

## Prayer & Fasting: It's All About You, Lord **ISAIAH 58: 1-14**

### Review: How to Pray Matthew 6:5-15 *It's all about your heart*

1. Focus on God
2. Seek God honestly
3. Forgive others

*"We are rarely closer to God than when we come to Him in prayer"*

Parker Landis, 10/1/2017

### What is Prayer?

- Direct conversation with God; an opportunity for the intimate joining of our soul with the creator of the universe.
- It is commanded in Scripture, occurs throughout the Old and New Testament, and includes beseeching the Lord, pouring out of the soul, crying to heaven, confessing our sins, and worshiping and praising God.

### The Power of Prayer

- *"Prayer catapults us onto the frontier of the spiritual life."* "Celebration of Discipline,..." Richard J. Foster, 1988
- *"Prayer is the central avenue God uses to change us."* *ibid.*
- God, in His wisdom, responds to prayer to unleash His power. (cf. James 5:13-16)

*Prayer must be foundational to our walk with God, individually and corporately.*

### What is Biblical Fasting?

- Biblical fasting is the abstaining from nourishment to help us focus more intently on God.

*Great examples include Jesus, in Luke 4:1-13, Esther in Esther 4:16, Daniel in Daniel 10:3*

### Isaiah 58 Instruction in Biblical Fasting

1. Sin clouds everything. (vs. 1-2)
  - As you begin prayer and fasting -- or anything, humble yourself before the Lord and confess your sins.

## Isaiah 58

### Instruction in Biblical Fasting

#### 2. The right focus is everything. (vs. 4-5)

- Our focus must be on God and His will. That does not mean we do not pray and fast about needs that we have. It means we come before God in humility and with contrite hearts.

## Isaiah 58

### Instruction in Biblical Fasting

#### 3. Obedience is everything. (vs. 6-14)

- God blesses our obedience. This results in an outpouring of His grace and an outpouring of ourselves for the Lord.

## Elders' Week-Long Fasting & Prayer

- Sun. Importance of Prayer / Missions Mindset  
 Mon. Prayer & Fasting / Liberdas Future  
 Tues. Corporate Pastoral Prayer / Curries  
 Wed. Prayer & Anointing with Oil / Franciscos  
 Thurs. Prayer in Other Venues / Balkans & E. Asia  
 Fri. Individual Prayer / Haskins (Native Amer.)  
 Sat. Half Day of Prayer / All + Local Ministries

## So what's next?!

1. CBC week-long time of prayer & fasting.
2. Renewed focus on prayer.
3. Include fasting in your prayer life.

If you have questions or comments or suggestions, please bring them to the elders.