



Prayer & Fasting

By Prayer and Fasting - Part 1

1. There are a variety of approaches to fasting.

There are three basic types of fasts:

- Complete.
- Regular.
- Partial.

2. Fasting is an expected part of a believer's life.

Matthew 6:2 (NIV) So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by men. I tell you the truth, they have received their reward in full.

Matthew 6:5 (NIV) And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full.

Matthew 6:16 (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.

Three activities Jesus expects His followers to engage in:

- Giving.
- Praying.
- Fasting.

Luke 5:33-35

(NIV) 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."

3. 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
- 2 Chronicles 20:13, 14

- Brings brokenness and repentance.
- Joel 2:13, 14

Brings personal breakthroughs.

- 1 Samuel 1:7

Brings deliverance from spiritual strongholds.

- Isaiah 58:6 • Daniel 10:12, 13
- Esther 4:15, 16 • Matthew 17:21

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

- Joel 2:18-20
- Joel 2:28

Is a practical way we present our bodies to God.

- Romans 12:1

Helps us discipline our appetites.

- 1 Corinthians 9:27