

*Prayer & Fasting*

**09:55 am      5 Min. Count Down - VIDEO**

**10:00 am    \*\*LIVE Worship –**

**10:25 am    \*\*LIVE In House Welcome –**

**WELCOME to The Peak CC**

**Welcome our Church Online Platform –**

**We are so glad you could join us as we worship the Lord & expound on His Word.**

**If this is your 1st time or perhaps you've been with us before but haven't engaged...  
Please fill out**

**\*Online Connect Card \*      -> RightNow Media**

**10:30 AM      \*\*Announcements Video - Tithing**

**10:32am LIVE SHOT – Welcome -      Pastor Self Intro -**

**Sunday School:      1st things 1st      9am Sundays 2nd floor.**

**Merry Christmas \* Happy New Year!! 2 weeks online ONLY!! Missed being here  
amongst the saints... SO GOOD TO SEE EVERYONE - EVEN ONLINE -**

## *Welcome*

**New Year & resolutions? ... Gym memberships... Early morning devotionals,  
Quit smoking/drinking... New job/career,**

**All short lived.. . No preparation / planning, *Bite off more than can chew***

**GREAT INTENTIONS.... Zero follow through.. No sustainability...**

***Start strong...Get winded,.. No stamina***

***Have you ever been here??***

***\*How can we build the spiritual stamina that's needed for long-term effectiveness??***

***\*Contractor Tools Illustration***

## *Prayer & Fasting the tools of a disciple*

*If we're going to have any success in making any lasting changes in 2023, let's resolve to master Spiritual Disciplines*

**Matthew 17: 14 – 21**

*<sup>14</sup> And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, <sup>15</sup> “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. <sup>16</sup> So I brought him to Your disciples, but they could not cure him.”*

*Then Jesus answered and said, “**O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.**” And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.*

*Then the disciples came to Jesus privately and said, “Why could we not cast it out?”*

*So Jesus said to them, “**Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.”***

*Andrew Murray; “Prayer is the one hand with which we grasp the invisible; Fasting is the other hand with which we let loose & cast away the visible.”*

## *Opening Prayer*

When it comes to Prayer..

Prayer is a 2 way Street... Need to quiet the soul... still the heart...  
deliberate and intentional... *Take time to Hear from heaven*

Effective ministry in our lives & the lives of others, is unlocked by implementing the  
Spiritual Disciplines of Prayer & Fasting

*Prayer* mentioned over 600 times in scripture with approximately 650 specific prayers recorded. It is the single most practiced discipline in the Bible. Jesus Himself serves as our model with prayer recorded specifically 25 times during the 3 years of His earthly ministry.

Prayers are the building blocks that support our relationship with God.... & the spiritual realm.

When we pray we engage God and heavenly hosts that are not visible with the carnal eye but are clearly manifested in the natural realm.

Prayer is more than just talking to God... **That's Dictation...** Prayer is also listening from heaven, Meditating on the Word of God. We **MUST** learn to listen..

**Bodily Positions:** *Sitting, Standing, Kneeling, Prostrate, Hands lifted up*

**Types of Prayer:** *Prayer of Faith, Agreement, Request / Petition, Thanksgiving, Worship, Consecration, Intercession, Praying in the Spirit*

*Prayer moves the Hand of God*

*Most people don't really have a problem w/ prayer....*

*But when it comes to Fasting....*

**Fasting Defined:** Fasting is a willing abstinence or reduction from some or all food, drink, or both, for a period of time.

**Sounds like a diet?**

**Matthew 4:4** 'Man shall not live by bread alone, but by every word that proceeds. out of the mouth of God.'

Historically, fasting was rigorously practiced in Judaism and by the disciples of John the Baptist,

*It was recommended by Jesus Christ Himself both by example and teaching* (Lk. 4:2, Mt. 6:16–18 and Mk. 2:20).

It was observed by the Apostles (Acts 13:2, 14:23, 2 Cor. 11:27),

The early Church had regular weekly fast days develop, *\*Wednesday and \*Friday* being mentioned in the *\*Didache*. also called the "Teaching of the Twelve Apostles." It was possibly written around 65 - 80 A.D. and is supposed to be what the twelve apostles taught to the Gentiles concerning life and death, church order, fasting, baptism, prayer, etc.

The Didache is considered part of the group of second-generation Christian writings known as the Apostolic Fathers. It is considered "*not inspired*", but is valuable as an early church document.

In the West *\*Saturday* was later substituted for Wednesday (400 A.D.)

*So why don't we hear about fasting today??*

*I believe it's an attack and a deceit of the adversary in order to weaken the believer and heighten the desires of the flesh... Unarm the threatening soldier.*

**The Bible describes two main forms of fasting.**

1. **The Total fast or Absolute Fast** involves the total abstinence of food & Drink.

**EZRA 10:6**

*Then Ezra rose up from before the house of God, and went into the chamber of Jehohanan the son of Eliashib; and when he came there, he ate no bread and drank no water, for he mourned because of the guilt of those from captivity.*

**Guilt became the weight and burden that oppressed him**

**Acts 8: 8,9**

*Then Saul arose from the ground, and when his eyes were opened he saw no one. But they led him by the hand and brought him into Damascus. <sup>9</sup> And he was three days without sight, and neither ate nor drank.*

2. ***The partial fast*** : emphasizes the restriction of diet rather than complete abstinence. Best suited for long term fasts.

