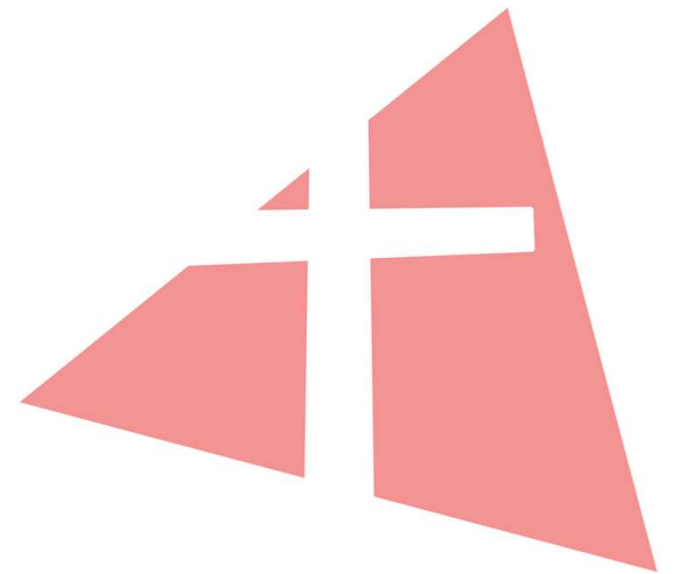


Prayer & Fasting

03/09/2025

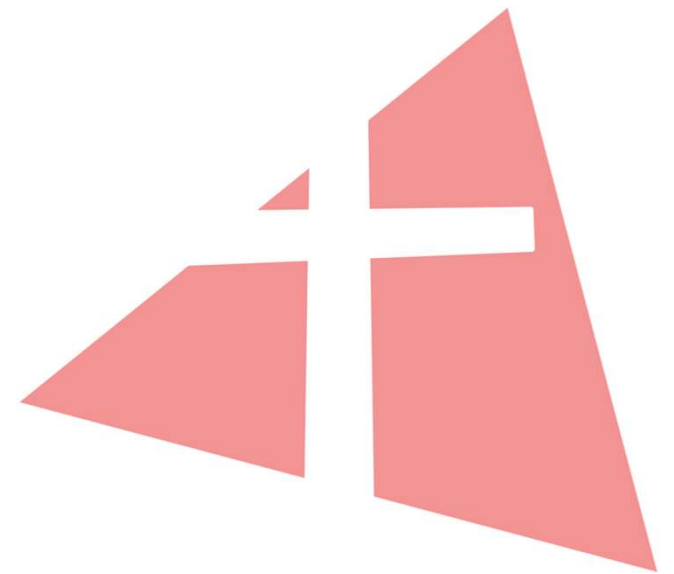


Our Series: Prayer

- **Prayer is for God's Glory**
- **Biblical Prayer is about "praying God's Will"**

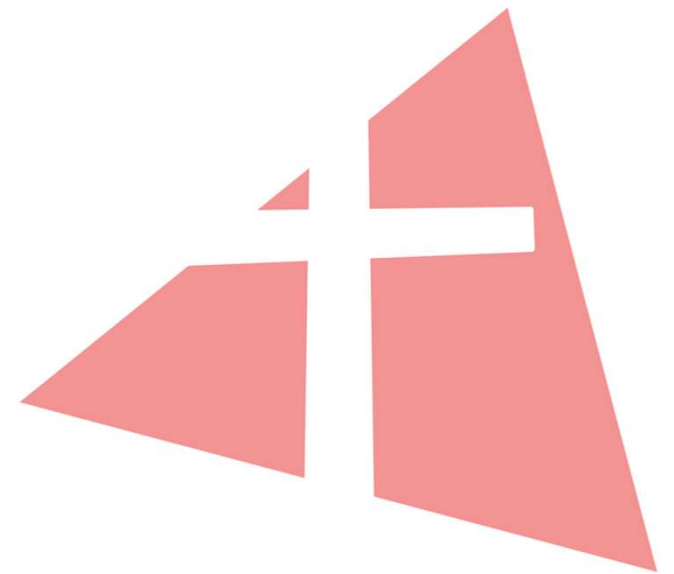
Prayer is telling God what He tells us to tell Him

