

Prayer & Fasting



✓ 207) What is prayer?

- A. Prayer is communication and fellowship with God. It is a privilege God gives His saints to intimately share with Him and affect change in the spiritual realm.

✓ 208) What is communication?

- A. Communication is a two-way flow of information. It differs from a declaration (or an announcement) which is a one-way flow of information. Prayer is not to be a one-way declaration or presentation of our needs to God, but two-way communication with God. We talk to God and He listens; God talks to us and we listen.

209) What is the privilege of prayer? *FELLOWSHIP WITH GOD*

- A. God is infinite, all knowing, and almighty. We can't tell Him anything He does not already know nor can we add anything to Him ... yet He desires our fellowship.

"God, who has called you into fellowship with his Son Jesus Christ our Lord, is faithful."
1COR 1:9 NIV

- B. God grants us the privilege of changing the outcome of events if we will pray.

"... The prayer of a righteous man is powerful and effective."
JAMES 5:16 NIV

*Ex(208)
✓
Gen 18: 20-29
30-37*
"Then the LORD said, "The outcry against Sodom and Gomorrah is so great and their sin so grievous [21] that I will go down and see if what they have done is as bad as the outcry that has reached me. If not, I will know." [22] The men turned away and went toward Sodom, but Abraham remained standing before the LORD. [23] Then Abraham approached him and said: "Will you sweep away the righteous with the wicked? [24] What if there are fifty righteous people in the city? Will you really sweep it away and not spare the place for the sake of the fifty righteous people in it? [25] Far be it from you to do such a thing--to kill the righteous with the wicked, treating the righteous and the wicked alike. Far be it from you! Will not the Judge of all the earth do right?" [26] The

LORD said, "If I find fifty righteous people in the city of Sodom, I will spare the whole place for their sake." [27] Then Abraham spoke up again: "Now that I have been so bold as to speak to the Lord, though I am nothing but dust and ashes, [28] what if the number of the righteous is five less than fifty? Will you destroy the whole city because of five people?" "If I find forty-five there," he said, "I will not destroy it." [32] Then he said, "May the Lord not be angry, but let me speak just once more. What if only ten can be found there?" He answered, "For the sake of ten, I will not destroy it." [33] When the LORD had finished speaking with Abraham, he left, and Abraham returned home."

GEN 18:20-29, 32-33 NIV

C. God allows us the privilege of initiating faith, to pray what "is not" into existence.

"Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. [8] For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened."

MATT 7:7-8 NIV

"You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God."

JAMES 4:2 NIV

210) How does God want us to pray?

A. When the disciples asked Jesus to teach them to pray, He used an outline that we call "the Lord's Prayer." It is more correctly called the "disciple's prayer," because Jesus used it to teach His disciples the basics of prayer. That outline is displayed in the scripture below.

"And it came to pass, that, as he was praying in a certain place, when he ceased, one of his disciples said unto him, Lord, teach us to pray, as John also taught his disciples. [2] And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth. [3] Give us day by day our daily bread. [4] And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil."

LUKE 11:1-4 KJV

211) What are the different forms of prayer?

- A. Praise & worship.
- B. Thanksgiving.
- *C. Supplication. — *Sincere petition / requests known to God*
- D. Repentance.
- *E. Intercession.
- *F. Travail.

212) What is the prayer of praise and worship?

- A. It is when we address the Lord with our heartfelt admiration for who He is and what He means to us. In the prayer of praise and worship, we bless ("to speak well of") and magnify ("to make big, to enlarge") our Lord and Savior.
- B. Praise and worship is the way we are taught to enter God's presence.

"I will bless the LORD at all times: his praise shall continually be in my mouth. [2] My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad. [3] O magnify the LORD with me, and let us exalt his name together."

PSA 34:1-3 KJV

"And he said unto them, When ye pray, say, Our Father which art in heaven, Hallowed (holy) be thy name. Thy kingdom come. Thy will be done, as in heaven, so in earth."

LUKE 11:2 KJV

213) What is the prayer of thanksgiving?

