

# Prayer and Fasting

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“So I turned to the Lord God and pleaded with him in prayer and fasting.” -Daniel 9:3

## **Biblical fasting has a purpose.**

Biblical fasting means voluntarily going without food or some other source of personal meaning and gratification in order to focus on God. It allows us to take our eyes off the things of this world and focus our thoughts on God. Therefore, biblical fasting must be done with prayer.

*Isaiah 58:6-8*

## **Biblical fasting heightens our awareness of God’s presence.**

When we fast and pray, new and fresh insights are opened to us, faith is increased, and we are spiritually revived and refreshed. Biblical fasting cleanses our souls, empowers our inner spirit, deepens humility, intensifies our prayers, and feeds our faith.

*Ezra 8:21; Psalm 35:13; Jonah 3:5; Matthew 17:21*

## **Fasting and prayer creates a powerful spiritual chemistry.**

- It releases the supernatural power of God.
- It creates a spiritual flow that breaks through any hardness of heart.
- It releases a new level of spiritual dedication.
- It helps break the bondage of sinful habits.
- It opens more Holy Spirit solutions to complex problems.
- It invites the Holy Spirit’s aid in lifting loads and overcoming barriers.
- It allows the Holy Spirit to conquer the mental and emotional challenges that try to distract us from focusing on Jesus.

Becoming strong in fervent prayer necessitates a life dedicated to passionate, wholehearted prayer that has definite targets and focus in heart and spirit.

# Twelve Purposes of Prayer and Fasting

1. Intercede for change  
*Nehemiah 1:4*
2. Repentance  
*1 Samuel 7:6; Nehemiah 9:1; Jonah 3:5*
3. Divine guidance  
*Ezra 8:21*
4. Divine help in crisis  
*2 Chronicles 20:3; Esther 4:16; Daniel 9:3*
5. Fervent petition  
*Acts 10:30*
6. Spiritual authority  
*Acts 13:2; 14:23*

7. Fresh anointing  
*Matthew 4:2; Acts 13:3*
8. Spiritual breakthrough  
*Matthew 17:21*
9. Divine direction  
*Judges 20:26; Acts 10:30; 13:2-3*
10. New level of Holy Spirit power  
*Luke 4:14*
11. Answered prayer  
*Nehemiah 1:4; Esther 4:15*
12. Supernatural intervention of God  
*2 Chronicles 20:1*