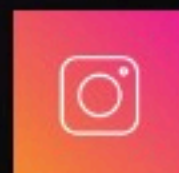
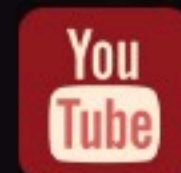


The Grace of  
**PRAYER**  
& **FASTING**

**PS. Helen Ibom**  
**Ezra 8:23**



A silhouette of a person with their arms raised in a gesture of praise or prayer, set against a warm, golden sunset background with a city skyline in the distance. The word "INTRODUCTION" is overlaid in large, bold, yellow letters.

# INTRODUCTION

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# OUR VISION:

To raise up anointed disciple-makers who are empowered to change their world for Christ.

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23



# 2023 - OUR YEAR OF GREAT GRACE

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# Acts 4:33 (ESV)

33 And with great power the apostles were giving their testimony to the resurrection of the Lord Jesus, and great grace was upon them all.

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23



# PRAYER AND FASTING

IS EXPECTED OF US BY JESUS

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# Matthew 6:5–7 (ESV)

5 “And when you pray, ...

6 But when you pray, ...

7 “And when you pray, ...

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# Matthew 6:16 - 17 (ESV)

16 “And when you fast, ... 17 But when you fast,

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23





# PRAYER AND FASTING

DRAWS US TO GOD

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# Joel 2:12 (ESV)

12 “Yet even now,” declares the Lord, “**return to me with all your heart, with fasting**, with weeping, and with mourning;

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

A silhouette of a person with their arms raised in a gesture of prayer or praise, set against a warm, golden sunset background with a city skyline. The person is centered in the frame, and their arms are spread wide to the sides.

# PRAYER AND FASTING

HELPS US TO BE HUMBLE

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# 2 Chronicles 7:14 (ESV)

14 if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

A silhouette of a person with their arms raised in a gesture of prayer or praise, set against a warm, golden sunset background with a city skyline. The person's arms are spread wide, and their hands are open. The overall mood is one of spiritual uplift and devotion.

# PRAYER AND FASTING

STRENGTHENS YOU TO  
OVERCOME TEMPTATIONS

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# Matthew 4:1–2 (ESV)

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And after fasting forty days and forty nights, he was hungry.

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23



# PRAYER AND FASTING

HELPS YOU TO BE  
MORE DISCIPLINED

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# 1 Corinthians 9:27 (ESV)

27 But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23



A silhouette of a person with their arms raised in prayer, set against a warm, golden sunset background with a city skyline in the distance. The person's arms are spread wide, and their hands are open, palms facing up. The overall mood is one of hope and spiritual connection.

# PRAYER AND FASTING

BRINGS ANSWERS  
TO PRAYERS AT  
DIFFICULT MOMENTS

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# Ezra 8:23 (NLT)

23 So we fasted and earnestly prayed that our God would take care of us,  
and he heard our prayer

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

A silhouette of a person with their arms raised in prayer, set against a warm, golden sunset background with a city skyline. The person's arms are spread wide, and their hands are open, palms facing up. The background shows the silhouettes of buildings and a bright sun low on the horizon, creating a soft, glowing light.

# PRAYER AND FASTING

HELPS US HEAR GOD  
CLEARLY FOR DIRECTION

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# Acts 13:2–3 (NIV)

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.” 3 So after they had fasted and prayed, they placed their hands on them and sent them off.

