

Northeast Church of Christ

Prayer & Fasting

August 29 – September 4, 2021

FASTING AND PRAYING

Now to him who is able to do immeasurably more than we ask or imagine, according to His power that is at work within us."

Ephesians 3:20

Most believers, if they are honest, would have to admit that they do not know the delights of praying for an extended period of time. Our culture is one that is busy and demanding; our attention span has been trained to be short and quick. Everything goes against our spending extended time in solitary meditation and prayer. Yet, we all yearn to have that kind of relationship with our Lord. How can this be accomplished?

One of our goals should be to move from being a spectator to a participant. Our Lord gave us his example by being a participant in the prayer experience. He prayed all the time.

1. At the beginning of His ministry (Mark 1:35).
2. At the middle of His ministry (Matthew 14:23).
3. At the end of His ministry (Matthew 26:39).

Matthew 6:9 - 14 contains the Model Prayer. The disciples had noticed that prayer was a learning experience and was a connection to the power ministry of Jesus. The Lord's purpose in teaching us this prayer was not to recite a 13 - second prayer, but to demonstrate an **effective prayer time**. These verses were meant to be demarcations or topics that should be covered in our own personal prayer time.

Praise: "Our Father which art in heaven. Hallowed be thy name."

Yield control: "Thy kingdom come. Thy will be done on earth as it is in heaven."

Provision: "Give us this day our daily bread."

Confession and pardon: "And forgive us our debts, as we forgive our debtors."

Praise: "For thine is the kingdom, and the power, and the glory, forever. Amen"

How should you use this prayer as a guide?

- I. "Our Father which art in Heaven. Hallowed by thy name."
 - A. Thank God for your relationship with Him and that you can call Him Father through faith in Jesus.
 - B. Praise the name of God for the corresponding needs in your life.

Elohim	God of creation – Gen. 9:15 - 16
Jehovah	God of never ending love – Ex. 34:5 - 7
El Shaddai	God Almighty who is able – Gen. 17:1 - 2
Jehovah-Shalom	God of oneness, congruency, peace – Deut. 6:4 - 5
Jehovah-Hesed	God of Steadfast love, mercy – Lam. 3:22 - 24
Jehovah-Rophe	God who cures, heals, restores – Ex. 15:22 - 26
Jehovah-Jireh	God who will provide – Gen 22:1 - 15
Jehovah-Nissi	God who protects/fights our battles – 2Chr. 20:1 - 19

- II. “Thy kingdom come. Thy will be done on earth, as it is in heaven.”
- A. Yourself - yield control daily
 - B. Your family (spouse, children)
 - C. Your church (pastor, leadership, ministry)
 - D. Your community
- III. “Give us this day our daily bread.”
- A. Be in God’s will
 1. Am I in fellowship with Jesus?
 2. Am I in fellowship with the church?
 3. Am I practicing biblical, balanced, diligent work habits?
 4. Am I obedient in the use of my time, money, and abilities?
 - B. Pray for specific needs
 - C. Don’t stop praying for these needs until you get an answer
- IV. “And forgive us our debts, as we forgive our debtors.”
- A. Confess all known sins and ask God to forgive you
 - B. Forgive and release others
 - C. Set your will to forgive those who sin against you
- V. “And lead us not into temptation, but deliver us from the evil one.”
- A. Put on the whole armor of God (protection for inside) Ephesians 6:14 - 17
 1. The belt of truth
 2. The breastplate of righteousness
 3. The feet shod with preparation for the Gospel of Peace
 4. The shield of faith
 5. The helmet of salvation
 6. The sword of the spirit
 - B. Pray for a hedge of protection (protection from the outside)
- VI. “For thine is the kingdom, and the power, and the glory forever. Amen.”
- A. I will be controlled by the will of God (kingdom)
 - B. I will be confident in the power of God (power)
 - C. I will be concerned for the glory of God (glory)

Below is the prayer Macro Devotional tool. It is an aid in keeping you focused especially in this time of temptation and distraction, as you empty your spirit, soul and body. It encourages daily journaling (note the word "today" at the end of each acronym) but most importantly nurtures in our spirit the scripture "pray without ceasing." (1 Thessalonians 5:17). Imagine being filled with the presence and power of God as we remain in a state of constant prayer daily, moment by moment.

