

Drawing Near to God with Prayer and Fasting

"The devil will grant what the Bible teaches about the Lord's church, the establishment of it, God's law of pardon, God's channels of worship if he can keep you off your knees about the subject of prayer." Prayer and Fasting, p. 7 by Albert Lemmons.

FASTING

1. What is fasting? Denying the physical for the spiritual.
2. Mat 6: 16-18 *"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men 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."*
 - a. WHEN you fast... (Matthew 9:15)
 - b. Purpose = why (to be seen by whom?)
 - c. Reward promised
3. Types of fasting
4. Reasons to fast
 - a. Approaching dangerous situations (Esther 4:16)
 - b. Because of public calamities (2 Samuel 1:12)
 - c. Confessing sins (1 Samuel 7:6; Jonah 3:5-10)
 - d. Sending or consecration elders/servants/ministers (Acts 13:3)
 - e. Humbling yourself when afflicted (Psalm 35:13)
 - f. Focus on spiritual needs (Jesus Matt. 4:2; John 4:32-34)
5. Not in itself spiritually completing (Luke 18:9-14)

PRAYER

1. What is prayer?
2. Matthew 6:5-8 *"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. 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. And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him."*
3. How to pray - Matthew 6: 9-13 *"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'"*
4. Purpose - TRUST - PRAISE - COMMUNICATION - FAITH - SEEKING - REQUESTS - HUMBLING - ACKNOWLEDGMENT - PEACE - Requesting WISDOM
5. How much prayer? (1 Thessalonians 5:17)
6. Persistence in prayer taught by Jesus. (Matthew 7:7-8; **Luke 18:1-8**)
7. The Spirit helps us to pray (Romans 8:26-27)

"One light turned on shakes the darkness"