



Prayer & Fasting

By Prayer and Fasting - Part 2

Biblical fasting brings many great benefits.

Matthew 6:16-18 (NIV) 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.

Fasting:

- Produces spiritual clarity and sensitivity.

2 Chronicles 20:24 (NIV) Some men came and told Jehoshaphat, “A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar” (that is, En Gedi). Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah. The people of Judah came together to seek help from the LORD; indeed, they came from every town in Judah to seek Him.

2 Chronicles 20:13, 14 (NIV) All the men of Judah, with their wives and children and little ones, stood there before the LORD. Then the Spirit of the LORD came upon Jahaziel son of Zechariah ...

- Brings brokenness and repentance.

Joel 2:13, 14 (NIV) 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 ...

- Brings personal breakthroughs.

1 Samuel 1:7 (NIV) This went on year after year. Whenever Hannah went up to the house of the LORD, her rival provoked her till she wept and would not eat.

- Brings deliverance from spiritual strongholds.

Isaiah 58:6 (NIV) Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?

Daniel 10:12, 13 (NIV) Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. But the prince of the Persian kingdom resisted me twenty one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia.”

Esther 4:15, 16 (NIV) Then Esther sent this reply to Mordecai: “Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

Matthew 17:21 (NKJV) However, this kind does not go out except by prayer and fasting.

- Brings the release of blessings, help and God’s power to our families, friends and others.

Joel 2:18-20 (NIV) Then the LORD will be jealous for His land and take pity on His people. The LORD will reply to them: “I am sending you grain, new wine and oil, enough to satisfy you fully; never again will I make you an object of scorn to the nations. I will drive the northern army far from you ...

Joel 2:28 (NIV) And afterward, I will pour out My Spirit on all people. Your sons and daughters will prophesy, your old men will dream dreams, your young men will see visions.

- Is a practical way we present our bodies to God.

Romans 12:1 (NIV) Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God — this is your spiritual act of worship.

- Helps us discipline our appetites.

1 Corinthians 9:27 (NLT) I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.