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

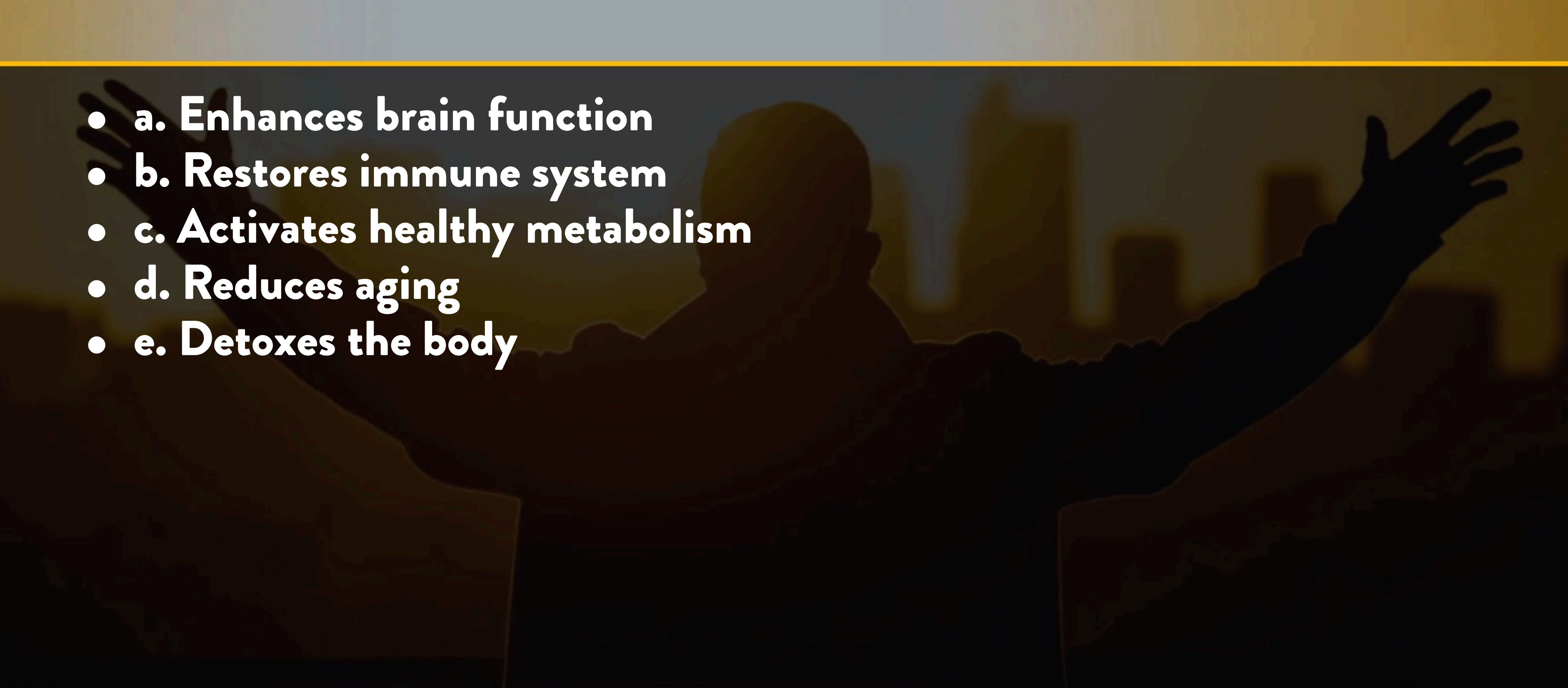
A silhouette of a person with their arms raised in a gesture of prayer or praise, set against a warm, golden sunset background with a city skyline in the distance. The person is wearing a dark long-sleeved shirt and pants.

# PRAYER AND FASTING

HAS ADDED BENEFITS OF  
GOOD HEALTH

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

- 
- a. **Enhances brain function**
  - b. **Restores immune system**
  - c. **Activates healthy metabolism**
  - d. **Reduces aging**
  - e. **Detoxes the body**

The Grace of  
**PRAYER**  
& **FASTING**

**Ezra 8:23**

A silhouette of a person with their arms raised in a gesture of praise or prayer, set against a blurred city skyline at sunset. The word "CONCLUSION" is written in large, bold, yellow capital letters across the center of the image.

# CONCLUSION

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23

# Matthew 6:18 (ESV)

18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

The Grace of  
**PRAYER**  
& **FASTING**

Ezra 8:23



The Grace of  
**PRAYER**  
& **FASTING**

**PS. Helen Ibom**  
**Ezra 8:23**

