

# Prayer and Fasting

## Matthew 6:5-18 (New Living Translation)

### Teaching about Prayer and Fasting

<sup>5</sup> “When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. <sup>6</sup> But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

<sup>7</sup> “When you pray, don’t babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again. <sup>8</sup> Don’t be like them, for your Father knows exactly what you need even before you ask him! <sup>9</sup> Pray like this:

Our Father in heaven,  
    may your name be kept holy.  
<sup>10</sup> May your Kingdom come soon.  
May your will be done on earth,  
    as it is in heaven.  
<sup>11</sup> Give us today the food we need,<sup>[a]</sup>  
<sup>12</sup> and forgive us our sins,  
    as we have forgiven those who sin against us.  
<sup>13</sup> And don’t let us yield to temptation,<sup>[b]</sup>  
    but rescue us from the evil one.<sup>[c]</sup>

<sup>14</sup> “If you forgive those who sin against you, your heavenly Father will forgive you. <sup>15</sup> But if you refuse to forgive others, your Father will not forgive your sins.

<sup>16</sup> “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. <sup>17</sup> But when you fast, comb your hair and wash your face. <sup>18</sup> 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.

**Lord teach us to pray and teach us to fast.**

**Luke 11:2-4. The disciples heard Jesus praying and asked Him to teach them to pray.**

**Some don'ts about prayer v.5 and v. 7**

**v.5 Do not be hypocritical in your praying.**

**Our motivation is what God judges by.**

**It is never for the purpose of being seen and heard nor applause.**

**Prayer with an impure motivation does not meet with the approval of god.**

**v. 7 Don't babble on and on. Pray on the armor of God.**

**Ephesians 6:14-17**

**Ephesians 6:18 (New Living Translation)**

<sup>18</sup> Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.<sup>[a]</sup>

**One major thing that will hinder your prayer.**

**Matthew 6:14-15 (New Living Translation)**

<sup>14</sup> "If you forgive those who sin against you, your heavenly Father will forgive you. <sup>15</sup> But if you refuse to forgive others, your Father will not forgive your sins.

**Unforgiveness.**

## **As your pastor, my prayer for you is the prayer that the Apostle Paul prayed for the Ephesians in Ephesians 3:14-21.**

### **Ephesians 3:14-21 (New Living Translation)**

#### **Paul's Prayer for Spiritual Growth**

<sup>14</sup> When I think of all this, I fall to my knees and pray to the Father,<sup>[a]</sup> <sup>15</sup> the Creator of everything in heaven and on earth.<sup>[b]</sup> <sup>16</sup> I pray that from his glorious, unlimited resources he will empower you with inner strength through his Spirit. <sup>17</sup> Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong. <sup>18</sup> And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is. <sup>19</sup> May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

<sup>20</sup> Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think. <sup>21</sup> Glory to him in the church and in Christ Jesus through all generations forever and ever! Amen.

### **What to do when you pray v. 6.**

**God wants intimacy with you. He wants your attention. No T.V. No radio. No I Pods. No I pads. No Phones. No computers. No people.**

### **v. 6 Reward you. Bless You.**

### **Hebrews 11:6 (New Living Translation)**

<sup>6</sup> And it is impossible to please God without faith. Anyone who wants to come to him must believe that God exists and that he rewards those who sincerely seek him.

**Notice:**

**v. 5 When you pray.**

**v. 6 When you pray.**

**v. 7 When you pray.**

**Not “IF” you pray.**

**A number one prayer request we need to have is found in  
Matthew 9: 37-38.**

**Matthew 9:37-38 (New Living Translation)**

<sup>37</sup> He said to his disciples, “The harvest is great, but the workers are few. <sup>38</sup>  
So pray to the Lord who is in charge of the harvest; ask him to send more  
workers into his fields.”

