



# Prayer and Fasting

Matthew 6:16-18



# Prayer and Fasting

- <sup>22</sup> I was ashamed to ask the king for soldiers and horsemen to protect us from enemies on the road, because we had told the king, "The gracious hand of our God is on everyone who looks to him, but his great anger is against all who forsake him." <sup>23</sup> So we fasted and petitioned our God about this, and he answered our prayer. (Ezr. 8:22-23 NIV)

# Prayer and fasting

- <sup>3</sup> So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. (Dan. 9:3 NIV)
- <sup>33</sup> They said to him, "John's disciples often fast and pray, and so do the disciples of the Pharisees, but yours go on eating and drinking."  
<sup>34</sup> Jesus answered, "Can you make the friends of the bridegroom fast while he is with them? <sup>35</sup> But the time will come when the bridegroom will be taken from them; in those days they will fast." (Lk. 5:33-35 NIV)



# Prayer and fasting

- <sup>2</sup> 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." <sup>3</sup> So after they had fasted and prayed, they placed their hands on them and sent them off. (Acts 13:2-3 NIV)
- <sup>23</sup> 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)



# What is fasting?

- "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." (Est. 4:16 NIV)
- It is a day of sabbath rest, and you must deny yourselves; it is a lasting ordinance. (Lev. 16:31 NIV)
- Deny – humble – afflict



# Why the denial and affliction?

- The 40 day fasts:
  - Ex. 34:28 – Deut. 9:9, 18
  - 1Kings 18:46 – 19:1-8
  - Matthew 4:2
  - Deut. 29:2-6
- What do we learn when we put our trust and dependence in God?



# Would you like to fast and pray?

- ▶ How?
- ▶ When?
- ▶ How long?
- ▶ Isaiah 58:1-10 – the true fast