

# Let's Get Back to the Fundamentals: PRAYER & FASTING

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Simply put, Prayer is communication with God, and Fasting is refraining from food for a spiritual purpose. Both of these practices are part of the core of following God. WE can't follow someone if we don't communicate with them. Just like praise, the Bible lays out how to approach God with prayer and fasting.

PRAYER: to offer devout petition, praise, thanks to God; to make earnest petition to God; to enter into spiritual communion with God.

### WE'VE BEEN COMMANDED TO PRAY:

Luke 18:1

ALSO [Jesus] told them a parable to the effect that they ought always to pray and not to turn coward (faint, lose heart, and give up).

1 Thessalonians 5:17-18

Be unceasing in prayer [praying perseveringly];

18 Thank [God] in everything [no matter what the circumstances may be, be thankful and give thanks], for this is the will of God for you [who are] in Christ Jesus [the Revealer and Mediator of that will]

1 Timothy 2:8

I desire therefore that in every place men should pray, without anger or quarreling or resentment or doubt [in their minds], lifting up holy hands.

### TYPES OF PRAYER

**Prayer of Agreement:** You and at least one other person in 100% agreement joining together in prayer.

Matthew 18:19-20

Again I tell you, if two of you on earth agree (harmonize together, make a symphony together) about whatever [anything and everything] they may ask, it will come to pass and be done for them by My Father in heaven.

20 For wherever two or three are gathered (drawn together as My followers) in (into) My name, there I AM in the midst of them. [Exod. 3:14.]

**Prayer of Faith:** this is what we think of when we think "prayer." This is when we bring our petitions, request, to God.

Phillippians 4:6-7

Do not fret or have any anxiety about anything, but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.

7 And God's peace [shall be yours, that tranquil state of a soul assured of its salvation through Christ, and so fearing nothing from God and being content with its earthly lot of whatever sort that is, that peace] which transcends all understanding shall garrison and mount guard over your hearts and minds in Christ Jesus.

When we bring our petitions to God, We must bring them in faith!

Mark 11:24

Therefore I say unto you, What things soever ye desire, when ye pray, believe that ye receive them, and ye shall have them.

**Prayer of Consecration & Dedication:** Cleaning up yourself, committing to God's will, & praying out that will in your life.

Luke 22:41-42

And He withdrew from them about a stone's throw and knelt down and prayed,

42 Saying, Father, if You are willing, remove this cup from Me; yet not My will, but [always] Yours be done.

**Prayer of Praise & Worship:** Thanking God for what He has and will do.

Luke 2:20

And the shepherds returned, glorifying and praising God for all the things they had heard and seen, just as it had been told them.

**Prayer of Binding & Loosing:** Binding demonic forces at work & loosing heavenly forces to work.

Matthew 18:18

Truly I tell you, whatever you forbid and declare to be improper and unlawful on earth must be what is already forbidden in heaven, and whatever you permit and declare proper and lawful on earth must be what is already permitted in heaven.

**Prayer of Intercession:** Interceding – acting in prayer – on behalf of someone else.

1 Samuel 12:23

23 Moreover, as for me, far be it from me that I should sin against the Lord by ceasing to pray for you; but I will instruct you in the good and right way.

Notice, Paul doesn't pray for stuff. He prays that the people will have wisdom, understanding, and that their eyes will be flooded with the light of God!

Ephesians 1:16-18

I do not cease to give thanks for you, making mention of you in my prayers.

17 [For I always pray to] the God of our Lord Jesus Christ, the Father of glory, that He may grant you a spirit of wisdom and revelation [of insight into mysteries and secrets] in the [deep and intimate] knowledge of Him,

18 By having the eyes of your heart flooded with light, so that you can know and understand the hope to which He has called you, and how rich is His glorious inheritance in the saints (His set-apart ones),

### THE CONSTRUCT OF PRAYER – The Model Prayer in Matthew 6:5-13

And when thou prayest, thou shalt not be as the hypocrites are: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.

6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly.

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

8 Be not ye therefore like unto them: for your Father knoweth what things ye have need of, before ye ask him.

#### Start With Acknowledging Who God Is & Praising Him:

9 After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.

#### Pray God's Will Be Done In And Through You:

10 Thy kingdom come. Thy will be done in earth, as it is in heaven.

#### Petition God – Ask for Provision:

11 Give us this day our daily bread.

#### Ask for Forgiveness – both ways Ask God to forgive you, ask God to help you forgive others:

12 And forgive us our debts, as we forgive our debtors.

#### Ask for Wisdom & End in Praise and Worship:

13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen.

