

FASTING AND PRAYER

But I, when they were sick- I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest. Psalm 35:13

Affliction (a condition of pain, suffering, or distress). **Fasting** (to be deprived, as of food).

- Fasting is not a hunger strike against God.
- Fasting changes me; physically, emotionally, and spiritually.
 - Hunger (a strong desire, need, or craving). Matt 5:6
 - Purification. 1 Pet 2:11, 2 Cor 7:1, Col 3:5
 - Focus (through the end of me and to the infinity of God). Mark 9:29
 - Humility (reduced self-reliance). Dan 9:3
- Practical Fasting
 - Dawn to Dusk Fast (Esther, Ramadan, eg)
 - Day of Fasting (Yom Kippur, eg)
 - Time of Fasting (Lent, eg)

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Matt 5:6

Limited Consumption

Not that I am speaking of being in need, for I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.

Phil 4:11-12

The Lord provides everything I need. I must learn to distinguish between needs and wants. I discover by establishing what I can do without (wants) versus my essentials (needs).

- Self-Discipline (1 Cor 9:27)
 - Sharpen your focus.
 - Eliminate harmful things.
 - Use portion control.
 - Contentment overcomes cravings.
- Avoid what promises satisfaction and contentment but never delivers.
- A “want” that is treated as a “need” becomes an entitlement which cannot bring joy.
- Expect needs to be met and give praise. Enjoy wants as gifts and give thanks.

Scriptural Instruction

- Isa 58:3-8
- Matt 6:16-18

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