

# **Intercessory Prayer Training**

## **Prayer and Fasting**

**Class # 9**

# Prayer and Fasting

## What is Prayer?

Websters Dictionary 1828

**PRA'YER**, *noun* In a general sense, the act of asking for a favor, and particularly with earnestness.

1. In worship, a solemn address to the Supreme Being, consisting of **adoration**, or an expression of our sense of God's glorious perfections, confession of our sins, **supplication** for mercy and forgiveness, intercession for blessings on others, and thanksgiving, or an expression of gratitude to God for his mercies and benefits. A *prayer* however may consist of a single petition, and it may be extemporaneous, written or printed.

Prayer is talking with God

How often?

# Prayer and Fasting

## What is Prayer?

- Prayer is fellowshiping, communing, relating and partnering with God. It is our connection with God; our channel to Him. Prayer is the path to an intimate relationship with God.
- Prayer is the union of the believer's thoughts with the will of God. It is voicing His will, purposes and plans in the earth. Prayer is expressing the fulfillment of God's will in the earth and giving God a legal right to interfere in earth's affairs.
- Prayer is an avenue into the spirit realm taking us above the senses and setting spiritual laws in motion.
- Prayer is an avenue through which the believer can exercise his dominion in the earth. It is a spiritual transaction with the Creator of heaven and earth.
- Prayer is an awesome privilege to commune with God.

# Prayer and Fasting

## Effective Fervent Prayers

### James 5:16-18 AMPC

Confess to one another therefore your faults (your slips, your false steps, your offenses, your sins) and pray [also] for one another, that you may be healed and restored [to a spiritual tone of mind and heart]. The earnest (heartfelt, continued) prayer of a righteous man makes tremendous power available [dynamic in its working].<sup>17</sup> Elijah was a human being with a nature such as we have [with feelings, affections, and a constitution like ours]; and he prayed earnestly for it not to rain, and no rain fell on the earth for three years and six months. <sup>18</sup> And [then] he prayed again and the heavens supplied rain and the land produced its crops [as usual].

### James 5:16-18 MSG

Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with. Elijah, for instance, human just like us, prayed hard that it wouldn't rain, and it didn't—not a drop for three and a half years. Then he prayed that it would rain, and it did. The showers came and everything started growing again.

# Prayer and Fasting

## Intimacy

### Psalm 25:14 AMPC

The **secret** [of the sweet, satisfying companionship] of the Lord have they who fear (revere and worship) Him, and He will show them His covenant *and* reveal to them its [deep, inner] meaning.

**secret** = session in close deliberation.

God wants to bring us in close deliberations with Him. He will not do anything in the earth except He first reveal it to His servants the prophets, someone that has God's vision and not their own, His plan and purposes for our lives, plans and purpose for our cities, and our communities. As we worship Him God will reveal His plans.

### Psalm 16:11 NLT

You will show me the way of life. Being with You is to be full of joy. In Your right hand there is happiness forever.

# Prayer and Fasting

## What is Fasting?

Hebrew = the practice of self denial  
Greek = self denial.

Fasting is a physical discipline, to abstain from food or go beyond the usual time, abstain from food voluntarily for the mortification of the body and appetites. Fasting afflicts the soul.

Normal Fast - 1 day, 3 days, one week, one month...

Absolute Fast - no food or water

Partial Fast - omitting one meal, certain foods for a specific time period

Rotational Fast - Avoiding certain foods periodically

The success of your fast is not measured by what enters your stomach but what comes out of the heart.

# Prayer and Fasting

## Unacceptable Fast

### Fast that does not please God:

**Isaiah 58:3** 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. **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?

### Matthew 6:16-18 NLT

**16** “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. **17** But when you fast, comb your hair and wash your face. **18** Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

# Prayer and Fasting

## Acceptable Fast

The Fast that God has chosen:

**Isaiah 58:6-8** [Rather] is not this the fast that I have chosen: to **loose the bonds of wickedness**, to undo the bands of the yoke, (**undo heavy burdens**) to **let the oppressed go free**, and that you **break every [enslaving] yoke**?<sup>7</sup> 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?<sup>8</sup> 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**.  
(reward or protection)

# Prayer and Fasting

## Benefits of Fasting

Jesus fasted for spiritual growth, humility and dependence on God. It prepared Him for spiritual warfare, strengthening Him to resist temptation and fulfill the will of God.

### **Luke 4:1-2**

Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, 2 where he was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry.

Fasting is not a legalistic discipline. Jesus did not command us to fast but to use it as a tool.

**Prayer and Fasting empowers you!**

### **Mark 9:28-29**

And when He had gone indoors, His disciples asked Him privately, Why could not we drive it out? 29 And He replied to them, This kind cannot be driven out by anything but prayer and fasting. This kind comes out when we pray and fast.

# Prayer and Fasting

## Benefits of Fasting

### Fasting has both spiritual and physical benefits

- Freedom from bondage (Matt 17:14-21)
  - Solve problems (Ezra 8:21-23)
  - Bring Revival and win people to Christ (I Sam 7:1-11)
  - Break negative mental and emotional habits (I King 19:1-18)
  - Desire to meet the needs of others (I King 17:8-16)
  - Insight and decision making (Acts 9:9-19)
  - Improve health and healing (Daniel 1:12-20)
  - Christ lead influencer. (Luke 1:15-17)
  - Protection (Esther 4:16)
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- Our bodies need a rest from food
  - Rest, fever and fasting are parts of God's design to fight infection
  - God designed our bodies to heal itself
  - Fasting helps unclog the system and eliminate poisons.
  - Fasting also been an effective treatment for many mental and physical disorders

# Prayer and Fasting

## Prayer and Fasting Lifestyle

### Make a commitment to pray and fast

- Declare it and prepare spiritually, mentally and emotionally
- Prepare physically by reducing the number of times eating leading up to the fast
- Eat less and less up to the fast
- Decrease eating the things you really like to have more strength to resist it
- Pray for others when you are fasting
- Get into the word
- Don't spend time with vain amusements use this time to commune with the Father
- Seek God daily
- Drink plenty of water
- End fast eat lightly don't gorge