**Prayer and Fasting**

**- What is fasting**

- Fasting is voluntarily giving up food (or something else) for a period of time in order to focus your thoughts on God. Fasting force your flesh to suffer so your spiritual man and have unrestricted or interrupted fellowship with the Lord.

**- What fasting is not**

- Fasting is not a means or tool used to manipulate God into doing something you desire for Him to do or accomplish in your life. Fasting does not bend God to our will but, rather bend us to accomplish His.

**- Fasting purposes seen in the Bible. We fast intently for a purpose!**

- Strengthen earnest prayer (Ezra 8:23; Joel 2:12; Acts 13:3).

- Seeking God’s guidance (Judges 20:26; Acts 14:23) or his

- God’s Deliverance or protection (2 Chronicles 20:3–4; Ezra 8:21–23).

- Humbling ourselves before him (1 Kings 21:27–29; Psalm 35:13).

- Repentance (1 Samuel 7:6; Jonah 3:5–8) or

- Grief (1 Samuel 31:13; 2 Samuel 1:11–12) or concern

- For strength to complete God’s work (Nehemiah 1:3–4; Daniel 9:3).

- To overcoming temptation/dedication to God (Matthew 4:1–11).

- Healing (Isaiah 58:8)

**Types of fast**

- There is a *regular* fast which consists of abstaining from all food and drink except for water (Matthew 4:2–3; Luke 4:2).

A *partial*fast is when one abstains from some particular kind of food as in the case of Daniel while in Babylon (Daniel 10:3; cf. 1:8, 12).

A complete or *absolute* fast entails no food or liquid of any kind (Ezra 10:6; Esther 4:16; Acts 9:9) .

**- What is an acceptable and unacceptable fast**

- Isaiah 58

- Matthew 6:16-18

**Is Prayer and Fasting - Required or Recommended?**

- **Matthew 4:1-2** Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.

2And when he had fasted forty days and forty nights, he was afterward an hungred.

- **1 John 2:14-16 14**I have written unto you, fathers, because ye have known him that is from the beginning. I have written unto you, young men, because ye are strong, and the word of God abideth in you, and ye have overcome the wicked one.

**15**Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

**16**For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world.

- **Matthew 17:20-22**  20And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

21Howbeit this kind goeth not out but by prayer and fasting.

22And while they abode in Galilee, Jesus said unto them, The Son of man shall be betrayed into the hands of men:

The purpose of Christian fasting should be to deliver us from the influence of the world and refocus us on the things pertaining to the Kingdom of God.