

Prayer and Fasting
December 28/29, 2019

Matthew 17:14-18 When they came to the crowd, a man approached Jesus and knelt before him. “Lord, have mercy on my son,” he said. “He has seizures and is suffering greatly. He often falls into the fire or into the water. **I brought him to your disciples, but they could not heal him.**” “**You unbelieving and perverse generation,**” Jesus replied, “how long shall I stay with you? How long shall I put up with you? Bring the boy here to me.” Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment. Then the disciples came to Jesus in private and asked, “Why couldn’t we drive it out?” He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

✓ Unbelieving – We are not connected to God.

✓ Perverse – Too connected to the world.

Matthew 17:19-21 Then the disciples came to Jesus in private and asked, “Why couldn’t we drive it out?” He replied, “Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you. But this kind never comes out except by **prayer and fasting.**”

✓ Prayer – Connects us to God.

✓ Fasting – Disconnects us from the world.

Luke 5:33-35 They said to him, “John’s disciples often fast and pray, and so do the disciples of the Pharisees, but yours go on eating and drinking.” Jesus answered, “Can you make the friends of the bridegroom fast while he is with them? But the time will come when the bridegroom will be taken from them; **in those days they will fast.**”

Key Thought: Fasting is not trying to get more of God. Fasting is God getting more of you.

Acts 13:2-3 While they were worshiping the Lord and **fasting**, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” So after they had fasted and prayed, they placed their hands on them and sent them off.

2 Corinthians 11:27 ...in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often...

Every Person has three parts:

- ✓ Body – Connects to ourselves.
- ✓ Soul – Connects to others.
- ✓ Spirit – Connects to God.

Romans 8:6 So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace.

3 Things we need to do before a Fast:

1. Set an objective.

- ✓ Declare my dependence on God.
- ✓ Ask for Forgiveness.
- ✓ Refocus on the eternal.
- ✓ Invite the presence of the God in my life.
- ✓ Believe God for answers to specific needs.

2. Decide what type of Fast you will do. You can go online to see more in depth.

- ✓ Complete Fasting.
- ✓ Daniel/Selective Fasting.
- ✓ Partial/Juice Fasting.
- ✓ Soul Fasting.

3. Expect Results.

Isaiah 58:8-9 Then your light will break forth like the dawn, and your **healing** will quickly appear; then your **righteousness** will go before you, and the glory of the Lord will be your rear guard. Then you will call, and the Lord will **answer**; you will cry for help, and he will say: Here am I...

- ✓ Healing.
- ✓ Holiness.
- ✓ Help.

Walk Away: Physical Obedience releases spiritual blessing.