



Name: _____

Lesson 11

Prayer and Fasting

Read Matthew 6:5-18. In verse 6 Jesus says _____ you pray.

In verse 17 Jesus says _____ you fast. So, it is understood that we do pray and fast because it doesn't say "if".

Prayer

We already addressed the importance of daily prayer and Bible study in Lesson 2. In this lesson we will look more in depth at prayer and the different kinds of prayer.

In Isaiah 43:26 what is God telling us to do concerning His word?

What does God say He will do with His word in Jeremiah 1:12?

We have provided a separate page with prayers that are written in the Bible. As part of your prayer life you can pray those prayers for yourself. Praying God's word is praying His perfect will.

According to Psalm 100:4 how are we to enter into His gates?

How are we to enter His courts? _____

Ephesians 5:20 says to give _____ for _____ things.

In Acts 16:22-23 Paul and Silas are put in prison for preaching about Jesus. What do they do in verse 25?

God showed up in verse 26. As a result of their prayer and praise what happened to the prison doors and to the chains that bound them?

Already, we have learned about praying God's word, the prayer of praise and the prayer of thanksgiving. There are several more types of prayer that we will include in this lesson.

The Prayer of Petition; in John 16:23-24 in order to receive from God what do we need to do? _____

John 14:13-14 gives us instruction on how to ask God for things. How we are to ask?

According to Mark 11:24 what things are we to pray to God for?

Read James 4:2-3. Why does verse 3 say that we may not receive what we ask for?

Speaking to the Problem; in Mark 4:39 did Jesus pray to God about the storm? _____

Read Acts 3:1-8. What did Peter say in verse 6?

In Mark 11:23 what does Jesus tell us to do about the mountains (problems, poverty, sickness, the storms, failure, etc.) in our lives?

The Prayer of Agreement; in Matthew 18:19-20 what does the Bible promise us if two or three people agree in prayer about something?

If two or three are gathered together in His name, where is God?

Worship; John 4:23-24 says we are to worship God in _____ and in _____.

According to Psalms 29:2 how are we to worship the Lord?

The book of Psalms is a book of worship. To help you to worship, read the Psalms. It also may help you to write your own prayers of worship to God.

Intercession: praying for others. In Ezekiel 22:30 what was God looking for a man to do?

Ephesians 6:18 tells us we are to pray for all _____.

What kind of house does Mark 11:17 say that God's house is called?

What does God promise to give us in Psalm 2:8 if we ask for it?

What does Act 16:31 promise us when we believe?

Pray and believe God that your family will be saved.

According to Romans 8:26-27 if we don't know how to pray who helps us?

Read Luke 11:5-10. This passage teaches us to never give up. If we _____ it will be _____ unto us. If we _____ we will find.

What kind of prayer does James 5:16 say will avail much?

Fasting

Read Isaiah 58:6-11. In the original language of Hebrew, the word "fast" in this passage means "to cover the mouth"; in other words, to not eat.

According to verse 6 what four things will fasting do?

Does verse 8 teach us that fasting is healthy? _____

What goes before us? _____

What is behind us? _____

When we fast verse 9 says that when we call upon the Lord what happens?

What promise about guidance is written in verse 11?

In Acts 13:2-3 when does God tell the followers what to do?

Why did the people fast in Ezra 8:21?

Read Joel 1:10-14. A fast was called because something happened to their crops. Were the crops being destroyed by insects or because of drought? _____

The crops were the economy of that day. When things are bad economically, a fast can make the difference.

In Verse 12 what does it say happened to the sons of men?

Why did David fast in Psalm 35:13?

Read Matthew 17:14-21. Jesus said that the type of spirit that troubled the boy could only be cast out how (verse 21)? _____

Daniel was a prophet of God in the Old Testament. In the book of Daniel chapter 10 he received a message from God that was difficult. What is his response in verse 2?

How long was Daniel's fast? _____

How long was the angel detained from bringing Daniel his answer?

There are different kinds of fasts. The fast in Daniel 10 is referred to as a partial fast. According to verse 3 what kinds of foods did Daniel not eat?

That leaves vegetables, plain breads and fruits. Some people may not think of this as fasting but as you read verses 4-14 would you consider Daniel's fast successful?

Yes No

Evangelist Bill Bright said that, "God is work through fasting. I think it's the spiritual atomic bomb of the Christian disciplines." We encourage you to engage in prayer and fasting.

Recommended Reading:

The Art of Intercession
By Kenneth Hagin
Kenneth Hagin Ministries
P.O. Box 50126
Tulsa, OK 74150
(888) 258-0999
rhema.org

The Power of Prayer and Fasting
By Marilyn Hickey
Marilyn Hickey Ministries
P.O. Box 6598
Englewood, CO 80155
888-637-4545
marilynandsarah.org



Prayers From the Bible

The Scriptures below are written in the first person and not quoted as they are in the Bible which is in the second person. We made this change so that you can pray these prayers for yourself. These are Spirit led, Spirit anointed, prayers and if you pray these daily, it will change your life drastically and you'll receive much revelation knowledge from God.

That the God of our Lord Jesus Christ, the Father of glory, may give unto me the spirit of wisdom and revelation in the knowledge of him: The eyes of my understanding being enlightened; that I may know what is the hope of my calling, and what the riches of your glory of my inheritance in the saints, And what is the exceeding greatness of your power to me who believes, according to the working of your mighty power, Which he wrought in Christ, when you raised him from the dead, and set him at his own right hand in the heavenly places,

Ephesians 1:17-20

That he would grant me, according to the riches of his glory, to be strengthened with might by his Spirit in the inner man; That Christ may dwell in my heart by faith; that I, being rooted and grounded in love, May be able to comprehend with all saints what *is* the breadth, and length, and depth, and height; And to know the love of Christ, which passeth knowledge, that I might be filled with all the fullness of God.

Ephesians 3:16-19

That I might be filled with the knowledge of his will in all wisdom and spiritual understanding; That I might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; Strengthened with all might, according to his glorious power, unto all patience and longsuffering with joyfulness;

Colossians 1:9-11

Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep *me* from evil, that it may not grieve me! And God granted him

The Prayer of Jabez

1 Chronicles 4:10