

HOLDING FAST TO PRAYER

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INTRODUCTION

We spend so much time with God on the run, with God and our cell phone, and social media that we don't have a consecrated time in his presence.

THE PURPOSE OF FASTING

Fasting is a denial of the flesh to gain from God in spirit.

PURPOSE #1

One of the reasons we should fast is because there is a crisis need in our life or someone close to us.

“So He said to them, “This kind can come out by nothing but prayer and fasting.” Mark 9:29.

PURPOSE #2

The second reason we should fast is fasting is a way to humble yourself in the sight of God

King David said, “I humbled my soul with fasting” You may find yourself relying on God more fully for strength when you fast. Fasting and prayer can help us hear God more clearly.

Psalm 35:13

PURPOSE #3

The third reason is to break strongholds.

For example: A crisis situation where you are down to last dollar, sickness with no hope, or a life changing decision. Remember, needs come in all shapes in sizes.

ISAIAH 58:4-5

⁴ Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as *you do* this day, To make your voice heard on high. ⁵ Is it a fast that I have chosen, A day for a man to afflict his soul? *Is it* to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the Lord?

2 CORINTHIANS 10:4-5

⁴ For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds,
⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ,

Fasting can be the key to your breakthrough!

PURPOSE #4

Fasting is a way to get to God during the crises of life. Fasting shows us the right way!

²¹ 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.

Ezra 8:21.

I THESSALONIANS 5:23

²³ Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

We spend so much money on the outer man because the inner is ugly. 1 Thessalonians [5:23](#) says that man is spirit, soul, and body. Not body, soul, and spirit. We live life from the inside out. Our spirit communicates with God. Our soul can communicate with self. The body communicates with the environment.

PRACTICE OF FASTING

When I wept *and chastened* my soul
with fasting, That became my
reproach.

Ps 69:10.

PRACTICE OF FASTING

¹² “Now, therefore,” says the Lord, “Turn to Me with all your heart, With fasting, with weeping, and with mourning.” 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. ¹⁴ Who knows *if* He will turn and relent, And leave a blessing behind Him— A grain offering and a drink offering For the Lord your God? ¹⁵ Blow the trumpet in Zion, Consecrate a fast, Call a sacred assembly;

Joel 2:12-15

PRACTICE OF FASTING

¹⁰ Humble yourselves in the sight of the Lord, and He will lift you up.

James 4:10.

PRAYER FOCUSES ON SELF-EXAMINATION

¹ Blessed *is he* whose transgression *is* forgiven, *Whose sin is* covered.

² Blessed *is* the man to whom the Lord does not impute iniquity, And in whose spirit *there is* no deceit.

Ps 32:1–2.

²³ Search me, O God, and know my heart; Try me, and know my anxieties; ²⁴ And see if *there is any* wicked way in me, And lead me in the way everlasting.

Ps 139:23–24.

PRAYER FOCUSES ON SELF-EXAMINATION

⁵ Examine yourselves *as to* whether you are in the faith. Test yourselves. Do you not know yourselves, that Jesus Christ is in you?—unless indeed you are disqualified. ⁶ But I trust that you will know that we are not disqualified.

2 Co 13:5–6.

³ For if anyone thinks himself to be something, when he is nothing, he deceives himself. ⁴ But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. ⁵ For each one shall bear his own load.

Ga 6:2–5.

PRAYER FOCUSES ON SELF-EXAMINATION

⁵ Hypocrite! First remove the plank from your own eye, and then you will see clearly to remove the speck from your brother's eye.

Mt 7:5.

⁵ Now therefore, thus says the Lord of hosts: "Consider your ways!" ⁶ "You have sown much, and bring in little; You eat, but do not have enough; You drink, but you are not filled with drink; You clothe yourselves, but no one is warm; And he who earns wages, Earns wages *to put* into a bag with holes." ⁷ Thus says the Lord of hosts: "Consider your ways!"

Hag 1:5–7.

