

## Why Prayer and Fasting?

- 31 Years Saturday night prayer
- 17th Year of Prayer and Fasting
- This is all New
- This is all Review

### Who?

David- Psalm 35:13 I humbled myself with fasting.

2 Chronicles 20:3-4: And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.

4 So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord.

2 Chronicles 20:12: Oh our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.

Ezra 8:21, 23: Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. So we fasted and entreated our God for this, and He answered our prayer.

Nehemiah 1:4: So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven.

Nehemiah 9:1-2: The children of Israel were assembled with fasting, in sackcloth, and with dust on their heads. Then...they stood and confessed their sins and the iniquities of their fathers. And they stood up in their place and read from the Book of the Law of the Lord their God for one-fourth of the day; and for another fourth they confessed and worshiped the Lord their God.

Daniel 9:3-4: Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes. And I prayed to the Lord my God, and made confession, and said, "Oh Lord, great and awesome God..."

Daniel 9:20-23: Now while I was speaking, praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the Lord my God...

Daniel 10:3: I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 10:11-13: Gabriel said to me, "O Daniel, man greatly beloved, understand the words that I speak to you... from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. 13 But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me.

Jonah 3:8, 10: But let man and beast be covered with sackcloth, and cry mightily to God; yes, let every one turn from his evil

way and from the violence in his hands...Then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it. (Malachi 3:6)

Joel 2:13: So rend your heart, and not your garments; Return to the Lord your God, for He is gracious and merciful, slow to anger, and of great kindness; And He relents from doing harm.

Jesus fasted 40 days (Luke 4:2)

Luke 4:14: Then Jesus returned in the power of the Spirit to Galilee

The Disciples failed to pray and fast.

Matthew 17:21: However, this kind does not go out except by prayer and fasting.

Cornelius (Acts 10): Praying and fasting and visions

Acts 13:2: 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."

Who is this **Fast** for?

Is this your church?

- Every thing open and spread before Lord!
- A week long prayer retreat!

I want to call US to fast and pray!

Who are we fasting for?

Zechariah 7:5: Say to all the people of the land, and to the priests: When you fasted... did you really fast for Me - for Me?

What?

What is fasting? Fasting literally means "No food!"

Fasting is... saying NO to food and YES to God!

Fasting is... denying the physical to seek the spiritual.

Biblically, Fasting primarily means saying no to food... but NOT just food! Fasting can involve saying no to things we enjoy and take pleasure in!

1 Corinthians 7:5: 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 to fasting and prayer.

- Sex
- Exercise
- Television
- Technology / Social Media
- Coffee
- Sugar / Chocolate

What fasting and prayer is NOT...

- NOT to be RIGHTEOUS.
- NOT a hunger strike! (Fasting and Prayer.)
- NOT a diet... (Eating disorder)
- NOT about the health benefits.

Where?

Home? School? Zoom?

This is a corporate fast!

This is one of the most powerful corporate weeks of the year  
here at your church!

“Our seasons of fasting and prayer at the Tabernacle have been high days indeed; never has Heaven’s gate stood wider; never have our hearts been nearer the central Glory of God.”

~ Charles Spurgeon

When?

Matthew 6:16 "When you fast, do not be like the hypocrites, with a sad countenance.

Humble starts on Sunday, January 25

When... will work for you? Is there any way you can clear your schedule **NOW?**

## Why?

- Ask help from God
- As a way to humble ourselves before God
- Direction
- Breakthrough
- Powerful weapon in the spiritual realm (a lost weapon)
- Crisis
- Repentance
- Answers
- Revival
- Victory
- To seek and hear God

## How?

- Absolute **Fast**- No food or water
- Normal **Fast** - No food
- Partial **Fast**- Daniel fast OR a juice fast OR \_\_\_\_\_?

Daniel 10:3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Your fast could be a combination of types of **fasting** ...

• Sex	• TV
• Exercise	• Coffee
• Technology	• Sugar (sweets)

It's POWERFUL how fasting UNITES and BINDS us all together for a week of prayer!

### Getting Ready:

- Medications- Make sure you FIRST talk to your Dr.
- Should kids fast? NO
- Should kids see there parents fast? YES. (Wednesday)
- If I'm NOT fasting can I still come and pray? YES!
- If your NOT planning on joining us. Please reconsider!
- DAY 7- Saturday 1/31—> 31 years!
- Invite **Others** (Cards)
- Younger generation!
- Luke 2:36-38: Now there was one, Anna, a prophetess...She was of a great age, and had lived with a husband seven years from her virginity; and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day. And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem.

The **BEST** is yet to come!

Joel 2:13 So rend your heart, and not your garments; Return to the Lord your God, for He is gracious and merciful, slow to anger, and of great kindness; And He relents from doing harm.