

FOCUS

WOMEN'S LEADERSHIP CONFERENCE

FOR ALL RESOURCES AVAILABLE
AT THIS CONFERENCE VISIT:

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THE IMPORTANCE OF PRAYER DURING FASTING MAXINE PORCHER

TEACHING
NOTES

WHAT IS PRAYER?

Prayer is an invocation with God or an act that seeks connection with God.

THE IMPORTANCE OF PRAYER

Prayer builds our relationship with God. Prayer is our communication with God.

Prayer is the most important part of fasting.

WHY DO WE NEED TO PRAY DURING FASTING?

Fasting is a time for a breakthrough in some area of our life. This is a time when we share our heart with God. During fasting our focus should be on prayer and allowing our spirit to communicate with God.

Prayer during fasting should be our time to make requests, petition, or seek God. We accomplish this action by communicating with God which is our means of prayer. Fasting and prayer is a time to separate our self from the world and draw closer to God.

BIBLICAL EXAMPLES OF FASTING AND PRAYER

» Daniel 9:3-5

Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes. And I prayed to the Lord my God, and made confession, and said, "O Lord, great and awesome God, who keeps His covenant and mercy with those who love Him, and with those who keep His commandments, we have sinned and committed iniquity, we have done wickedly and rebelled, even by departing from your precepts and your judgments."

» Ezra 8:23

So we fasted and entreated our God for this, and He answered our prayer.

» Nehemiah 1:4

So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven.

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» Acts 14: 23

So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

» Act 13: 3

Then, having fasted and prayed, and laid hands on them, they sent them away.

» Luke 2:37

And this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fasting and prayers night and day.

HOW DO WE PRAY DURING FASTING?

- » Invite God into our presence
- » Confess your sins (I John 1:9)
- » Be honest about your situation (I John 3: 20)
- » Meditate on God (Psalms 48:9-10)
- » Humble yourself before God (Psalms 35:13)
- » Communicate with God
- » Abstain from certain food

THE MODEL PRAYER: *WHEN WE DON'T KNOW WHAT TO PRAY*

The Lord's Prayer (Matthew 6:9-13; Luke 11: 2)

*Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.*