

Wednesday 2 Kings 16 – 19 John 17
Thursday 2 Kings 20 – 23 John 18
Friday 2 Kings 24 – 25 John 19
Saturday 1 Chro. 1 – 5 John 20
Sunday 1 Chro. 6 – 9 John 21

LESSON THIRTEEN FASTING AND PRAYING

Text: 2 Chronicles 7:14

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

INTRODUCTION

Many Christians do not fast and pray because they do not know the importance of Fasting and Praying in their Christian life. Some fast and sometimes not with prayer, while others fast when they are only in trouble or when they have pressing needs. Some of such people stops midway when they fell tired. Some even wonder whether it is necessary for a Christian to fast and pray if God knows all our needs. Fasting and Praying is a covenanted time between the Believer and His God.

In this lesson we want to look at certain basic reasons why every Christian should fast and pray on the

Topic: FASTING AND PRAYING.

MEMORY VERSE:

If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.
2 Chronicles 7:14

1. WHAT IS FASTING AND PRAYING?

- a. WHAT FASTING IS NOT: Isaiah 58:3-5
 - i. It is not fulfilling a religious rite.
 - ii. It is not just abstinence from food.

- iii. It is not showing oneself to be sorrowful or mourning.
- iv. It is not demonstration of spiritual power.

b. **WHAT FASTING IS:** Isaiah 58:6-7

Fasting is denying the flesh of certain things and setting oneself apart unto God for spiritual purposes

accompanied with prayer. E.g.

i. **FOOD:-** Deut. 9:9, 2Sam. 12:16-23, Dan. 10:2-3, Luke 4:2.

ii. **WATER:-** Esther 4:-15-17, Jonah 3:7

iii. **SEX;-** 1Cor. 7:5

c. **WHAT PRAYER IS**

Prayer is communication with our Heavenly Father. Communing with Him in fellowship.

Prayer is very

necessary during fasting because it plays the spiritual and communication parts. Fasting without prayer

is more or less starvation.

THE FIVE ELEMENTS OF PRAYER

Worship, Thanksgiving, Confession, Petition and Intercession.

Also the **ACTS of prayer:-** Adoration, Confession, Thanksgiving, Supplication.

2. WHY SHOULD WE FAST AND PRAY?

We fast and pray for definite purposes and through our prayer we make our desires known to God with

the anticipation of hearing from Him concerning the issue.

a. To chastise our soul:- Ps. 69:10

b. To humble oneself:- Ps.35:13

c. To commune with our Heavenly Father:- Acts 13:2-3

d. To seek the face of God:- 2Chro. 7:14

e. To prepare oneself for greater works:- Matt. 17:19-21, Mark 9:29.

f. To express repentance:- Jonah 3:5-8

g. To mourn:- 1Sam. 31:13, Joel 3:5-8

h. To seek for help:- Ezra 8:21-23

i. To walk in the spirit:- Romans 8:1-

j. To develop one's faith:

3. WHO SHOULD FAST?

All Born Again Believers!

4. HOW LONG AND HOW OFTEN?

- a. There are no rules and regulations as to how often and the length of time that believers should fast and pray. This is usually determined by the individuals or the group of people with the help of the Holy Spirit:- Esther 4:15-16
- b. By the revelation of God, there can be a call to fast:- Joel 1:14, 2Chro. 20:3, Jer. 36:9.
- c. You can fast for a specified period or till a purpose is attained. Daniel 10:13.
- d. You can fast at any time as being led by The Holy Spirit:- Matt. 4:1-2. Luke 4:1-2

5. VARIOUS LENGTH OF TIME

- a. One day:- 2Chro. 20:3.
- b. Three days:- Esther 4:15-17.
- c. Four days:- Acts 10:30.
- d. Seven days:- 2Sam. 12:16-18, 1Sam. 31:13
- e. Fourteen days:- Acts 27:33-34.
- f. Twenty-one days:- Dan. 10:3-13.
- g. Forty days:
 - i. Moses:- Deut. 9:9, 18, 25. 10:10,
 - ii. Elijah:- 1Kings 19:8
 - iii. Jesus:- Matthew 4:1-11

6. WHAT TO DO DURING FAST?

- a. Earnest Prayer focusing on the purpose.
- b. Personal heart search.
- c. Reading and meditating on The WORD.

7. WHERE CAN WE FAST?

The best place for fasting is in a secluded place (a quiet place where you commune with God).

8. THE BENEFITS OF FASTING: ISAIAH 58:8 – 11

- a. Your light shall break forth as the morning.
- b. Your health shall spring forth speedily.
- c. Your righteousness shall go before you.
- d. The glory of the LORD shall be your reward.
- e. When you call, The LORD shall answer you.
- f. When you cry, He shall say here am I.
- g. Your light shall rise in obscurity, darkness turn unto noonday.
- h. The LORD shall guide you continually.
- i. Your Soul shall be satisfied in drought.

- j. Your bones shall be made fat.
- k. You will be like a watered garden.
- l. You will be like a spring of water, whose water fails not.

CONCLUSION

There should always be a well-defined purpose for fasting which one should be convinced have been achieved at the end of the fasting. The uttermost purpose for fasting is to spend time before God seeking HIS FACE and His WILL concerning a particular issue. There are times that you may not get the answer as you desire it, but the peace of God can fill your heart with great satisfaction as an indication that God has accepted your prayer.

Thus fasting is abstinence from every disturbances and hindrances to our communion with our Heavenly Father concerning His Will in any issue we place before Him. Set yourself apart today in fasting and praying because The LORD is expecting to hear from you. Amen.

BIBLE READING PLAN

Scripture Reading For The Week

Days Old Testament New Testament

Monday 1 Chro. 10 – 13 Acts 1
Tuesday 1 Chro. 14 – 17 Acts 2
Wednesday 1 Chro. 18 – 22 Acts 3
Thursday 1 Chro. 23 – 26 Acts 4
Friday 1 Chro. 27 – 29 Acts 5
Saturday 2 Chro. 1 – 5 Acts 6
Sunday 2 Chro. 6 – 10 Acts 7

LESSON FOURTEEN

GIVING, THE CHRISTIAN WAY OF LIFE

Text: Luke 6:38

Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again.