**Dan. 10:3**

*In those days I, Daniel, was mourning three full weeks. <sup>3</sup> I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.*

AKA The Daniel Fast... Fruits & Veg.

**The Bible describes different durations for a fast:**

- **1 Day fast**

**Judges 20:26**

- **(3) Day Fast**

**Ester 4:16**

*Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for*

*three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!”*

- **Seven Day Fast**

**1 Samuel 31:11-13**

- **Forty Day Fast**

**Exodus 34:27-28**

*Then the LORD said to Moses, “Write these words, for according to the tenor of these words I have made a covenant with you and with Israel.”<sup>28</sup> So he was there with the LORD forty days and forty nights; he neither ate bread nor drank water. And He wrote on the tablets the words of the covenant, the Ten Commandments.<sup>1</sup>*

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<sup>1</sup> *The New King James Version.* (1982). (Ex 34:27–28). Nashville: Thomas Nelson.

**The Bible describes different times that we should fast**

- **Regular Observance in Jewish Traditions**

**Leviticus 16:29–31**

*“This shall be a statute forever for you: In the seventh month, on the tenth day of the month, you shall afflict your souls (fast) (lit. humble yourself), and do no work at all, whether a native of your own country or a stranger who dwells among you. For on that day the priest shall make atonement for you, to cleanse you, that you may be clean from all your sins before the LORD. It is a sabbath of solemn rest for you, and you shall afflict your souls (fast). It is a statute forever.*

**Zechariah 8:19**

*“Thus says the LORD of hosts: ‘The fast of the fourth month, The fast of the fifth, The fast of the seventh, And the fast of the tenth, Shall be joy and gladness and cheerful feasts For the house of Judah. Therefore love truth and peace.’*

- **Involuntary fast / or those set by Decree**

**2 Chronicles 20:3**

*And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.*

- **Fast imposed by circumstances**

**Acts 27:33 (In the tempest)**

*And as day was about to dawn, Paul implored them all to take food, saying, “Today is the fourteenth day you have waited and continued without food, and eaten nothing.*

- **Voluntary Fasts**

**Luke 2:37**

*and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day.*

- William Secker

**"By fasting, the body learns to obey the soul; by praying the soul learns to command the body."**

**Do you want to seek is to know God in a deeper experience? How bad?...**

**Do you want to confess our shortcomings / express how sorry you are for some of the things you've done??**

**Would you like to have a more profound prayer experience?? LikeSupercharge your prayers...**

**Would you like to know His Will for you personally, and corporately as His church? *What are you willing to sacrifice?***

**Isaiah 58: 6-9**

*“Is this not the fast that I have chosen:*

*To loose the bonds of wickedness,*

*To undo the heavy burdens,*

*To let the oppressed go free,*

*And that **YOU** break every yoke?*

<sup>7</sup> *Is it not to share your bread with the hungry,*

*And that you bring to your house the poor who are cast out;*

*When you see the naked, that you cover him,*

*And not hide yourself from your own flesh?*

<sup>8</sup> *Then your light shall break forth like the morning,  
Your healing shall spring forth speedily,  
And your righteousness shall go before you  
The glory of the LORD shall be your rear guard.*

<sup>9</sup> *Then you shall call, and the LORD will answer;  
You shall cry, and He will say, 'Here I am.'<sup>2</sup>*

*We need to re-learn that we eat to live and **NOT** live to eat....*

*Simply,... Starve the flesh & feed the spirit*

**Man Shall NOT live by BREAD alone... But by EVERY WORD that proceeds from the Mouth of God.**

**COMMUNION**

**1 John 1:3**

**3 We proclaim to you what we have seen and heard, so that you also may have fellowship with us. And our fellowship is with the Father and with his Son, Jesus Christ.**

**John 6:53-58**

**53 Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you.**

**54 Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day.**

**55 For my flesh is real food and my blood is real drink.**

**56 Whoever eats my flesh and drinks my blood remains in me, and I in them.**

**57 Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.**

**58 This is the bread that came down from heaven. Your ancestors ate manna and died, but whoever feeds on this bread will live forever.”**

**This morning... What area do you need deliverance in? What hurt or offense do you need to let go? What SIN has you yoked up?**

**I want to encourage you this morning as I have received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, “Take, eat; this is My body which is broken for you; do this in remembrance of Me.” In the same manner He also took the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.”**

**26 For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.**

**Closing Prayer**

**Thank You for Forgiveness & Eternal Salvation....**

**If this was the 1st time that you really dedicated yourself to Jesus... Recognize Him as NOT only your Savior.... But also, your KING...**

**I'd like to invite you to connect w/ us..... @thepeakcc.com Visitors link... fill out that connect card...**

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**“The Lord bless you and keep you;  
The Lord make His face shine upon you,  
And be gracious to you,  
The Lord lift His countenance upon you,  
And give you peace.”**

**I bless you in the Name of the Father, & of the SON, & of the Holy Spirit... Amen!!**