



NEHEMIAH: A PARAGON OF PRAYER

PRAYER

JAN 5, 2020

PRAYER & FASTING BREAKTHROUGH

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Read Nehemiah 1. Nehemiah's response to the difficult situation he was facing was fasting & praying. Gerry asked us on Sunday, *"when you are facing a "broken wall" in your own life, is prayer & fasting your first response or your last resort?"*

Fasting most often means not eating any food for a set amount of time and it is accompanied with increased times of prayer. The focus is on God, both deepening our relationship with Him and praying for His reposes to be accomplished. Gerry quoted Richard Foster who said, *"Prayer & fasting can bring breakthrough in the spiritual realm that could never be had any other way"*. Do you believe this? Have you ever seen it evidenced in your life?

Fasting is denying the control of our flesh for the purpose of releasing the activity of the Holy Spirit. Different fasts exist, like total fasts (not even water), the Daniel fast, solitude/silence, etc. Read 1 Corinthians 9:27. Shopping, entertainment, gaming, social media, food are examples are things that can control us. They can be the driving force behind your life & activities, we can sometimes be controlled by the wrong things. What things can rise up in controlling ways in your life?

There are a number of benefits & reasons why we fast & pray:

- we deepen our relationship with God & experience His presence
- we grow in Christ like character, experiencing life change & repentance
- it is to meet a great need; we need God's intervention
- it is for the release of the Holy Spirit's activity (power, gifts & revival)
- it is for victory in spiritual struggles (deliverance)
- it is for seeking God's direction & leadership

What do you sense God saying to you about prayer & fasting? Will you pray for the Holy Spirit's direction as to how you will pray & fast this month?