DAILY PRAYER MACRO DEVOTIONAL	
Matthew 6:9-13; I Thessalonians 5:17; Ephesians 6:18	
Figure 6.3	
DAILY	Man shall not live by bread alone but by every word of God - Matt. 4:4
 <p>P</p> <p>Honor be to Thy name Matthew 6:9</p>	<p><u>raise, Worship, Honor, & Thank God Seven Times Today</u> (Ps. 119:64; 118:24)</p> <ol style="list-style-type: none"> 1. Elohim - God of creation and the rainbow covenant (Genesis 9:15-16) 2. Jehovah - God of ever-increasing revelation and never ending love (Exodus 34:5-7) 3. El-Shaddai - God Almighty, the God who is able (Genesis 17:1-2) 4. Jehovah-Jireh - God who will provide (Genesis 22:1-15) 5. Jehovah-Rophe - God who cures, heals, and restores (Exodus 15:22-26) 6. Jehovah-Nissi - God who protects and fights our battles (II Chronicles 20:1-19) 7. Jehovah-Shaloam - God of oneness, congruency, singleness and peace (Deut. 6:4-5) 8. Jehovah Heseed - God of steadfast love, mercy (Lamentations 3:22-24)
<p>E</p> <p>Thy Kingdom come thy will be done Matthew 6:10</p>	<p><u>Examine Yourself (Kingdom) According to the Will of God Today</u> (II Corinthians 13:5)</p> <ol style="list-style-type: none"> 1. Your Kingdom is your heart, soul, mind, and strength (Mark 12:28-32) 2. Examine your heart - Have you internally processed withdrawal thoughts in your heart? (II Cor. 10:5) 3. Examine your soul - Have you emotionally programmed withdrawal feelings in your soul? (I Peter 1:22) 4. Examine your mind - Have you mentally represented withdrawal pictures in your mind? (Romans 12:2) 5. Examine your strength - Have you communicated withdrawal states in your actions (Ro. 8:1-3) 6. God has made you King over your kingdom, let His will be done in your life today (Rev. 1:6)
<p>R</p> <p>Give us our daily bread Matthew 6:11</p>	<p><u>Request From the Father the Things You Need, Desire, & Want Today</u> (Phil. 4:5-6)</p> <ol style="list-style-type: none"> 1. Don't worry about anything, pray about everything (Ph. 4:6) 2. Relax in the Spirit, realize that your battles belong to God (Ph. 4:6; II Chr. 20:15) 3. Relate to your fears, confront your fears, worries, or doubts (Ph. 4:6; II Chr. 20:16) 4. Release your battles, don't fight, control, or force your battles (Ph. 4:6; II Chr. 20:17) 5. Request from the Lord, stand still, see God supply your needs (Ph. 4:6; II Chr. 20:17-25) 6. Rest in your soul God is with you and He will give you rest (Ph. 4:7; II Chr. 20:17,30)
<p>F</p> <p>Forgive us our debts Matthew 6:12</p>	<p><u>Forgive Yourself and Others With God's Concept of Forgiveness Today</u> (Mt. 6:12-14)</p> <ol style="list-style-type: none"> 1. Ask for God's concept of forgiveness for yourself and others today (Matthew 18:23-25) 2. Repent for using substitutes instead of God's concept of forgiveness (Mat. 18:23-35) 3. Ask for God's concept of compassion for yourself (Matthew 18:27,33) 4. Ask for God's concept of compassion for others (Matthew 18:27,33) 5. Ask for God's deliverance from the debt system and freedom from it (Matthew 18:34)
<p>E</p> <p>Deliver us from evil Matthew 6:13</p>	<p><u>Equip Yourself Against Evil with the Whole Armor of God Today</u> (Ephesians 6:10-19)</p> <ol style="list-style-type: none"> 1. Put on the Belt of truth (Ephesians 6:14) 2. Put on the Breastplate of righteousness (Ephesians 6:14) 3. Put on the Shoes of the Gospel (Ephesians 6:15) 4. Put on the Shield of faith (Ephesians 6:16) 5. Put on the Helmet of salvation (Ephesians 6:17) 6. Put on the Sword of the Spirit/Word (Ephesians 6:17) 7. Pray always in your human spirit (Ephesians 6:18) 8. Pray with all types of prayer (Ephesians 6:18)
<p>C</p> <p>Thine is the Kingdom Matthew 6:13</p>	<p><u>Choose One Purpose Instrumental Goals to Fulfill God's Purpose Today</u> (Jos 24:15)</p> <ol style="list-style-type: none"> 1. Develop steps, states, and strategies to fulfill God's purpose today (Ecclesiastes 3:17) 2. Choose to put off your old self and put on your new self today (Proverbs 19:21) 3. Look for opportunities to Glorify God by fulfilling His purpose in your life (John 12:27,20) 4. God has given you a spirit of Power to fulfill His purpose in your life (II Timothy 1:7-9) 5. God will work together all things for your good if you obey His purpose (Romans 8:28) 6. God can use everything, good or bad, to accomplish His purpose in life (Ephesians 1:11)
 <p>T</p> <p>Thine is the Power and the Glory Matthew 6:18</p>	<p><u>Turn Every Word, Thought, Feeling, and Deed Into A Love Deposit Today</u> (Rom.12:21)</p> <ol style="list-style-type: none"> 1. Bring every thought into obedience to Christ (II Corinthians 10:5) 2. Guard your heart diligently for out of it are the issues of life (Proverbs 4:23;23:7) 3. Seek first Christ's Kingdom and He will provide your needs (Matthew 6:33) 4. Stop, sit down, and count the cost of how you will build and finish today (Luke 14:25-30) 5. Redeem the time today and walk wisely for the days are evil (Ephesians 5:16) 6. God can do exceeding, abundantly, above all you ask according to your power within (Eph. 3:20)

SHORT COURSE ON FASTING

In over fifty references to fasting in the Old and New Testaments, there is no specific command to fast, with the exception of the Day of Atonement for the Jews. *In the New Testament it was assumed that fasting would be a part of the normal devotional life of the believer.*

Matthew 6:16 *When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth; they have received their reward in full.*

Matthew 9:15 *Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."*

If these verses indicate that fasting should be a normal discipline in the church (and the numerous examples of fasting support the idea), then what does it mean to fast? What is the purpose of fasting? And how does one go about fasting?

