

Powerful Prayers, Pt. 7
Prayer and Fasting
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But Prayer and Fasting are in fact powerful because they position us to become more dependent on God, more sensitive to His Spirit and more confident in the power that comes from Him.

Mark 9:14-18 (NKJV) *“And when they came back to the other disciples, they saw a large crowd around them, and some scribes arguing with them. Immediately, when the entire crowd saw Him, they were amazed and began running up to greet Him. And He asked them, “What are you disputing with them?” And one person from the crowd answered Him, “Teacher, I brought You my son, because he has a spirit that makes him unable to speak; and whenever it seizes him, it slams him to the ground, and he foams at the mouth and grinds his teeth and becomes stiff. And I told Your disciples so that they would cast it out, but they could not do it.”*

Mark 9:28-29 (NASB) *“When He came into the house, His disciples began asking Him privately, ‘Why is it that we could not cast it out?’” And He said to them, “This kind cannot come out by anything except prayer and fasting.”*

History with God is not a substitute for intimacy with God.

1. What is Real Prayer?

Jeremiah 33:3 (NKJV) *“Call to Me and I will answer you and show you great and mighty things which you do not know.”*

A. Prayer is Thanksgiving, Praise and Worship

Psalm 100:4 (NLT) *“Enter His gates with Thanksgiving, go into His courts with Praise. Give thanks to Him and praise His name.”*

B. Prayer is Dependence on God

Ephesians 3:20 (NLT) *“Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.”*

C. Prayer Aligns Our Will with God’s Will

1 John 5:14-15 (NIV) *“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”*

D. Prayer Builds Faith

Romans 10:17 (NASB) *“So faith comes from hearing, and hearing by the Word of Christ.”*

2. What is Biblical Fasting?

Fasting is voluntary self-denial for spiritual purposes.

It is intentionally laying aside something legitimate in order to pursue something greater.

3. The Purpose of Fasting

A. Fasting Creates Space for Intimacy with God

When we remove distractions and deny the flesh, we create space for God.

James 4:8a (NLT) *“Come close to God, and God will come close to you.”*

Matthew 7:7-8 NIV *“Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened.”*

B. Fasting Teaches Us Dependence on the Holy Spirit

Matthew 4:4 (NIV) *“Jesus answered, ‘It is written: “Man shall not live on bread alone, but on every word that comes from the mouth of God.””*

C. Fasting Strengthens Faith and Spiritual Sensitivity

Power flows from God, faith connects us to that power, and prayer and fasting strengthen that connection.

The question is not, “Can I survive without this?”

The question is, will removing this help me pursue God more fully?

Final Question:

What could happen in your life if, for a season, you committed to prayer and fasting?

The purpose of prayer and fasting is not to get God to do something for you, but rather to position yourself for God to be able to do ALL He desires IN and THROUGH You.