

PRAYER & FASTING

THE DYNAMIC DUO

Acts 13:3 NLT

So after more fasting and prayer, the men laid their hands on them and sent them on their way.

1 Corinthians 7:5 NLT

Do not deprive each other of sexual relations, unless you both agree to refrain from sexual intimacy for a limited time so you can give yourselves more completely to prayer and fasting. Afterward, you should come together again so that Satan won't be able to tempt you because of your lack of self-control.

IT IS OUR TRADITION TO BEGIN EVERY YEAR WITH A CHURCH PRAYER & FAST.

POWER POINT - PRAYER MIXED WITH FASTING PRODUCES DYNAMIC RESULTS

GETTING GOD INVOLVED IN EVERYTHING

Proverbs 3:5-6 NLT

Trust in the LORD with all your heart; do not depend on your own understanding. [6] Seek his will in all you do, and he will show you which path to take.

WHAT WE MUST DO:

- WE MUST TRUST GOD TOTALLY- NO PLAN B.
- WE MUST SEEK HIS WILL IN EVERYTHING WE DO- DON'T ACT UNTIL YOU HEAR FROM GOD (Wisdom)

WHAT GOD WILL DO

- GOD WILL SHOW US THE PATH TO TAKE-

POWER POINT - THE PRINCIPLE WAY GOD WILL DIRECT US IS THE WITNESS OF PEACE IN OUR HEART.

KING JEHOSHAPHAT CALLS FOR A FAST FOR GOD'S PROTECTION & DIRECTION

2 Chronicles 20:12 NLT

O our God, won't you stop them? We are powerless against this mighty army that is about to attack us. We do not know what to do, but we are looking to you for help."

WHEN YOU DON'T KNOW WHAT TO DO PRAY & MIX IT WITH FASTING

UNDERSTANDING FASTING

Fasting is a powerful spiritual discipline. Through fasting and prayer, the Holy Spirit can transform your life.

Jesus spent time in fasting and prayer during his life on earth, and he expected his followers to fast

Matthew 6:16-18 NLT

"And WHEN YOU FAST (NOT IF YOU FAST), don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. [17] But when you fast, comb your hair and wash your face. [18] Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Most commonly, fasting is when you abstain from food or a certain type of food for a period of time. However, there are multiple ways to fast, all with the potential to help you grow spiritually

GOD OUR FATHER IS JEALOUS

Deuteronomy 4:23-24 TLB

Beware lest you break the contract the Lord your God has made with you! You will break it if you make any idols, for the Lord your God has utterly forbidden this. [24] He is a devouring fire, a jealous God.

Deuteronomy 4:24 NIV

The LORD your God is like a fire that burns everything up. He wants you to worship only him.

What is the idol in your life that distracts you from spending quality time with God

GOD DOESN'T WANT ANYTHING TO BE MORE IMPORTANT IN OUR LIVES THAN HIM. (HUSBAND & WIFE. Jealous)

HOLY SPIRIT IN US IS JEALOUS

James 4:5 TLB

Or what do you think the Scripture means when it says that the Holy Spirit, whom God has placed within us, watches over us with tender jealousy?

HOLY SPIRIT ALWAYS ENDEAVORS TO MAGNIFY JESUS IN OUR LIVES

1 Corinthians 12:3 TLB - no one can say, "Jesus is Lord," and really mean it, unless the Holy Spirit is helping him.

MAJOR REASONS WE SHOULD FAST & PRAY

NOTE - FASTING WITHOUT PRAYER IS ONLY MISSING MEALS. YOU WILL NOT RECEIVE THE SPIRITUAL BENEFITS YOU DESIRE

1. HUMBLE OURSELVES BEFORE GOD

2. SEEKING GOD'S WILL & GUIDANCE

4. BRINGING OUR BODY IN SUBJECTION TO OUR SPIRIT
GIVE OUR SPIRIT THE MASTERY OVER OUR BODY (BREAK THE STRENGTH OF THE FLESH)

5. BECOME SPIRITUALLY SENSITIVE TO RECEIVE FROM GOD

FASTING DOESN'T MOVE OR CHANGE GOD BUT IT MOVES & CHANGES US INTO A POSITION TO BE MORE SENSITIVE SPIRITUALLY.

6. THE CURE FOR SOME KINDS OF UNBELIEF

Matthew 17:14-21 KJV

And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, [15] Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water. [16] And I brought him to thy disciples, and they could not cure him. [17] Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me. [18] And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour. [19] Then came the disciples to Jesus apart, and said, Why could not we cast him out? [20] And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. [21] Howbeit this kind goeth not out but by prayer and fasting.

HTBC FASTING INSTRUCTIONS

Fast Dates - January 8th to January 13, 2024

One balanced meal a day (unless medical or other personal reasons)

Lots of water to purify your body. Add fresh lemon juice if you desire.

No Juice with sugar added- only fresh-squeeze juice. No concentrated juice. No coffee only decaffeinated green tea. Drink warm chicken, beef, or vegetable broth (low sodium)

Eat Green Vegetables, Nuts, Beans, Lentils, Oatmeal, Fruits (no bananas)

No processed foods, no bread (minimize carbohydrates), no desserts, no meats of any kind (no seafood)

No Sugar, No Fried Foods. No Fast Foods

No Television, Social Media, or Video Games (including streaming services)

Prayer - Monday through Friday at 7 pm, Saturday at 10 am, and Sunday at 9:30 am

PRAYER OF CONSECRATION