1. Definition of -- "Fasting" -- going without food and sometimes water voluntarily, generally for religious purposes. There are four types of fasts referred to in the Bible. (see Master Cleanse Recipe Below)
 - a. Normal fast, going without food for up to 40 days (Ex. 34:28, Ezra 8:21, 23; Dan. 6:18; Luke 2:37; Mark 2:18; Matt. 4:2; Acts 13:2-3, 14:23 and others).
 - b. Partial fast, abstaining from certain foods (Daniel 10:3)
 - c. Absolute fast, going without food or water no more than 3 days (Esther 4:16, this is very rare in the Bible).
 - d. Voluntary group fast, called for a specific reason for a specific group of people (1 Samuel 7:6; 2 Chronicles 20:3; Jonah 3:5 and others).
2. Purpose of Fasting
 - a. Worship -- it must be God-centered, God-initiated, and God-ordained.
 - b. At times, fasting is an expression of distress, grief, or repentance.
 - c. Fasting is a preparation for God to give guidance and renewal (Daniel 9; Ex. 24).
 - d. Fasting reveals the things that control us and hinder our intimacy with God.
 - e. Fasting reminds us that we are sustained "by every word that proceeds from the mouth of God."
 - f. Fasting helps keep our balance in life (1 Corinthians 9:27; Psalm 35:13).
3. Practice of Fasting
 - a. For an occasional fast, eat a light meal (fruit, vegetables, yogurt, etc.) prior to beginning. Drink a lot of water. Skip 2-3 meals and break the fast with fruit juices followed by a light meal. Avoid oils, dressings and starch for a couple of meals.
 - b. When starting a regular discipline of fasting, begin slowly with a partial 24-hour (2 meal) fast once a week for several weeks while drinking fruit juices
 - c. Monitor your inner attitudes and maintain a worshipful attitude.
 - d. Break the fast with a light meal of fruits and vegetables.

- e. After a few weeks, try a normal fast, drinking lots of water only.
- f. Always be careful not to call attention to what you are doing.
- g. After succeeding with this for several weeks, move to a 36-hour (3 meal) fast.
- h. Seek the Lord regarding extended fasts. Get additional information on conducting extended fasts and clear the fast with your physician. (People with certain physical conditions should not fast.)
- i. Remember that the major work of scriptural fasting is in the realm of the spirit.
- j. If skipping meals is not possible, try fasting certain types of foods (like sweets or soft drinks), or you can fast activities (like TV or sports). It is important to convert that time to devotional activities, not just abstain from them.

The Master Cleanse Recipe

The Master Cleanse works just how it sounds; you consume primarily lemonade for the entire time you are on the diet. Therefore, the recipes for the diet itself are simple. You should drink a minimum of 60 oz. of lemonade a day, but can drink more if you like. You can also drink as much water as you want. I suggest you consume your body weight in ounces of water.

Below are two different recipes. The first is for a single serving of the master cleanse lemonade. The second will make 6 servings:

#1 (single serving):

- 2 Tablespoons of organic lemon Juice (about 1/2 a Lemon)
- 2 Tablespoons of Organic Grade B maple syrup (not the commercial maple flavored syrup you use on pancakes)
- 1/10 Teaspoon Cayenne pepper powder
- Ten ounces of filtered water

#2 (60 oz. daily serving):

- 60 ounces of filtered water
- 12 Tablespoons of organic Grade B Maple Syrup
- 12 Tablespoons of organic lemon juice
- 1/2 Teaspoon cayenne pepper powder

There are a couple important things to remember when preparing the lemonade.

For one, the lemon juice used must be fresh squeezed. This cannot be emphasized enough. It is necessary to use fresh produce. Canned juice will not work and will erase most of the benefits of using the master cleanser diet.

In addition, the maple syrup must be grade B maple syrup, not the sugar filled syrup that is used at the breakfast table.

The cayenne pepper might seem unnecessary, but it is actually very important. Not only does it help to add a bit of a kick, but also the pepper helps to break up mucus and increases healthy blood flow. It also is a good source of B and C vitamins, commonly referred to as Super Vitamins due to their many benefits for the body.

Mixing teas with the recipe is one way to help modify things, just make sure it has decaffeinated tea because caffeine can restrict blood vessels and we want to keep your body passages as open as possible.