PRAYER FOCUSES ON SELF-EXAMINATION

⁴⁰ Let us search out and examine
our ways, And turn back to the
Lord;

Lamentations 3:40

PRAYER FOCUSES ON SPIRITUAL
PREPARATION

¹² Now when Jesus heard that John had been put in prison, He departed to Galilee.

Matthew 4:12.

PRAYER FOCUSES ON SPIRITUAL
PREPARATION FOR CHRIST'S RETURN

⁴² Watch therefore, for you do not know what hour your Lord is coming. ⁴³ But know this, that if the master of the house had known what hour the thief would come, he would have watched and not allowed his house to be broken into. ⁴⁴ Therefore you also be ready, for the Son of Man is coming at an hour you do not expect.

Mt 24:42–44.

PRAYER FOCUSES ON SPIRITUAL
ABANDONMENT OF IDOLS

³ Then Samuel spoke to all the house of Israel, saying, “If you return to the Lord with all your hearts, *then* put away the foreign gods and the Ashtoreths from among you, and prepare your hearts for the Lord, and serve Him only; and He will deliver you from the hand of the Philistines.”

1 Samuel 7:3

PRAYER FOCUSES ON PREPARATION FOR BLESSING
SPIRITUAL STEPS REQUIRED FOR PERSONAL
PURIFICATION

²¹ Therefore if anyone cleanses himself from the latter, he will be a vessel for honor, sanctified and useful for the Master, prepared for every good work.

2 Timothy 2:21.

PREPARATION PRECEDED BLESSING. NO OIL UNTIL THE VESSELS
WERE GATHERED.

³ Then he said, “Go, borrow vessels from everywhere, from all your neighbors—empty vessels; do not gather just a few. ⁴ And when you have come in, you shall shut the door behind you and your sons; then pour it into all those vessels and set aside the full ones.”

2 Kings 4:3–4.

PREPARATION PRECEDES BLESSING. NO
VISION WITHOUT OBEDIENCE.

⁷ And He said to him, “Go, wash in the pool of Siloam” (which is translated, Sent). So he went and washed, and came back seeing.

John 9:7

PREPARATION PRECEDES HEALING.
NO HEALING UNTIL THE LEPER
DIPPED SEVEN TIMES.

¹⁰ And Elisha sent a messenger to him, saying, “Go and wash in the Jordan seven times, and your flesh shall be restored to you, and *you shall be clean.*”

2 Ki 5:10.

PRAYER FOCUS ON SPIRITUAL CLARIFICATION.
SPECIFICALLY, CLARIFICATION ON GODS WILL.
WHAT IS HIS WILL FOR YOUR LIFE?

¹⁷ that the God of our Lord Jesus Christ, the Father of glory, may give to you the spirit of wisdom and revelation in the knowledge of Him,
¹⁸ the eyes of your understanding being enlightened; that you may know what is the hope of His calling, what are the riches of the glory of His inheritance in the saints,

Eph 1:17–18.

CLARIFICATION ON THE TRIALS IN MY LIFE.
LORD REVEAL WHAT I DO NOT KNOW

‘Call to Me, and I will answer
you, and show you great and
mighty things, which you do not
know.’

Jeremiah 33:3

PRAYER FOCUSES US. LORD HELP ME LISTEN TO WISE
PEOPLE AND LEARN .

Listen to counsel and receive
instruction,
That you may be wise in your
latter days.

Proverbs 19:20

CLARIFICATION: LORD GIVE ME CLARITY TO
MAKE THE RIGHT CHOICE

I call heaven and earth as witnesses today against you, *that* I have set before you life and death, blessing and cursing; therefore, choose life, that both you and your descendants may live;

Dt 30:19.

CLARIFICATION ON HOW TO BE SUCCESSFUL

This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.

Jos 1:8.

CLARIFICATION ON GODS PRESENCE

Fear not, for I *am* with you; Be not dismayed, for I *am* your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.

Is 41:10

CLARIFICATION WHEN THE CARES OF LIFE
ARE OVERWHELMING

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;

Php 4:6.