for favor, strength, wisdom, and discernment.

**14 - day fast** Acts 27:33-34. Paul and the men on the ship fasted food for protection and wisdom.

**21 - day fast** Daniel 10:3, for times of distress and mourning. No meat, wine, rich or pleasant food, and no oils. Fruit, vegetables, nuts, and water instead. In modern times, this is a popular fast (and diet).

**40 - day fast.** There are only three 40-day fasts in the Bible. Each person was divinely appointed and touched by God for this type of fast. Exodus 34:28 and Deuteronomy 9:9, 9:18. Moses neither ate nor drank water. • In 1 Kings 19:8, Elijah ate and drank then was sustained for his no food or water fast for the next 40 days. • In Matthew 4:2-4, Jesus fasted food for 40 days.

**There are many types of fasting.**

**Isolation:** Jesus often withdrew from His disciples to spend time alone with God (Luke 5:16).

**Non-food:** Oils (Daniel 10:3) Sexual Intercourse (1 Corinthians 7:5; Exodus 19:15)  
Unholy things such as foods, items, people, places, practices, etc. (Joshua 3:5)

**Partial:** The Daniel Fast is a great example of a partial fast. What is the Daniel fast according to the Bible? The basic idea behind this fast is to have no meat, no tasty bread, no wine, no oils for his skin, for 21 days.

*“I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed.”* ([Daniel 10:3](#))

**Complete:** As mentioned above in the periods of fasting, a complete fast is abstaining from all food, and in rare cases from water as well. The human body can be sustained for 40 days without food, but only 3 days without water. Therefore it is imperative that if you embark on a complete fast that you have clearly heard from God, because you will need supernatural strength and power to accomplish such a fast.

## **God Rewards those who Fast**

**Matthew 6:16-18** And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get.

But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, **will reward** you.

### **1. Couple Prayer with Fasting for a Breakthrough!**

**Joel 1:14** Announce a time of fasting; call the **people together** for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out (Pray) to Him there.

### **2. Fasting Disconnects the Cares of this Life**

**Luke 4:1-2** Then Jesus left the Jordan, full of the Holy Spirit, and was led by the Spirit in the wilderness for forty days **to be tempted** by the devil. He ate nothing during those days, and when they were over, He was hungry.

### **3. Prayer Connects You to God**

**Jeremiah 29:12** You will call to Me and come and pray to Me, and **I will listen** to you.

### **Praying & Fasting = Power**

**Ezra 8:23** So we fasted and earnestly prayed that our God would take care of us, and **He heard** our prayer.

### **NOTES:**

#### **Pray in Unity (There is Power in Agreement)**

**Matthew 18:18-20** Truly I say to you, whatever you bind on earth shall have been bound in heaven; and whatever you loose on earth shall have been loosed in heaven. 19 "Again I say to you, that if two of you agree on earth about anything that they may ask, it shall be done for them by My Father who is in heaven. 20 For where two or three have gathered together in My name, **I am there in their midst.**"

### **Pray The Word**

**Matthew 8:5-10;13** When Jesus returned to Capernaum, a Roman officer came and pleaded with him, 6 "Lord, my young servant lies in bed, paralyzed and in terrible pain." 7 Jesus said, "I will come and heal him." 8 But the officer said, "Lord, I am not worthy to have you come into my home. Just **speak the word** from where you are, and my servant will be healed. 9 I know this because I am under the authority of my superior officers, and I have authority over my soldiers. I only need to say, 'Go,' and they go, or 'Come,' and they come. And if I say to my servants, 'Do this,' they do it. 10 When Jesus heard this, he was amazed. Turning to those who were following him, he said,

“I tell you the truth, I haven’t seen faith like this in all Israel! 13 Then Jesus said to the Roman officer, “Go back home. Because you believed, it has happened.” And the young servant was healed that same hour.

## **Q&A**

**Q: Will God hear my prayer?**

**A: God is always listening!**

**Proverbs 15:29** The Lord is far from the wicked, but he hears the prayers of the righteous.

**Psalms 6:9** The Lord has heard my plea; the Lord will answer my prayer.

**Psalms 66:18-19** If I had not confessed the sin in my heart, the Lord would not have listened.  
19 But God did listen! He paid attention to my prayer.

**Q: When should I pray?**

**A: Always!**

**Luke 21:36** Watch therefore, and pray always that you may be counted worthy to escape all these things that will come to pass, and to stand before the Son of Man.

**1 Thessalonians 5:17** Never stop praying.

**Ephesians 6:18** Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.

**Q: What should I pray about?**

**A: Pray about everything**

**Philippians 4:6-7** Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

**Isaiah 58:6** Isn’t this the fast I choose: To break the chains of wickedness, to untie the ropes of the yoke, to set the oppressed free, and to tear off every yoke?