

Jesus: Prayer & Fasting

Intro

What is the first thing you think of when you think of prayer and fasting?

I love food

I love the affects of fasting but not necessarily the fasting part

But sometimes the Lord says something so strongly we have to obey

Maps analogy, see where it is in relation to the are, the UK, Europe etc

We have to zoom out and see that the Lord isn't just speaking to AN Wolves about this he's speaking broader and wider

This came across strongly at the recent turning nations conference - prayer and fasting.

Reminder that our focus must be on prayer and fasting

We are a Jesus people

He is calling us to be a Jesus people

Jesus people: a new era

A Jesus people are a people who pray and fast

Jesus example

Jesus fasted & Prayed

Luke 4:1-2 NLT

[1] Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, [2] where he was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry.

Jesus fasted

We often read Jesus went to lonely places to pray

Mark 1:35 NLT

[35] Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

Luke 5:16 NLT

[16] But Jesus often withdrew to the wilderness for prayer.

Jesus prayed all night when He chose His 12 disciples

Luke 6:12-13 NLT

[12] One day soon afterward Jesus went up on a mountain to pray, and he prayed to God all night. [13] At daybreak he called together all of his disciples and chose twelve of them to be apostles.

Jesus taught us to fast & pray

Matthew 6:5,16 NLT

[5] "**When you pray...** [16] "**And when 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.

When you pray, when you fast

Fasting is normal

Fasting is not a NT concept

OT characters who fasted & prayed:

Moses fasted in the presence of God (Exodus 34:38)
There was a national day of fasting built into the Israelites calendar
The Israelites fasted for direction (Judges 20:26)
David fasted to express grief (2 Sam 1:12)
Elijah fasted and prayed and was supernaturally sustained (1 Kings 19:8)
Jehoshaphat called a fast for God's protection (2 Chron 20:3)
Ezra fasted for strength (Ezra 8:23)
Nehemiah fasted and prayed for the restoration of Jerusalem (Neh 1:4)
Esther fasted and prayed with no food or drink for 3 days and 3 nights to save an entire nation (Esther 4:16)
Daniel fasted and ate only vegetables for 10 days (Dan 1:12)
Daniel prayed and fasted for the return of the Jews from exile (Dan 9:3)
John the baptist
The apostles fasted and prayed regularly.
Paul fasted for 3 days and 3 nights (Acts 9:9)
The Church in Antioch were praying and fasting before they received the call to send out Paul and Barnabas (Acts 13:2)
The apostles prayed and fasted to appoint elders to the Churches (Acts 14:23)
For the people of God in the story of God, prayer & fasting is normal.
In saying when you fast and when you pray He was suggesting that for His followers after His ascension prayer & fasting is normal.
For Jesus people fasting is normal

Jesus said fasting is for now

Matthew 9:14-15 NLT

[14] One day the disciples of John the Baptist came to Jesus and asked him, "Why don't your disciples fast like we do and the Pharisees do?" [15] Jesus replied, "Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast."

Fasting is when the bridegroom (Jesus) ascended so the disciples can remain close to Him. That day is now!

Reminded us prophetically over the Turning Nations Conference and called us to a season of prayer and fasting

We were reminded that through prayer and fasting Biblical characters laid hold of the call of God on their lives and we were challenged to pray and fast so too can lay hold to the call of God on our lives

We were reminded that through prayer and fasting Daniel received revelation and understanding and we were challenged to pray and fast to receive that revelation for ourselves

We were reminded that through prayer and fasting Biblical characters birthed new things God was doing and we were challenged to pray and fast to birth a new thing God is doing here on earth today

We were reminded that through prayer and fasting God restores the land and we were challenged to pray and fast so our nation will be restored

We were reminded that through prayer and fasting nations were changed and flipped upside down and we were challenged to pray and fast so we can change nations

Application

Whats your motive?

Our motive should be love

John 14:15 NLT

[15] "If you love me, obey my commandments.

3 things

1 thing to ask Holy Spirit about fasting and praying

1 thing to pray for while fasting and praying

1 way to bless others while we are fasting and praying

1 thing to ask

Ask Holy Spirit how should I fast?

1 thing to pray for

Intimacy, closeness with Him

Holiday in Keswick - re dig a well

Monk of Keswick - came to Keswick to live on an Island to live in un distracted devotion to Him.

Thats the Well He came to re dig

Matthew 9:14-17 NLT

[14] One day the disciples of John the Baptist came to Jesus and asked him, "Why don't your disciples fast like we do and the Pharisees do?" [15] Jesus replied, "Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast. [16] "Besides, who would patch old clothing with new cloth? For the new patch would shrink and rip away from the old cloth, leaving an even bigger tear than before. [17] "And no one puts new wine into old wineskins. For the old skins would burst from the pressure, spilling the wine and ruining the skins. New wine is stored in new wineskins so that both are preserved."

1 way to bless others

Jesus goes into the wilderness to pray and fast full of the Spirit

He left the wilderness in the Power of the Spirit

Then opened to Is 61

Isaiah 58:6-7 NLT

[6] "No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. [7] Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help.