

Monday Prayer and Fasting

For most Christians today, fasting is a lost practice in their lives. It was a part of Old Testament, and it should be just as much a part of New Testament life. Fasting should be just as much a part of Christian life as Bible reading, church attendance, and tithing. What does the New Testament teach about fasting?

1. Read Luke 5:33-35 – What question was asked of Jesus?
2. The disciples of John and the Pharisees fasted. In contrast what did Jesus' disciples do?
3. What question did Jesus ask in response to the Pharisees?
4. A wedding is a time to celebrate. While the wedding party is present, it would be foolish and really inappropriate not to celebrate. What was Jesus trying to teach in verse 34?
5. What would Jesus' disciples do after He left them?
6. If we are one of Jesus' disciples, what should we be doing?
7. Read Matthew 6:16-18 – Jesus said, “When ye fast...” not “If ye fast...” What do you think Jesus was assuming?
8. What is the proper heart attitude when you fast?
9. What are the proper outward actions when you fast?
10. What will God do when motives and actions are right?

Fasting is a proper, appropriate, and vital practice for all Christians. Don't miss out on a great blessing!

Tuesday Prayer and Fasting

Fasting should be a normal, regular practice for any Christian. If it is assumed that we will do it, it makes sense for us know what the Bible says about it. God doesn't just tell us to do something and not give is the instruction and ability to do it. The same is true when it comes to fasting.

1. Read Isaiah 58:1-14 – This passage provides us with great insight into the practice, purpose, and proper heart attitude associated with fasting. What did God want Isaiah to show to the people in verse 1?
2. God mentioned five good things that Israel did. What are they?
 - a.
 - b.
 - c.
 - d.
 - e.
3. They were involved in so many things. What did they do in verse 3 that God didn't even notice?
4. Fasting was equated with afflicting or humbling their soul. How does fasting help to make you humble?
5. According to verse 4, what was the reason that the people were fasting?
6. Is this a proper reason to fast?
7. God told them that they should no longer fast in the manner that they have been. According to the end of verse 4, what will be the result?

We can do all kinds of good things including fasting, but if our heart is not right with God, it will amount to nothing.

Wednesday Prayer and Fasting

The condition of our heart is important as we fast, just as it is with any other spiritual discipline. Isaiah continues to give us insight into the practice, purpose, and proper heart attitude associated with fasting.

1. Read Isaiah 58:1-14 – Basically, the people of Israel were fasting just for a show. They thought that fasting could earn them points with God, even though their hearts were not right with Him. According to verse 5, what question did God ask to show that this was not God's intended purpose for fasting?
2. The rest of verse 5 illustrates again how the people were fasting to make an outward show. How did God describe the purpose for an acceptable fast in verse 6?
3. God continued to give more of His purposes for fasting in verse 7. What are they?
4. God changed His focus in verses 8-14. He began to give the results of proper fasting, having a heart that is right with God as you fast. What four results did He give in verse 8?
 - a.
 - b.
 - c.
 - d.
5. He gave two more results in the beginning of verse 9. What are they?
 - a.
 - b.

God rewards a heart that is right with Him. Is yours right?

Thursday Prayer and Fasting

The condition of our heart is important as we fast, just as it is with any other spiritual discipline. Isaiah continues to give us insight into the practice, purpose, and proper heart attitude associated with fasting.

1. Read Isaiah 58:1-14 – God has already taught about improper heart attitudes associated with fasting. A fast done by a person who is not in right fellowship with God will be ineffective. God listed three things that the people should remove from their lives in the end of verse 9. What are they?
2. According to verse 10, what things are they to add to their lives?
3. What other results of a right heart did God give in the end of verse 10?
4. What other results did God give in verse 11?
5. What other results did God give in verse 12?
6. What does all of this teaching about the benefits of a right heart teach you and motivate you to do?

God's first desire for you is to have a right heart. From that right heart, proper actions will naturally flow. Good actions with a bad heart will get you nowhere.

Friday Prayer and Fasting

If fasting is for today and we should do it with a right heart, then it would benefit us to know what fasting is. In the strictest sense of the word, fasting is not eating for a period of time. There were different kinds and lengths of fasts mentioned in the Bible.

1. Read Isaiah 58:3-5 – How long is the fast mentioned in this passage?
2. Read Esther 4:16 – How long did Esther fast?
3. What else did she give up besides food?
4. Read Matthew 4:1-2 – How long did Jesus fast?
5. How does verse 2 describe Jesus at the end of His fast?
6. Some people teach that Jesus just didn't eat at certain times of the day. If all Jesus did was rearrange His eating schedule, do you think He would be hungry?
7. Fasting could also include giving up other pleasures along with food. Read I Corinthians 7:5 – What pleasure did Paul mention giving up as part of the fast?
8. Read Hebrews 12:1-2 – What two things are we to give up so that we can run properly?
9. Earthly pleasures, though there is nothing wrong with them, can sometimes get in the way of being and doing all that God wants us to be and do. How does this verse apply to fasting?
10. How could food keep us from living right?

If you're not used to fasting, start small, but make it one of your spiritual disciplines. There are great benefits!

Saturday Prayer and Fasting

When your heart is right and when you fast in simple faith and obedience to God, He will provide you with some very valuable benefits. God always rewards obedience, sometimes with tangible rewards, sometimes with Heavenly, sometimes with both. Today and tomorrow, we'll look at some specific benefits of fasting.

1. Read Ezra 8:21-23 – What were the people facing in verse 22 that cause Ezra to proclaim a fast and ask help from God?
2. What were they seeking in verse 21?
3. What did they get in verse 23?
4. God provided help in time of trouble when God's people humbled themselves, fasted, and prayed. Read Joshua 7:2-6 – What happened to Israel's army at Ai?
5. What did Joshua do when he heard of the defeat?
6. How long did Joshua stay on his face before God?
7. What did God tell Joshua in verse 11?
8. Joshua received the reason for their defeat as a result of his time in prayer and fasting. Read I Corinthians 9:27 – What did Paul say that he did with his body?
9. Fasting is a way to control your body and bring it into subjection. If you have a problem with getting victory over a certain sin, how could fasting help you?

God rewards obedience. Jesus assumed that we would be actively involved in fasting. People received great answers to their prayers as they were coupled with fasting. God is the same today as He was thousands of years ago. Be a person of prayer...and fasting.

Sunday Prayer and Fasting

When your heart is right and when you fast in simple faith and obedience to God, He will provide you with some very valuable benefits. God always rewards obedience, sometimes with tangible rewards, sometimes with Heavenly, sometimes with both. Here are two more rewards or benefits of fasting.

1. Read Acts 13:1-4 – Verse 1 gives a list of some of the people who were in the church at Antioch. According to verse 2, what were they busy doing?
2. Fasting was a normal part of their service. As they did those things, what did the Holy Spirit instruct them to do?
3. It is a major decision to send someone out as a missionary. You must have God's wisdom first. What did the people do before they sent Saul and Barnabas?
4. God provided them the wisdom they needed to make the proper decision. Read Matthew 17:14-21 – A man came to Jesus. He was looking for healing for his son, but Jesus' disciples couldn't deliver. What did Jesus do in verse 18?
5. What did the Disciples ask Jesus later in verse 19?
6. The Disciples were fighting a spiritual battle. The boy was demon possessed. The Disciples needed spiritual power. What three ingredients did Jesus give in order to have spiritual power in verses 20-21?
7. If any one of the ingredients is missing, is the recipe complete?
8. What spiritual battle are you facing that makes you need spiritual power?

Spiritual power and wisdom are available through prayer and fasting when your heart is right with God.