- **Repentance**



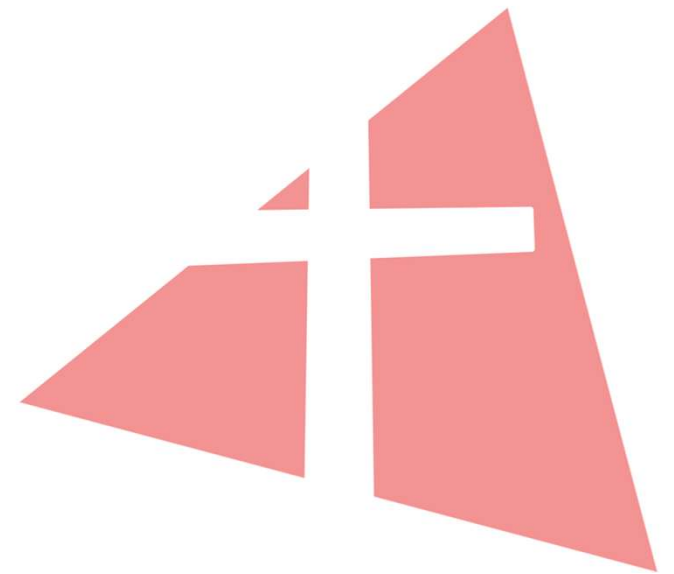
Today's Focus

- **Prayer & Fasting**



What is Fasting not?

- **Inflict suffering on ourselves**
- **A way to make our prayers more powerful**
- **A way to get from God what we want**



What is Fasting?

- **Abstaining from something of this world to make more room for God in our lives**



Effects of Fasting

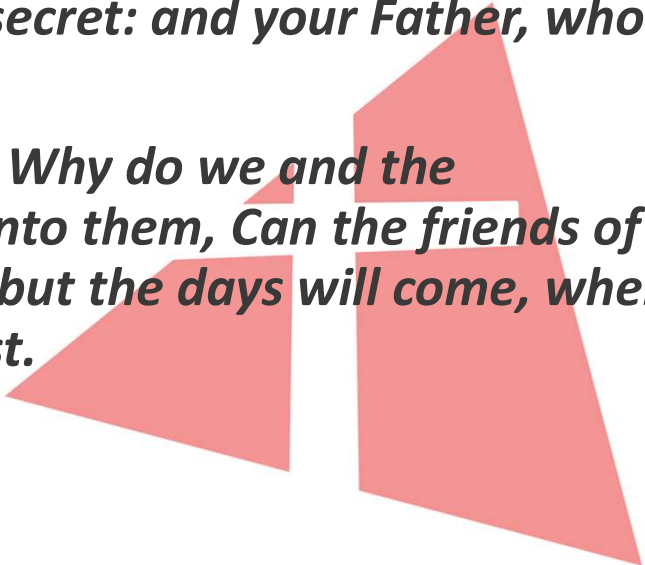
- **Fasting leads to a sense of withdrawal**
- **The experience of a need leads to deeper dependence on God**
- **Deeper dependence leads to being more willing and able to hear God's voice**
- **Hearing God's voice more clearly helps us pray prayers more aligned with God's will**
- **Prayers aligned with God's will be more effective**



Jesus on Fasting

Matthew 6:16-18 Moreover when you fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But you, when you fast, anoint your head, and wash your face; That you appear not unto men to fast, but unto your Father who is in secret: and your Father, who sees in secret, shall reward you openly.

Matthew 9:14-15 Then came to him the disciples of John, saying, Why do we and the Pharisees fast often, but your disciples fast not? And Jesus said unto them, Can the friends of the bridegroom mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast.



Biblical Forms of Fasting

- **Water only**

Matthew 4:1-2 Then was Jesus led up by the Spirit into the wilderness to be tempted by the devil. And when he had fasted forty days and forty nights, he was afterward hungry.

- **Vegetables and water only**

Daniel 1:12 Test your servants, I beseech you, ten days; and let them give us vegetables to eat, and water to drink.