- A. The prayer of thanksgiving is where we thank God for all the things he has done for us. It is a review of the events where God has intervened on our behalf and blessed us.

"Give thanks to the LORD, call on his name; make known among the nations what he has done."

PSA 105:1 NIV

"I have not stopped giving thanks for you, remembering you in my prayers."

EPH 1:16 NIV

"Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord, [20] always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ."

EPH 5:19-20 NIV

214) What is the prayer of supplication?

- A. The word "supplication" means earnest petition. The prayer of supplication is when we make our requests known to God. These requests can be made on our own behalf or on behalf of others. God encourages us to come to Him. He delights to meet our needs.

"Give us each day our daily bread. [4] Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."

LUKE 11:3-4 NIV

"Do not be anxious about anything, but in everything, by prayer and petition (supplication, KJV), with thanksgiving, present your requests to God."

PHIL 4:6 NIV

"If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!"

MATT 7:11 NIV

215) What is required to receive our requested petitions from the Lord?

- A. Faith. Once again, everything we receive from the hand of God comes to us when our faith reaches up and touches His grace.

"If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. [6] But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. [7] That man should not think he will receive anything from the Lord; [8] he is a double-minded man, unstable in all he does."

JAMES 1:5-8 NIV

- B. We must also ask with a pure motive. If we ask out of pride, selfishness or fleshly desire, God will not answer.

"When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures."

JAMES 4:3 NIV

216) What does it mean to "pray through?"

- A. Often when we pray, we don't receive our answer immediately. There are many reasons why we might have to wait. Often times there is a battle in the spiritual world that is holding up our answer.
- B. Instead of giving up, we must "pray through" until we have the mind of God or the burden of our prayer lifts. At that point, we know we have been heard and our prayer has been answered. Spiritual battles must first be won in the spiritual realm before we will see the victory manifested in the natural realm.
- C. Once we have "prayed through," we can rest in the knowledge that the battle is won in heaven and the answer is on the way. Our prayer can then change from petition to praise and thanksgiving for the promised answer. Persistence is a virtue God wants both in our spiritual walk and our prayer life.

"Then he continued, "Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. [13] But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. [14] Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come."

DAN 10:12-14 NIV

"Then Jesus told his disciples a parable to show them that they should always pray and not give up. [2] He said: 'In a certain town there was a judge who neither feared God nor cared about men. [3] And there was a widow in that town who kept coming to him with the plea, 'Grant me justice against my adversary.' [4] 'For some time he refused. But finally he said to himself, 'Even though I don't fear God or care about men, [5] yet because this widow keeps bothering me, I will see that she gets justice, so that she won't eventually wear me out with her coming!'" [6] And the Lord said, "Listen to what the unjust judge says. [7] And will not God bring about justice for his chosen ones, who cry out to him day and night? Will he keep putting them off? [8] I tell you, he will see that they get justice, and quickly. However, when the Son of Man comes, will he find faith on

the earth?"

LUKE 18:1-8 NIV

"Consider it pure joy, my brothers, whenever you face trials of many kinds, [3] because you know that the testing of your faith develops perseverance. [4] Perseverance must finish its work so that you may be mature and complete, not lacking anything."

JAMES 1:2-4 NIV

217) What is the prayer of repentance?

- A. After we repent of our dead works and are born again, we are still in need of repentance. As we go through life, we can fail God and fall short of His expectations for our life. Sin always puts a barrier between us and God. Our relationship can be quickly restored by praying the prayer of repentance.

"for all have sinned and fall short of the glory of God,"

ROM 3:23 NIV

"And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil."

LUKE 11:4 KJV

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

1JOHN 1:9 NIV

*218) What is the prayer of intercession?

- A. The word "intercession" means "to go between; to mediate." Intercession is a form of prayer where you go to God, or war against the enemy, on behalf of another. During intercession it is as if you become the person in need. You pray on their behalf as if you are the one in need. It differs from supplication in that you go on behalf of another and is it a more intense prayer.

"In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. [27] And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will."

ROM 8:26-27 NIV

"I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone - [2] for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness."

1TIM 2:1-2 NIV

*219) What is the prayer of travail?

