

## Prayer and Fasting

<sup>14</sup>The natural person does not accept the things of the Spirit of God, for they are folly to him, .... 1 Corinthians 2:14

### 1) The goal is to simply know and love God

#### The Golden Rule

“So whatever you wish that others would do to you, do also to them, for this is the Law and the Prophets. Matthew 7:12

And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: You shall love your neighbor as yourself. On these two commandments depend all the Law and the Prophets.” Matthew 22:37-40

<sup>16</sup>“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16

#### a. God doesn't make it hard

Behold, the LORD's hand is not shortened, that it cannot save, or his ear dull, that it cannot hear;

<sup>2</sup>but your iniquities have made a separation between you and your God, and your sins have hidden his face from you so that he does not hear. Isaiah 59:1-2

#### b. He invites me personally to know him personally

<sup>5</sup>“And when you pray, you must not be like the hypocrites. For they love to stand and pray in the synagogues and at the street corners, that they may be seen by others. Truly, I say to you, they have received their reward. <sup>6</sup>But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.... <sup>17</sup>But when you fast, anoint your head and wash your face, <sup>18</sup>that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. Matthew 6:5-18

### 2) Prayer and Fasting, what is it

Prayer-earnestly supplicate, worship to seek humbly (listen)

Fasting – remove something from your life temporarily for a purpose towards resetting or adjusting attitude, lifestyle or perspective towards God... To refocus on God.

#### a. Not a magic bullet to get what you want

‘Why have we fasted, and you see it not? Why have we humbled ourselves, and you take no knowledge of it?’

Behold, in the day of your fast you seek your own pleasure, and oppress all your workers. Isaiah 58:3

Behold, you fast only to quarrel and to fight and to hit with a wicked fist. Fasting like yours this day will not make your voice to be heard on high. Is such the fast that I choose, a day for a person to humble himself? Is it to bow down his head like a reed, and to spread sackcloth and ashes under him? Will you call this a fast, and a day acceptable to the Lord? Isaiah 58:4-5

### 3) Fast from what is keeping you from God to do good

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke? Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh? Isaiah 58:6-7

#### a. God is not the one leading us into these struggles

For I delight in the law of God, in my inner being, but I see in my members another law waging war against the law of my mind and making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will deliver me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, I myself serve the law of God with my mind, but with my flesh I serve the law of sin. Romans 7:21

#### b. But he will deliver us from them.

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. Romans 8:1-2

#### c. Led by the Spirit of God

<sup>12</sup>So then, brothers, we are debtors, not to the flesh, to live according to the flesh. <sup>13</sup>For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. <sup>14</sup>For all who are led by the Spirit of God are sons of God. Romans 8:12-14

<sup>24</sup>Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. <sup>25</sup>For whoever would save his life will lose it, but whoever loses his life for my sake will find it. <sup>26</sup>For what will it profit a man if he gains the whole world and forfeits his soul? Matthew 16:24

### 4) Communication with God

#### a. In the middle of a fast: let your request be made known to God

The Lord is at hand; <sup>6</sup>do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

#### b. In the middle of a feast:

<sup>16</sup>In all circumstances ... praying at all times in the Spirit, with all prayer and supplication. To that end, keep alert with all perseverance, making supplication for all the saints, Ephesians 6:16-18

#### c. Pray the same way you fast

<sup>9</sup>Pray then like this: “Our Father in heaven, hallowed be your name. <sup>10</sup>Your kingdom come, your will be done, on earth as it is in heaven. <sup>11</sup>Give us this day our daily bread, <sup>12</sup>and forgive us our debts, as we also have forgiven our debtors. <sup>13</sup>And lead us not into temptation,

but deliver us from evil. <sup>14</sup>For if you forgive others their trespasses, your heavenly Father will also forgive

you, <sup>15</sup> but if you do not forgive others their trespasses, neither will your Father forgive your trespasses. Matthew 6:9-15