Biblical Forms of Fasting

○ Total Fast

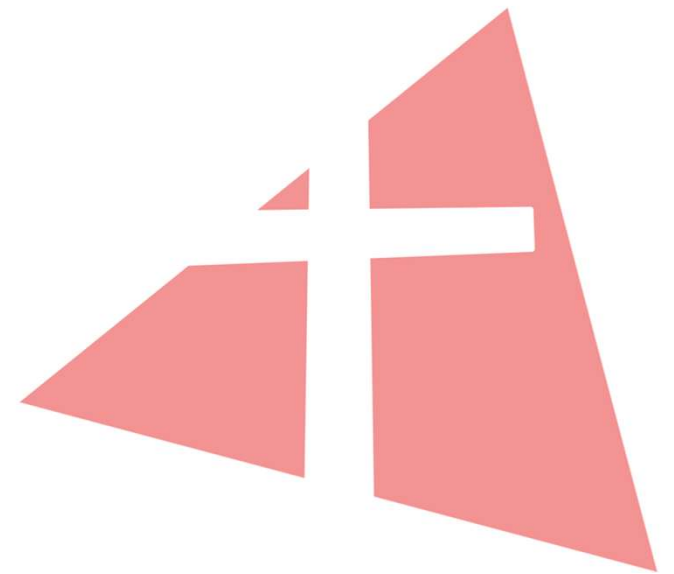
Esther 4:16 Go, gather together all the Jews that are present in Shushan, and fast for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.

○ Sexual Fast

1 Corinthians 7:5 Deprive not one the other, except it be with consent for a time, that you may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your lack of self-control.

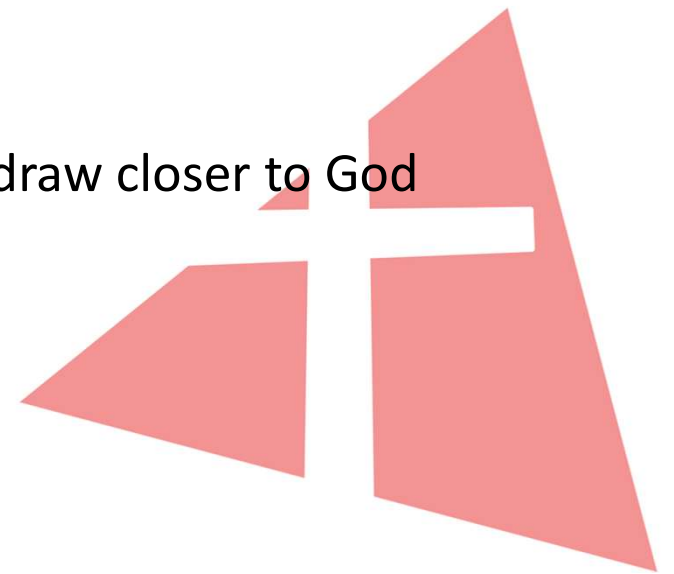
Additional Forms of Fasting

- **Mix of the different forms of fasting**
- **Digital Fast**
- **Hobbies/Entertainment**
- ...



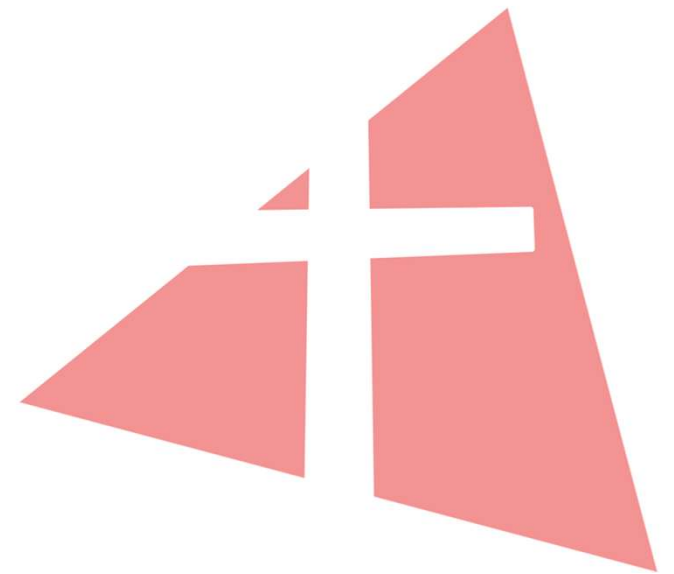
Pretending to Fast

- **A fast isn't a fast unless we "miss something"**
 - Something that increases our time with God
 - Something that makes us feel uncomfortable and makes us draw closer to God