- A. Travail is an aspect of the prayer of intercession where your prayers "give birth" to something in God. It is the most intense form of prayer.

"A dire vision has been shown to me: The traitor betrays, the looter takes loot. Elam, attack! Media, lay siege! I will bring to an end all the groaning she caused. [3] At this my

body is racked with pain, pangs seize me, like those of a woman in labor; I am staggered by what I hear, I am bewildered by what I see."

ISA 21:2-3 NIV

"My dear children, for whom I am again in the pains of childbirth until Christ is formed in you,"

GAL 4:19 NIV

"Epaphras, who is one of you and a servant of Christ Jesus, sends greetings. He is always wrestling in prayer for you, that you may stand firm in all the will of God, mature and fully assured."

COL 4:12 NIV

"Father, if you are willing, take this cup from me; yet not my will, but yours be done." [43] An angel from heaven appeared to him and strengthened him. [44] And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground."

LUKE 22:42-44 NIV

"During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission."

HEB 5:7 NIV

220) Must every prayer contain every form of prayer?

- A. No. A well rounded prayer life will include all the different forms of prayer, but each time you pray you don't have to include each form. Prayer should, however, always open with praise, worship and thanksgiving, for it is our entrance into the heavenly courts of God.

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."

PSA 100:4 NIV

221) What are the positions of prayer?

- A. Four prayer positions are found in the Bible: standing, kneeling, bowing or laying on our face, and lifting up our hands to the Lord. The position our body takes during prayer is not as important as the attitude of our heart. A humble man who prays in his car will be heard before a proud man on his knees.

"And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins."

MARK 11:25 NIV

"Then he fell on his knees and cried out, "Lord, do not hold this sin against them." When he had said this, he fell asleep."

ACTS 7:60 NIV

"Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will."

MATT 26:39 NIV

"I want men everywhere to lift up holy hands in prayer, without anger or disputing."
1TIM 2:8 NIV

222) Will God always hear my prayers?

- A. There are situations where sin blocks our prayers to God. The prayer that God always hears is a humble prayer of repentance.

"If I had cherished sin in my heart, the Lord would not have listened;"
PSA 66:18 NIV

"If anyone turns a deaf ear to the law, even his prayers are detestable."
PRO 28:9 NIV

"Husbands, in the same way be considerate as you live with your wives, and treat them with respect as the weaker partner and as heirs with you of the gracious gift of life, so that nothing will hinder your prayers."

1PETER 3:7 NIV

223) Does God always answer my prayers?

- A. Yes. God always answers prayer although the answer will not always be "yes". He can also answer "no" or "wait." If, for example, you are praying against the Lord's will or in violation of the scriptures, you can't expect God to say "yes."

"David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground. [17] The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. [18] On the seventh day the child died ..."

2SAM 12:16-18 NIV

"To keep me from becoming conceited because of these surpassingly great revelations, there was given me a thorn in my flesh, a messenger of Satan, to torment me. [8] Three times I pleaded with the Lord to take it away from me. [9] But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me."

2COR 12:7-9 NIV

224) What are the three ways we can join in prayer?

- A. There is personal prayer, the prayer of agreement, and corporate prayer.

225) What is personal prayer?

- A. Personal prayer is when you pray about personal issues that concern and affect you. It could cover such things as your spiritual walk, your ministry, your family, your job, your health, your hopes and dreams, etc. Personal prayer should be a part of the daily devotional life of each believer.

"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 men. I tell you the truth, they have received their reward in full. [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."

MATT 6:5-6 NIV

"Give us each day our daily bread. [4] Forgive us our sins, for we also forgive everyone who sins against us. And lead us not into temptation."

LUKE 11:3-4 NIV

226) What is the prayer of agreement?

- A. The prayer of agreement is when two or three (or more) people agree about an issue. It unleashes a powerful principle in God, the principle of agreement. We even see the principle used when Jesus sent the disciples out to preach the Gospel in groups of two.

"One witness is not enough to convict a man accused of any crime or offense he may have committed. A matter must be established by the testimony of two or three witnesses."