### WHAT THE BIBLE SAYS ABOUT FASTING:

The Old Testament law specifically *required* prayer and fasting for only one occasion, which was the Day of Atonement. This custom became known as "the day of fasting" ([Jeremiah 36:6](#)) or "the Fast" ([Acts 27:9](#)). Moses fasted during the 40 days and 40 nights he was on Mount Sinai receiving the law from God ([Exodus 34:28](#)). King Jehoshaphat called for a fast in all Israel when they were about to be attacked by the Moabites and Ammonites ([2 Chronicles 20:3](#)). In response to Jonah's preaching, the men of Nineveh fasted and put on sackcloth ([Jonah 3:5](#)). Prayer and fasting was often done in times of distress or trouble. David fasted when he learned that Saul and Jonathan had been killed ([2 Samuel 1:12](#)). Nehemiah had a time of prayer and fasting upon learning that Jerusalem was still in ruins ([Nehemiah 1:4](#)). Darius, the king of Persia, fasted all night after he was forced to put Daniel in the den of lions ([Daniel 6:18](#)). Prayer and fasting also occurs in the New Testament. Anna "worshipped night and day, fasting and praying" at the Temple ([Luke 2:37](#)). John the Baptist taught his disciples to fast ([Mark 2:18](#)). Jesus fasted for 40 days and 40 nights before His temptation by Satan ([Matthew 4:2](#)). The church of Antioch fasted ([Acts 13:2](#)) and sent Paul and Barnabas off on their first missionary journey ([Acts 13:3](#)). Paul and Barnabas spent time in prayer and fasting for the appointment of elders in the churches ([Acts 14:23](#)).

### Isaiah 58:1-12

1 CRY ALOUD, spare not. Lift up your voice like a trumpet and declare to My people their transgression and to the house of Jacob their sins!

2 Yet they seek, inquire for, and require Me daily and delight [externally] to know My ways, as [if they were in reality] a nation that did righteousness and forsook not the ordinance of their God. They ask of Me righteous judgments, they delight to draw near to God [in visible ways].

3 Why have we fasted, they say, and You do not see it? Why have we afflicted ourselves, and You take no knowledge [of it]? Behold [O Israel], on the day of your fast [when you should be grieving for your sins], you find profit in your business, and [instead of stopping all work, as the law implies you and your workmen should do] you extort from your hired servants a full amount of labor. [Lev. 16:29.]

4 [The facts are that] you fast only for strife and debate and to smite with the fist of wickedness. Fasting as you do today will not cause your voice to be heard on high.

5 Is such a fast as yours what I have chosen, a day for a man to humble himself with sorrow in his soul? [Is true fasting merely mechanical?] Is it only to bow down his head like a bulrush and to spread sackcloth and ashes under him [to indicate a condition of heart that he does not have]? Will you call this a fast and an acceptable day to the Lord?

6 [Rather] is not this the fast that I have chosen: to loose the bonds of wickedness, to undo the bands of the yoke, to let the oppressed go free, and that you break every [enslaving] yoke? [Acts 8:23.]

7 Is it not to divide your bread with the hungry and bring the homeless poor into your house—when you see the naked, that you cover him, and that you hide not yourself from [the needs of] your own flesh and blood?

8 Then shall your light break forth like the morning, and your healing (your restoration and the power of a new life) shall spring forth speedily; your righteousness (your rightness, your justice, and your right relationship with God) shall go before you [conducting you to peace and prosperity], and the glory of the Lord shall be your rear guard. [Exod. 14:19, 20; Isa. 52:12.]

9 Then you shall call, and the Lord will answer; you shall cry, and He will say, Here I am. If you take away from your midst yokes of oppression [wherever you find them], the finger pointed in scorn [toward the oppressed or the godly], and every form of false, harsh, unjust, and wicked speaking, [Exod. 3:14.]

10 And if you pour out that with which you sustain your own life for the hungry and satisfy the need of the afflicted, then shall your light rise in darkness, and your obscurity and gloom become like the noonday.

11 And the Lord shall guide you continually and satisfy you in drought and in dry places and make strong your bones. And you shall be like a watered garden and like a spring of water whose waters fail not.

12 And your ancient ruins shall be rebuilt; you shall raise up the foundations of [buildings that have laid waste for] many generations; and you shall be called Repairer of the Breach, Restorer of Streets to Dwell In.