

A lifestyle of Fasting & Praying  
Matthew 4:1-2

Fasting is deliberately sacrificing something, for a period of time, so my flesh can be subject to my spirit.

Matthew 4:1-2 Page #959

Matthew 6:16-18

*Blow the trumpet in Zion, Consecrate a fast, Call a sacred assembly; Gather the people, Sanctify the congregation.* Joel 2:15–16

*Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.* 2 Chronicles 20:3

Luke 5:33-35

Luke 18:9-14

Acts 14:19-23

Fasting/Prayer is not...

Getting God to do what we want

To make us more acceptable

Fasting/Prayer is for...

Cleansing

Revival

Preparation

Direction

Intercession

*"Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?"*

*Isaiah 58:6*