

A Call To Prayer and Fasting

Moses (Exodus 34:28)

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. 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: O 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.

Esther 4:16: "Go, gather all the Jews... and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish"

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. 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.

Josiah (Jeremiah 36:9) proclaimed a **fast** in Jerusalem

Jonah 3:8 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.

The prophetess Anna (Luke 2:37)

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."

Paul and Barnabas (Acts 14:23)

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?**

Fasting literally means "**No food!**"

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

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

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

Technology

Exercise

Coffee

Television

Sugar / Chocolate

What fasting and prayer is **NOT**:

NOT to be **RIGHTEOUS**.

NOT a hunger strike! **Fasting & Prayer**.

NOT a **diet**

NOT about the **health benefits**. (Wrong focus)

"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.**" ~**Charles Spurgeon**

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

Is there anyway you can clear your schedule **NOW...?**

■ mornings ■ lunch ■ evenings

Ask help from God.

As a way to **humble** ourselves before God.

Direction

Breakthrough

Powerful weapon in the spiritual realm (**lost weapon**)

Crisis

Repentance

Answers

Revival

Victory

To seek & hear God

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.

Sex

Exercise

Technology

TV

Coffee

Sugar (sweets)

Medications- Make sure you **FIRST** talk to your Dr.

Should kids fast? **No**

Should kids see their parents fast? **YES**

If I'm not fasting can I still come and **pray**? **YES!** This is a week of **Prayer & Fasting**

1 Peter 5:5-7: God **resists** the **proud**, But gives **grace** to the **humble**. Therefore **humble yourselves** under the **mighty hand of God**, that He may **exalt you** in **due time**, **casting all your care** upon Him, for **He cares for you**.