



Praying and **Fasting**

Matthew 6:5-18
Pst. Favour Ibom

Introduction



Our Vision

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



2024 - Our Year of
GREATER GLORY



Acts 13:2–3 (NLT)

2 One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Dedicate Barnabas and Saul for the special work to which I have called them.” 3 So after more fasting and prayer, the men laid their hands on them and sent them on their way.



PRAYING AND FASTING *IS MANDATORY*



QUOTE

He who kneels the most, stands the best.
(D.L. Moody)



Matthew 6:16 (NIV)

16“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.



Matthew 6:5 (NIV)

5“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.



Matthew 9:14–15 (NIV)

14 Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

15 Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."



PRAYING AND FASTING

SHOULDN'T BE TO SHOW OFF



QUOTE

Prayer is not learned in a classroom but in the closet.
(E. M. Bounds)



Matthew 6:5–6 (NIV)

5“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. 6But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.



Matthew 6:16–18a (NIV)

16“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. 17But when you fast, put oil on your head and wash your face, 18so that it will not be obvious to others that you are fasting...



PRAYING AND FASTING

SHOULDN'T BE JUST ABOUT YOU



QUOTE

We have to pray with our eyes on God, not on the difficulties.
(Oswald Chambers)



Isaiah 58:6–7 (NIV)

6“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 7Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?



PRAYING AND FASTING *BRINGS REWARD*



QUOTE

The more you pray, the less you'll panic. The more you worship, the less you worry. You'll feel more patient and less pressured.
(Rick Warren)



Matthew 6:6 (NIV)

6. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.



Matthew 6:18 (NIV)

18 so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.



Isaiah 58:8–9 (NIV)

8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard. 9 Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk,



Conclusion



Jude 20 (NIV)

20 But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit,





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