



Faith Focus: Understanding Fasting and Praying

Fasting and praying are very important elements to spiritual development and strengthening. All denominations partake in this practice, but many do not understand the mechanics and reasoning behind it. Fasting is not accomplished effectively absent of prayer; and, prayer is not as resourceful when fasting is omitted.

Fasting is abstaining from all, or some kind of foods or drinks; or abstaining from certain activities, behaviors, habits or lifestyles for a defined period. The intent of fasting is to express discipline and self-control in areas that we may be unconsciously weak. (*Proverbs 25:28; 2 Timothy 1:7*)

Prayer is sincere communication or conversation with GOD. It is a ***dialogue*** not a ***monologue***. When we converse with GOD remember that GOD is also talking to us. We can pray to GOD anytime and anywhere. However, it is our responsibility to be within the right posture (mindset) as we enter prayer. This is where fasting being even the more relevant. (*Mark 11:24; Ephesians 6:18; 1 John 5:14-15*)

Objective: Gain a clearer insight and understanding of the Christian faith, and to develop stronger discipline to live a consistent, righteous and spiritual life.

A. Liturgical Season of Fasting, Praying and Repentance.

I. Lent (40 Days)

- a. **Lent commemorates the 40-days that Jesus Christ spent in the wilderness fasting.** It is not about personal (selfish) holiness, but it is about individual sanctification for the work of The LORD (*Matthew 4:1*). Here are some justifications for fasting:

- i. **Sorrow over sin.**

- 1. **Deuteronomy 9:9, 18**

- a. Key Point: _____

- b. Key Point: _____

- c. Key Point: _____

- 2. **Ezra 10:6**

- a. Key Point: _____

- b. Key Point: _____

- c. Key Point: _____



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ii. Aid to effective prayer.

1. Ezra 8:21-23

a. Key Point: _____

b. Key Point: _____

c. Key Point: _____

2. Isaiah 58:3-7

a. Key Point: _____

b. Key Point: _____

c. Key Point: _____

3. Acts 13: 2-3

a. Key Point: _____

b. Key Point: _____

c. Key Point: _____

iii. Sign of repentance

1. 1 Samuel 7:6

a. Key Point: _____

b. Key Point: _____

c. Key Point: _____

2. Joel 2:12-13

a. Key Point: _____

b. Key Point: _____

c. Key Point: _____

3. Jonah 3:5-8

a. Key Point: _____

b. Key Point: _____

c. Key Point: _____

4. Acts 9:9

a. Key Point: _____

b. Key Point: _____



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