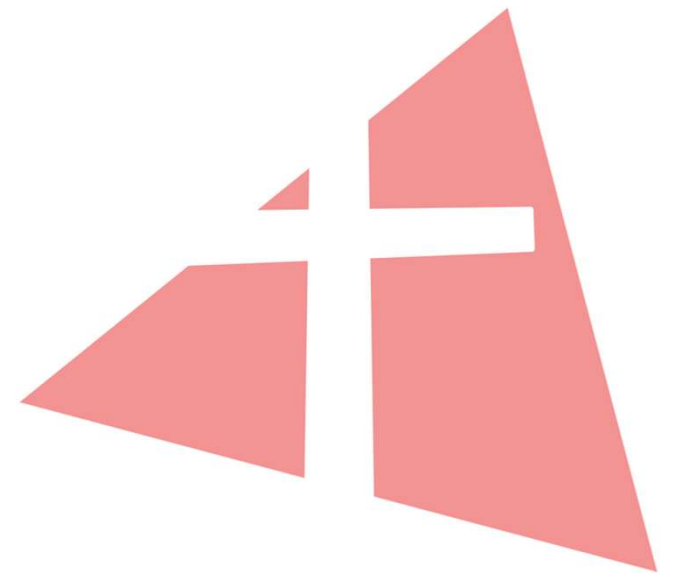
Effects of Fasting

- **We become more sensitive**
- **We might get bored**



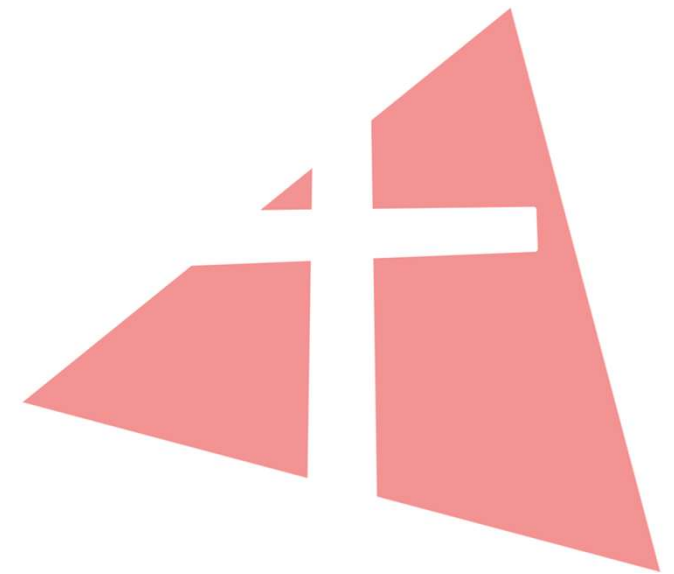
A Warning

- Satan knows the power of fasting
- Satan will try to distract us in whatever way he can
- Fasting is an opportunity, but we will be tempted to waste it
- Fasting requires discipline



