

Fasting With the Lord's Prayer

By: Elmer L. Towns

A. INTRODUCTION

1. A fast is a _____ in the spiritual realm, like training in sports to gain (a) strength, (b) skill, and (3) victory.
2. Prayer and fasting is based on a _____.
3. Old Testament _____. "On the tenth day of the seventh month of each year, you must go without eating to show sorrow for your sins" (Lev. 16:29, *CEV*).
4. A Yom Kippur fast is one day, _____, to spend meal time in prayer.
5. Can everyone fast? _____. "When you fast" (Matt. 6:16), i.e., the diabetic, work conditions.
6. Fasting gives God _____ in every part of your life.

B. DIFFERENT KINDS OF FAST

1. The _____ Fast, going without solid food for a specific time.
2. The _____ Fast, no liquid or solid food. Must not be used for more than three days.
3. The _____ Fast, omit certain foods or eating only specific food (vegetables and excluding desserts, snacks and delicacies).
4. The _____ Fast (Mayo Clinic). Begin with one day absolute fast to cleanse system, and eat from one food group each day for seven days.
5. The _____ Fast, bread (whole grain) and water for 10 days prior to spiritual challenge.
6. The _____ Fast. "Moses was with the Lord forty days and forty nights; he neither ate bread nor drank water" (Ex. 34:28). If you're tempted to do this for more than three days, "test the spirits" (1 John 4:1).

C. THE DANIEL FAST (DAN. 1:3-21)

1. Nebuchadnezzar wanted to "Babylonianize" young Jewish men to be his managers. "Having capacity to serve in the king's palace" (Dan. 1:5, *Jewish Bible*).
2. Why Daniel refused to eat Babylonian food? "And the king appointed for them a daily provision of the king's delicacies and of the wine which he drank" (Daniel 1:5).
 - a. Offered to _____.
 - b. Not _____.
 - c. _____.
3. What does "delicacies" (1:5) mean? Ice cream, cold drinks, donuts, etc.; eat for enjoyment and not for nourishment. The *NIV* "choice food;" the *CEV* "fancy food;" the *CSB* "rich food;" the *Complete Jewish Bible*, "only food that satisfies me." And the *Companion Bible*, "Bread of desire."
4. Where does a fast begin? "Daniel purposed in his heart that he would not defile himself with the portions of the king's delicacies or with the wine" (1:8).
 - a. A passion to be _____ or holy.
 - b. A commitment _____.
 - c. Begins with a _____.
5. Daniel put self and God on the spot with a vow. "Test your servants for ten days, and let them give us vegetables to eat and water to drink" (1:12).
 - a. _____ vow. "Ten days" (1:12), "21 days" (10:3).
 - b. _____ vow.

When you take control of your outer body by fasting, you begin to take control of your inner person.

- c. _____ vow. "Except by prayer and fasting" (Matt. 17:21).
- d. _____ vow. "At the end of ten days, their features appeared better . . . than all the young men who ate the king's . . . delicacies" (1:15).

- e. _____ vow. This may include one or two meals a day, plus kinds of food.
- f. _____ vow. To remain healthy, make a long-range vow to discipline your appetite. Also, no alcohol.
- g. _____ vow. Daniel’s statement of faith was communicated to all. “If you have faith as a grain of mustard seed, you will say to this mountain, move . . . and it will move” (Matt. 17:20).

D. FASTING THE 7 PETITIONS OF THE LORD’S PRAYER

THY PETITION

- 1. _____ Hallowed Be Thy Name.
 - A prayer for God to be glorified.
 - Fast to remove _____ that keep you from worshipping the Father.
- 2. _____ Thy Kingdom Come.
 - A prayer for God’s rule on earth.
 - Fast for God’s _____.
- 3. _____ Thy Will Be Done.
 - A prayer to submit to the rulership of God.
 - Fast to find _____ of life.

HINGE

- 4. _____ Give Us This Day Our Daily Bread.
 - A prayer for our daily needs.
 - Fast for _____.

US PETITION

- 5. _____ Forgive Us Our Debts.
 - A prayer to cleanse known and unknown sins.
 - Fast to _____.
- 6. _____ Lead Us Not Into Temptation.
 - A prayer to overcome sin and failure.
 - Fast for specific _____.
- 7. _____ Deliver Us From The Evil One.
 - A prayer for protection from spiritual dangers and destruction.
 - Fast _____.

E. FASTING CHECK LIST

I believe God answers my prayer . . . therefore I enter this Daniel Fast, asking God to answer the vow to which I commit myself.

_____ Sign

- a. Therefore I will pray for _____.
- b. What I will withhold _____.
- c. When will I begin? Date _____ Time _____.
- d. When will I end? Date _____ Time _____.
- e. When will I pray each day? _____.
- f. Biblical prayer promise _____.
- g. Resources needed _____.
- h. Prayer partner agreement (Matt. 18:19) _____.
- i. Steps after fast _____.