DEU 19:15 NIV

"But if he will not listen, take one or two others along, so that 'every matter may be established by the testimony of two or three witnesses.'"

MATT 18:16 NIV

"For where two or three come together in my name, there am I with them."

MATT 18:20 NIV

"How could one man chase a thousand, or two put ten thousand to flight, unless their Rock had sold them, unless the LORD had given them up?"

DEU 32:30 NIV

"After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go."

LUKE 10:1 NIV

227) What is corporate prayer?

- A. Corporate prayer is prayer that centers on the assembly and not the individual. When praying in church assemblies, you should pray as directed by your leaders and not independently. Many people make the mistake of praying about personal issues while in a corporate prayer meeting.

"After they prayed, the place where they were meeting was shaken. And they were all filled with the Holy Spirit and spoke the word of God boldly. [32] All the believers were one in heart and mind. No one claimed that any of his possessions was his own, but they shared everything they had."

ACT 4:31-32 NIV

228) What are the three ways we can approach prayer?

- A. We can pray from our mind (our understanding), from our spirit, or from the scriptures. When we pray from our understanding, we pray from a position of knowledge. When we pray from our spirit, our words, whether in English or tongues, are directed by the Spirit of God. We can also pray Bible texts.

"The end of all things is near. Therefore be clear minded and self-controlled so that you can pray."

1PETER 4:7 NIV

"So what shall I do? I will pray with my spirit, but I will also pray with my mind; ..."

1COR 14:15 NIV

"But you, dear friends, build yourselves up in your most holy faith and pray in the Holy Spirit."

JUDE 1:20 NIV

229) What does it mean to pray the scriptures?

- A. It is when we use a Bible passage as the framework for our prayer. When we pray the scripture, we don't just repeat the verses over and over. The passage becomes the framework, or outline, for our prayer.
- B. Praying the scriptures has the additional advantage of causing us to meditate on God's Word as we pray. We know that "faith comes from hearing" God's Word. As we pray in this manner, God's Word gets deep into our soul and strengthens our faith.
- C. Since the scriptures are inspired by the Holy Spirit, we know we are praying in accordance with God's will.

230) Is it proper to pray written prayers?

- A. Written prayers have their place and can be beautiful and meaningful. They are especially useful at weddings, funerals, ordination services and other ceremonies where you desire to cover certain important topics. They are not appropriate for your personal prayer life. The danger in using written prayers is falling into a meaningless religious form or reducing your personal prayer life to a ritual. Such prayer quickly becomes a dead work.

"But when ye pray, use not vain repetitions, as the heathen do: for they think that they shall be heard for their much speaking."

MATT 6:7 KJV

231) What is fasting?

- A. Fasting is when you abstain from food and/or drink in order to focus your attention on the Lord. The purpose of a fast is not to prove your sincerity to God or to twist His arm to make Him do what you request. Fasting helps put you in tune with God and His will so you can hear and understand what He wants you to do.

232) What kind of fasts are there?

- A. A complete fast is when you go without food or water. You can fast food only or go without a specific kind of food or meal for a period of time. Warning: the human body can normally go without water for only 3-4 days before death. 1/

"Then Jesus was led by the Spirit into the desert to be tempted by the devil. [2] After fasting forty days and forty nights, he was hungry. [3] The tempter came to him and said,

"If you are the Son of God, tell these stones to become bread."
MATT 4:1-3 NIV

- B. You can also fast any activity that is getting out of control in your life. For example, people have fasted television in order to reestablish their devotional life as a priority in their lives.

233) Why is fasting combined with prayer?

- A. Fasting heightens your awareness of God and His will for your life as well as for the petitions you brought before him in prayer. Prayer and fasting are a powerful combination.

"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?"
ISA 58:6 NIV

"There was also a prophetess, Anna, the daughter of Phanuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, [37] and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying. [38] Coming up to them at that very moment, she gave thanks to God and spoke about the child to all who were looking forward to the redemption of Jerusalem."

LUKE 2:36-38 NIV

"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."
ACT 13:2-3 NIV

"Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust."
ACTS 14:23 NIV