

# The Power of Prayer & Fasting

*For Protection, Promotion and Revival*



# Fasting Defined

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- ❖ To abstain from food or drink for a season in order to seek God more intensely.
- ❖ Definition of verb: To hold fast and not be moved. To be fixed, firm, secure; constant, steadfast, obstinate.
  - ❖ “That rope is dangerously loose. Make it fast!”
  - ❖ “Hold fast. Don’t move.”
- ❖ To seek with deep commitment. Not casually.

# Fasting in OT: God's 911 Number

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- ❖ In times of war or threat of it (Israel)
- ❖ For sick Loved Ones ( David), Grief of Death ( Saul)
- ❖ For forgiveness (Ahab) or for wisdom (Daniel)
- ❖ Even Pagan Nineveh fasted! It changed God's mind



# NT Fasting: Super-charged Prayers

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- ❖ Jesus : 40 days to prepare for His public ministry
- ❖ Jesus taught how to fast: “When you fast..” not “If.”
- ❖ Paul fasted three days before promotion to apostle
- ❖ Before Choosing leaders: Antioch, Elders in Galatia
- ❖ Makes **our bodies a living sacrifice** ( Rom 12:1) of worship
- ❖ Done by **Who's Who in Bible**: (next slide)

Moses

Anna

David

Jesus

Elijah

Paul

Esther

Antioch Leaders

Daniel

Galatian Church



# America: Founded on Fasting

- ✿ Virginia Assembly 1774:
  - ✿ George Washington wrote in his diary, June 1, 1774: “Went to church, **fasted all day.**”
- ✿ Massachusetts 1775, Continental Congress 1776, President Adams 1798, and 1799, President Madison 1812
- ✿ Abraham Lincoln: 1861, 1863, 1864

# Fasting: Gas on The Fire of Prayer

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- ❖ In a mysterious but powerful way, Fasting:
  - ❖ Intensifies our hunger for God
  - ❖ Increases our intimacy with God
  - ❖ Cleanses us from spiritual blockages



# Fasting Reveals What Controls Us

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- ❖ Reveals what we “**medicate**” with food or pleasure
  - ❖ Pride, frustrations, anger, bitterness, jealousy, fear, strife
    - ❖ These things weaken our walk with God
- ❖ God wants to **reveal to heal**.... Fasting reveals



# A Call to Pray & Fast Now

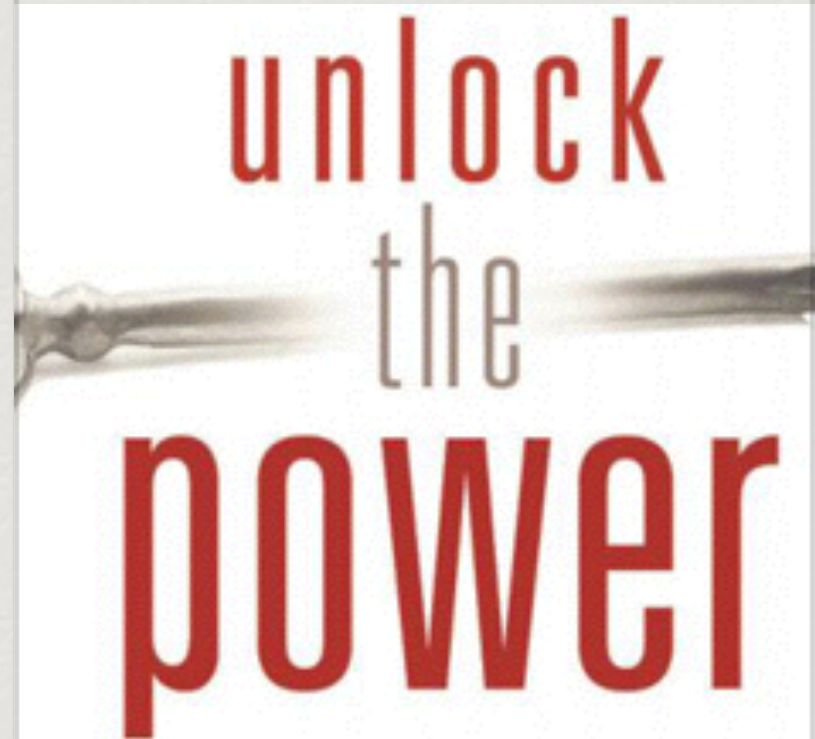
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- ❖ “Blow a trumpet in Zion, And **sound an alarm on My holy mountain!** Let all the inhabitants of the land tremble, For the day of the LORD is coming; Surely it is near...” (Joel 2:1)



# A Call to Pray & Fast

- ❖ For Protection
- ❖ For Promotion
- ❖ For Revival

A graphic featuring a key horizontally across the center. The text 'unlock' is in red, 'the' is in grey, and 'power' is in red. The background is white with a light grey border.

unlock  
the  
power



# For Protection

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- ❖ We live in *increasingly* dangerous & unstable times
- ❖ Moral, economic and military storms are growing
- ❖ **Only God** can deliver us from these problems.
- ❖ We can't **but He can!** We're not but **He is!**
- ❖ Casual Christians will become casualties



# For Promotion

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- ❖ “...**before honor comes humility. (Prov. 15:33)**
- ❖ “But this kind does not go out **except by prayer and fasting.” (Matt. 17:21)**
- ❖ **“GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE.” ( James 4:6)**
- ❖ “...I humbled my soul with fasting..” (Ps. 35:13)
- ❖ “For we are His workmanship, **created in Christ Jesus for good works,** which God prepared beforehand so that we would walk in them.” (Eph. 2:10)
- ❖ Humble fasting releases grace to fulfill our destiny ( Marilyn Hickey)



# For Revival

- ❖ Only Revival of the American Church will save America!
- ❖ God wants to bring revival to our church & our nation!
- ❖ 2015 may be the year He comes. **He wants us ready.**



*The Five Foolish Virgins*



# God's Greatest Enemies

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- ❖ God's greatest adversaries can be **His gifts:**
- ❖ What masters us has become our god
  - ❖ Paul warns us about those "**whose god is their appetite**" (Philippians 3: 19)
- ❖ Jesus warned, "and as they go on their way they are **choked with worries and riches and pleasures of this life, and bring no fruit to maturity.**" (Luke 8:14)

# Do We Hunger for God?

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- ❖ Strongest Christians always hunger for more of God
- ❖ God promises to satisfy those who hunger for Him
- ❖ Fasting proves to God how much we value Him.
- ❖ More hunger, more glory!



# The Choice to Fast

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- ❖ Choosing God's strength above our strength
- ❖ Choosing God's Presence above our pleasure
- ❖ Admitting we **are are powerless** and need Him
- ❖ **Humbling ourselves** to qualify for promotion
- ❖ Wanting the miraculous more than the mundane



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