

Why Fast and Pray?

Ruth 3

Prayer and fasting don't earn God's favor—they **position us** to hear Him, obey Him, and walk in greater spiritual clarity and power.

Key Passage

Ruth 3:1-5

3 One day Naomi said to Ruth, "My daughter, it's time that I found a permanent home for you, so that you will be provided for. **2** Boaz is a close relative of ours, and he's been very kind by letting you gather grain with his young women. Tonight he will be winnowing barley at the threshing floor.**3** Now do as I tell you—**take a bath** and **put on perfume** and **dress in your nicest clothes**. Then go to the threshing floor, but don't let Boaz see you until he has finished eating and drinking. **4** Be sure to notice where he lies down; then go and **uncover his feet and lie down there**. He will tell you what to do." **5** **"I will do everything you say,"** Ruth replied.

Five Things That Will Happen When You Fast and Pray

1. Be Freshly Cleansed

2 Corinthians 7:1

7 Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God.

Isaiah 1:15-16

When you lift up your hands in prayer, I will not look. Though you offer many prayers, I will not listen, for your hands are covered with the blood of innocent victims. **16** Wash yourselves and be clean! Get your sins out of my sight. Give up your evil ways.

Isaiah 52:11

Get out! Get out and leave your captivity, where everything you touch is unclean Get out of there and purify yourselves, you who carry home the sacred objects of the LORD.

Ephesians 5:25 you are cleansed by the washing of the word.

Psalms 119:9

How can a young person stay pure? By obeying your word.

2. Fragrantly Anointed

1 John 2:27 The anointing that you receive of him abides in you and you need no man to teach you for he will show you and he will guide you; the anointing we have is the spirit of God.

3. Fitly Clothed

Ruth 3: put on your nicest clothes

One of the greatest things you could do in your prayer life is take out the moans and groans and shove in some hallelujahs.

Isaiah 61:3

To all who mourn in Israel, he will give a crown of beauty for ashes, a joyous blessing instead of mourning, festive praise instead of despair. In their righteousness, they will be like great oaks that the LORD has planted for his own glory.

61:10

I am overwhelmed with joy in the LORD my God! For he has dressed me with the clothing of salvation and draped me in a robe of righteousness. I am like a bridegroom dressed for his wedding or a bride with her jewels.

And then, **4** Be sure to notice where he lies down; then go and **uncover his feet and lie down there.**

4.Fully Committed

Ruth 3:4

4 Be sure to notice where he lies down; then go and uncover his feet and lie down there. He will tell you what to do.”

Psalm 84:11

“The LORD will withhold no good thing from those who do what is right.”

5 “I will do everything you say,” Ruth replied.

4. Faithfully Compliant

Ruth 3:9

9 “Who are you?” he asked.

“I am your servant Ruth,” she replied. “Spread the corner of your covering over me, for you are my family redeemer.”

10 “The LORD bless you, my daughter!” Boaz exclaimed.

When you do these 5 Things you are going to be blessed!

18 Then Naomi said to her, “Just be patient, my daughter, until we hear what happens. The man won’t rest until he has settled things today.”