

A STUDY ON PRAYER

WHY FASTING IS IMPORTANT

When Jesus taught His disciples about prayer, He also pointed to the importance of fasting. He used the word when (and not if) whilst instructing His disciples regarding prayer and fasting!

— Benny Hinn

I. Review of where we are

- A. What is Prayer? (The Purpose of Prayer)
- B. OK, so why is it complicated? (The Problem with Prayer)
- C. Being difficult, should we even pray? (The Importance of Prayer)

II. Where does the importance of Prayer Lead?

A. Foundational Texts for the practice of Fasting

- 1. I Corinthians 10:31
- 2. Will it happen?
- 3. What is new? Function? Timing? Effect? Intensity?
- 4. What do we long for and experience?
- 5. The Essence of Fasting
 - a. Large Temptation for Personal Glory
 - b. Is God enough?
 - c. Dangers of Eating, Dangers of Fasting
 - d. Corporate Fasting?

B. Shouldn't our relationship with God be Spontaneous?

Spontaneity without some discipline becomes worldliness in the end, or a rut! Spontaneity of the most creative kind grows out of some of the most rigorous disciplines of life!

—John Piper

We don't change our patterns or disciplines because we don't plan to!

—John Piper

III. What will we Six Aims for Biblical Fasting

- A. For Jesus to Come Back—Matthew 9:14-15
- B. For Help in a New Venture in Ministry—Matthew 4:1-2 & Acts 13:3
- C. To Avert Some Danger or Threat—II Samuel 12:16 & Ezra 8:21
- D. To Express Sorrow and Loss—II Samuel 1:12 & I Chronicles 10:12
- E. To Express Repentance and Grief for Sin—Joel 2:12-13
- F. Not for the Praise of Men—Matthew 6:16-18

IV. What does that mean today? What will we practically do?

- A. Some possible interpretations of fasting
- B. What I think
- C. What we are going to do