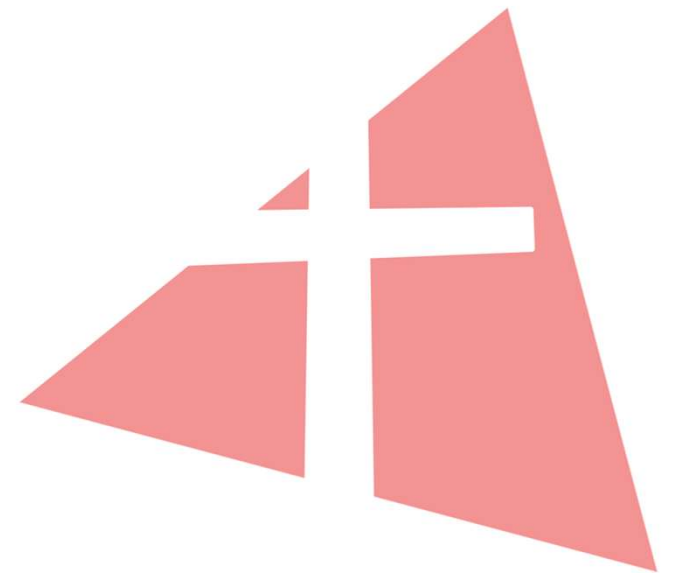
Practical Steps to Prepare

- **Set a timeframe**
- **Clearly define what is (and isn't) allowed**
- **Set aside time for God**
 - E.g. Daily schedule
- **Set a goal/focus**
- **Have someone holding you accountable**



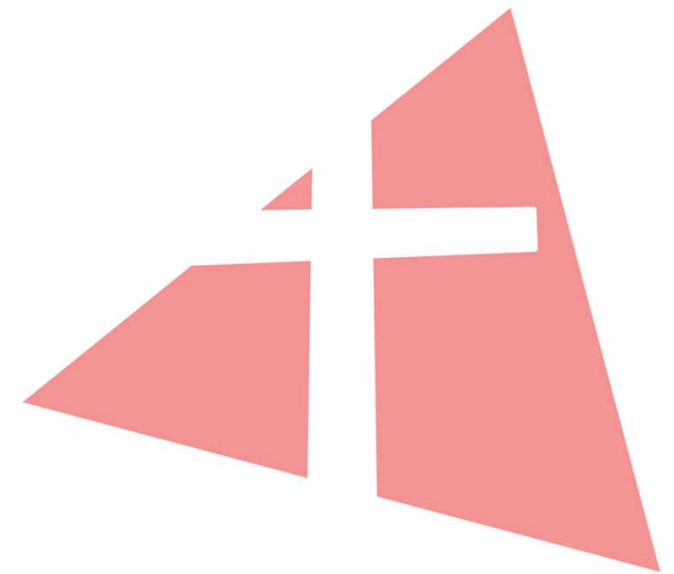
Good Times to Fast

- **Lent**
- **The start of a new season**
- **A season we need guidance**
- **A season we need a breakthrough**
- **Dealing with sin**
- **Simply giving God back the rightful place in our lives**



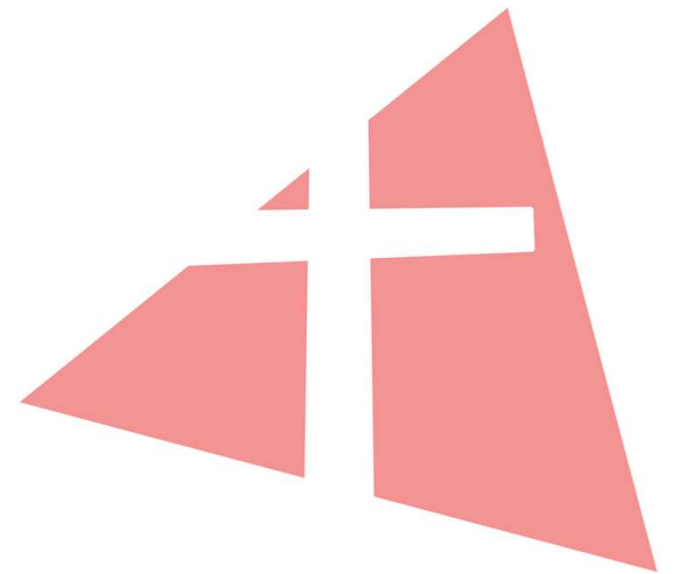
Good Times to Fast

- **Fasting needs to be God-guided**
 - Trying to fast in our own strength will fail



In Conclusion

- **Traditionally, the season of lent is a time when many people choose to fast**
- **Is God calling me into a season of fasting?**
 - What form?
 - How long?
 - What is the goal/purpose?
 - ...





Holy
COMMUNION

REMEMBER **HIS** SACRIFICE