



WHEN YOU
PRAY

WEEK TEN

DAY 1

1. Begin your study time with prayer.
2. Read Matthew 6:5-18. What things are commanded to us in regard to fasting in verses 16-18?
3. Why do you think God commands us not to call attention to our times of fasting?
4. We can easily fall into hypocrisy if the motivation for our fasting is about being noticed by others or gaining praise for our outward righteousness. Read Matthew 23:25-28. What did Jesus have to say to hypocrites with impure motives?
5. As we consider fasting, we first want to examine our own hearts and ensure they are not full of hypocrisy and pride. According to Matthew 6:18, who should be aware of your fasting and why?
6. Write out this week's memory verse on a notecard or a piece of paper and post it somewhere you will see it often (e.g bathroom mirror, car, desk, kitchen sink, etc.).

“Yet even now,”
declares the **Lord**,
“Return to me
with all your heart,
And with
fasting, weeping, and mourning;
And rend your heart
and not your garments.”
Now return to
the **Lord**, your
God
for He is gracious and
compassionate,
slow to anger,
abounding in
loving-kindness
and **RELENTING** of
EVIL.
JOEL 2:12-13

I'm praying about:

DAY 2

1. Begin your study time with prayer.
2. Scripture describes fasting in several verses. Look up the verses below. What are the various reasons people are fasting in these verses:

Ezra 8:21-22:

Nehemiah 1:3-11:

Esther 3:8-9 & 4:13-17:

Luke 2:36-37:

Acts 13:2-3 & 14:23:

3. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:

DAY 3

1. Begin your study time with prayer.
 2. Fasting is denying something to our flesh for a time so we can have a greater focus on God. What does Matthew 4:4 say?
 3. According to this verse, what should be more important to us than feeding our physical bodies?
 4. While it's true that we nourish our bodies with physical food, what other things do we partake in that feed our flesh? (Think about ways you spend your time, your time, your attention, your thoughts, etc.)
 5. Aside from food, what are some things you could fast from? According to Acts 14:23, what should accompany our times of fasting?
 6. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:
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DAY 4

1. Begin your study time with prayer.
2. In times of prayer and fasting we deny ourselves fleshly things in order to place a greater focus on spiritual things. Read Psalm 63:1. How does fasting help us place God as our first priority as this verse suggests?
3. If we are not careful, we can make idols of our flesh, our desires, our plans, etc. Read Ezekial 14:3. What is the warning God gives us when we maintain idols in our hearts?
4. How might fasting "starve" an idol and put God back in His rightful place as Lord of our lives?
5. How does fasting help us depend more on the Lord instead of on ourselves or earthly things?
6. Continue to lift up your specific prayer request to the Lord and write out this week's memory verse below:

DAY 5

1. Begin your study time with prayer.
 2. When we fast from something our focus can easily shift to the thing we are depriving ourselves of. According to Nehemiah 1:4-6 who should we be focusing on when we are fasting?
 3. What does Colossians 3:2 exhort us to do? What does verse 5 tell us to do? How does fasting help us accomplish both of those things?
 4. Read 1 Corinthians 10:31. What does this verse say? Whether we are fasting or not, what should be the driving aim of our lives?
 5. You have been challenged throughout this study to commit a specific prayer request to the Lord. As you continue to pray over this situation, consider whether God may be calling you to a time of fasting in addition to prayer. If you decide to proceed with a time of fasting, what will you fast and for how long? How will you incorporate additional times of prayer and focus on the Lord in place of the thing you are fasting?
 6. How have you seen God answer prayer in your life this week?
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