Developing A Mature Prayer Life

by

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A. What is Prayer?

1. Prayer is simply _____ to God; it's as easy as a child talking to a parent.
2. There are many ways a child talks to a parent. There are many _____.
3. A baby's first word, "Da Da," is a _____.
4. As children grow older, reflects _____.
5. "Mother, I am sorry," reflects *prayer of* _____.
6. When a child yells, _____.
7. Children talk about little things, _____.

B. Different Approaches to Prayer

1. When by ourself, we _____.
2. When with others, we _____.
3. To soak in His presence is _____.
4. When God becomes our entire focus, we _____.
5. When we are absolutely sure we _____.
6. We _____ as we wrestle spiritually.

"All you need to do to learn to pray is to pray."

~Wesley Duewel, Mighty Prevailing Prayer

C. Beginning Prayer

"With a God like this loving you, you can pray very simply like this: Our Father in Heaven, reveal who you are" (Matt. 6:9, *The Message*).

1. How do you start praying when you don't know how to approach God?
 - a. A new teenaged Christian, "Hi, God . . ."
 - b. Some feel you must be very _____.
 - c. Others think you must be _____.
 - d. The issue is not what you call God.
2. This issue is _____.
3. Realize God has invited you to come into _____. "Come my children . . ." (Ps. 34:11, *NLT*).
4. Maybe you have been _____. Jesus says, "Come to Me, all you who labor and are heavy laden" (Matt. 11:28).
5. Perhaps you used to pray, but you quit. "I will go home to my Father" (Luke 15:18, *NLT*).
6. Prayer is not about words, it is about a _____ between you and your God.

7. "He who prays well, _____."
8. The word most used for prayer is *proseuchomai* which comes from *pros* which means toward, and *euchomai*, the face.
9. People say, "I can't pray." Don't focus on what you don't do; focus on what you can do. If all you can say is, "God . . ." _____.
10. Maybe you have to get everything just right to pray; the dying thief on the cross cried out, "Lord, remember me when You come into Your kingdom . . ." (Luke 23:42).
11. Some don't pray because they haven't _____.
Illustration of older people who won't learn how to use a computer.
12. Some won't pray because their _____.
13. A man who has fallen is embarrassed to yell out, "HELP."
14. Come to the Father just like a little child coming to a parent with outlandish requests or with selfish things, _____.
15. If you wait to come with the right words, _____
_____. The little boy brings dandelions to his mother. She doesn't see weeds; she receives them as though they are roses.
16. You will never outgrow the level of _____.

*"God punishes us mildly by ignoring our prayers and severely by answering them."
~Richard J. Needham*

D. Three Practical Suggestions

1. Start a prayer list. A reminder of things and people that need prayers.
 - a. People, family, _____, spiritual leaders, Church workers,
_____.
 - b. Mark both _____ for answers.
 - c. Included place for notes or journal.
 - d. Transfer request to new list when there is a _____.
2. Find a prayer partner.

"Again I say to you that if two of you agree on earth concerning anything that they ask, it will be done for them by My Father in heaven" (Matt. 18:19).

- a. A prayer partner makes you a better intercessor.
 - _____ – you pray biblically.
 - _____ – you pray honestly.
 - _____ – you pray effectively.
- b. A prayer partner gives you accountability in ministry.
 - "Peter and John went up together into the temple at the hour of prayer" (Acts 3:1).
 - Prayer opens new opportunities for ministry and gives compassion to a lame man.
- c. A prayer partner gives you _____ warfare.

“For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places” (Eph. 6:12).

d. A prayer partner gets you out of _____.

“But at midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them” (Acts 16:25). This is prayer _____.

They didn’t pray for the authorities to be _____.

They didn’t ask God to _____.

3. Commit yourself to a time and place.

a. You can pray any place, but you will pray but and must frequently at a

_____.

b. You should pray all day, “pray without ceasing” (1 Thess. 5:17), but commit yourself to a regular _____ and a regular _____.

E. What Are the Conditions of Prayer?

1. God responds to our prayer when we are _____ to Him.
2. God responds to our prayer when we pray “_____”.
3. God responds to our prayer when we pray _____.
4. God responds to our prayer when we are _____ and the Word of God.
5. God responds when we are _____ in prayer.
6. God responds to our prayer when we pray _____.
7. God responds to our prayer when we pray in _____.
8. God responds to our prayer when we are _____ with others in prayer.
9. God responds to our prayer when we have a proper _____ for Him.
10. God responds to our prayer when prayer with great _____.

G. What are the hindrances to getting answers to prayer?

1. Known or _____.
2. Rejecting the _____ will of God.
3. Praying with a _____.
4. _____.
5. An _____.
6. Failure to respond to the needs of the poor.
7. _____.