**Great-plenteous-plentiful.**

**The harvest is people.**

**People have talent.**

**People have intellect.**

**People have skills.**

**People have gifts.**

**People have resources.**

**When anointed by the Holy Spirit, miraculous ministry is the  
result.**

## Prayer requires submission.

### 1 Peter 5:5-11 (New Living Translation)

<sup>5</sup> In the same way, you younger men must accept the authority of the elders. And all of you, serve each other in humility, for

“God opposes the proud  
but favors the humble.”<sup>[a]</sup>

<sup>6</sup> So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. <sup>7</sup> Give all your worries and cares to God, for he cares about you.

<sup>8</sup> Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. <sup>9</sup> Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters<sup>[b]</sup> all over the world are going through the same kind of suffering you are.

<sup>10</sup> In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. <sup>11</sup> All power to him forever! Amen.

**Key verse-v. 7** <sup>7</sup> Give all your worries and cares to God, for he cares about you.

### James 5:7-10 (New Living Translation)

#### Patience and Endurance

<sup>7</sup> Dear brothers and sisters,<sup>[a]</sup> be patient as you wait for the Lord’s return. Consider the farmers who patiently wait for the rains in the fall and in the spring. They eagerly look for the valuable harvest to ripen. <sup>8</sup> You, too, must be patient. Take courage, for the coming of the Lord is near.

<sup>9</sup> Don’t grumble about each other, brothers and sisters, or you will be judged. For look—the Judge is standing at the door!

<sup>10</sup> For examples of patience in suffering, dear brothers and sisters, look at the prophets who spoke in the name of the Lord.

## **Fasting.**

### **Matthew 9:15 (New Living Translation)**

<sup>15</sup> Jesus replied, "Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and then they will fast.

**Fasting when done correctly can be healthful.**

**The possibility was that John's disciples and the Pharisee's fasted often, possibly twice a week.**

**Powerful things can happen as the result of prayer and fasting.**

### **Matthew 17:14-21 (New King James Version)**

#### **A Boy Is Healed**

<sup>14</sup> And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, <sup>15</sup> "Lord, have mercy on my son, for he is an epileptic<sup>[a]</sup> and suffers severely; for he often falls into the fire and often into the water. <sup>16</sup> So I brought him to Your disciples, but they could not cure him."

<sup>17</sup> Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me." <sup>18</sup> And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.

<sup>19</sup> Then the disciples came to Jesus privately and said, "Why could we not cast it out?"

<sup>20</sup> So Jesus said to them, "Because of your unbelief;<sup>[b]</sup> for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. <sup>21</sup> However, this kind does not go out except by prayer and fasting."<sup>[c]</sup>

**Could it be the reason some of our prayers are not being answered and some of our needs are not being met is because we are feasting instead of fasting?!**

**Just a question!**

**Our moving from Arizona to Hawaii was the result of prayer and fasting.**

**Where does this fasting idea come from anyway?!**

**I'm glad you asked.**

**Joel 1:14-15 (New Living Translation)**

- <sup>14</sup> Announce a time of fasting;  
call the people together for a solemn meeting.  
Bring the leaders  
and all the people of the land  
into the Temple of the LORD your God,  
and cry out to him there.
- <sup>15</sup> The day of the LORD is near,  
the day when destruction comes from the Almighty.  
How terrible that day will be!

**These are desperate times. It requires desperate action. Our unsaved family members, our community, our nation.**

**Look what has happened in Tucson.....In our area the last six months.**

**Notice:**

**When you fast v. 16, 17.**

**Not IF you fast.**

**Fasting and prayer are not optional.**

**It is expected.**

**One other thing.**

**Keep a good positive attitude. V 17, 18.**

**Matthew 6:17-18 (New Living Translation)**

<sup>17</sup> But when you fast, comb your hair and wash your face. <sup>18</sup> 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.

**After fasting and prayer the lord spoke and a powerful ministry was set in motion.**

**Acts 13:2-3 (New Living Translation)**

<sup>2</sup> One day as these men were worshipping the Lord and fasting, the Holy Spirit said, "Dedicate Barnabas and Saul for the special work to which I have called them." <sup>3</sup> So after more fasting and prayer, the men laid their hands on them and sent them on their way

**The results**

**3 mission trips**

**13 books**

