

LOVE INTERNATIONAL OUTREACH FELLOWSHIP
SCHOOL OF TRAINING | SPRING 2024

PRAYER | LESSON 3

I. PRAYER & FASTING | PURPOSE

ISAIAH 58:6 & 9 (NKJV)

“is this not the fast that I have chosen:
To loose the bonds of the wickedness, to undo the heavy burdens, to let the oppressed go free, and
that you break every yoke?

“Then you shall call, and the Lord will answer; You shall cry, and He will say, “Here I am.”

II. MARKS OF THE MINISTRY | CHARACTER

2 CORINTHIANS 6:4 & 5 (NKJV)

“But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in
needs, in distresses, in stripes, in imprisonments, in tumults in labors, in sleeplessness, in **fastings...**”

LUKE 2:37 & 38 (TPT)

...” Anna was an aged widow who had been married only seven years before her husband passed away.
After he died, she chose to worship God in the temple continually. For the past eighty-four years she had
been serving God with night-and-day prayer and fasting.”

These two scriptures show how relevant and noteworthy God relates fasting towards our character as His people. It is part of a character trait to hold in esteem.

As opposed to not taking this as serious as combining your prayer & fasting should be -

ZECHARIAH 7:5 (NKJV)

“Say to all the people of the land, and to the priests: ‘When you fasted and mourned in the fifth and seventh months during those seventy years, did you really fast for Me – for Me?
(God knows our hearts – our thoughts and intentions)

LUKE 18:10 – 14 (MSG)

“Two men went up to the Temple to pray, one a Pharisee, the other a tax man. The Pharisee posed and prayed like this: ‘Oh, God, I thank You that I am not like other people – robbers, crooks, adulterers, or, heaven forbid, like this tax man. I fast twice a week and tithe on all my income.’”

“Meanwhile the tax man, slumped in the shadows, his face in his hands, not daring to look up, said, ‘God, give mercy. Forgive me, a sinner.’”

Jesus commented, “This tax man, not the other, went home made right with God. If you walk around with your nose in the air, you’re to end up flat on your face, but if you’re content to be simply yourself, you will become more than yourself.” (in other words – he who exalts himself will be humbled and he who is humbled will be exalted)

III. APPLICATION OF TRUE FASTING

MATTHEW 6:16-18 (NKJV)

“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly I say to you, they have their reward. But you, when you fast, anoint your head and wash our face, so that you do not appear to men to be fasting but to our Father who is in the secret place; and your Father who sees in secret will reward you openly.”

TIMING IS KEY WHEN YOU FAST & PRAY

MATTHEW 9:14 & 15 (NKJV)

Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but Your disciples do not fast?”

And Jesus said to them, “Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.”

ALIGNING OURSELVES WITH THE WORD OF GOD **IN COORDINATION WITH FASTING**

MATTHEW 17:21 (AMP)

[But this kind of demon does not go out except by prayer and fasting.]

There will be times when the enemy has such a stronghold in one’s life, or situation that the demon (or demons – plural) refuse to be moved. This is where your fasting will prepare you to be so in tune with God’s precise directives to take authority over the strongman to set the captive free!

IV. CORPORATE FAST

JOEL 2:15 (NKJV)

“Blow the trumpet in Zion, Consecrate a fast, Call a sacred assembly; Gather the people, Sanctify the congregation, Assemble the elders, Gather the children and nursing babes;

At the beginning of each year, LIOF will hold a corporate fast at the direction of our senior Pastor. We are living in an imperative season and the timing and strategic direction of prayer is extremely important, plus it is scriptural to be in ‘one accord’ in prayer and fasting.

ANOTHER BIBLICAL SAMPLE OF CORPORATE FAST:

ESTHER 4:11 & ESTHER 4:16 (NKJV)

Prelude ...

(Mordecai overheard a plot to destroy the Jewish race within their region)

“All the king’s servants and the people of the king’s provinces know that any man or woman who goes into the inner court to the king, who has not been called, he has but one law: put all to death, except the one to whom the king holds out the golden scepter, that he may live. Yet I myself have not been called in to the king these 30 days.”

“Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king which is against the law; and if I perish, I perish!”

JONAH 3:5 (NKJV)

“So the people of Nineveh believed God, proclaimed a *fast*, and put on sackcloth, from the greatest to the least of them.”

JONAH 3:5 (MSG)

“The people of Nineveh listened, and trusted God. They proclaimed a citywide fast and dressed in burlap to show their repentance. Everyone did it – rich and poor, famous and obscure, leaders and followers.”

V. ACCESS TO GOD’S THRONE

PSALM 8:4-6 (NKJV)

“What is man that You are mindful of him,

For You have made him a little lower than the angels, And You have crowned him with glory and **honor**. You have made him to have dominion over the works of Your hands;”

PSALM 33:12 (AMP)

“Blessed [fortunate, prosperous, and favored by God] is the nation whose God is the Lord, The people whom He has chosen as His own inheritance.”

PSALM 65:2 (NKJV)

“O You, who hear prayer, to You all flesh will come”

PSALM 67:20 (NKJV)

“Blessed be God, Who has not turned away my prayer, nor His mercy from me!”

1 JOHN 5:14 & 15 (NKJV)

“Now this is the confidence that we have in Him, that if we ask anything according to His will, He hears us. And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.”

KEEP PRAYING | NO PRAYER IS EVER TOO SMALL!

VI. GOD’S FAVOR & SEAL OF APPROVAL OVER HIS CHOSEN (SIGNET RING)

Back to Queen Esther / the king then issued a decree ...

ESTHER 8:8

(NKJV)

“You yourselves write a decree concerning the Jews, as you please, in the king’s name, and *seal it* with the king’s signet ring; for whatever is written in the king’s name and sealed with the king’s signet ring no one can revoke.”

God *chooses* us

HAGGAI 2:23

(NKJV)

“In that day, says the LORD of hosts, ‘I will take you, Zerubbabel, My servant, the son of Shealtiel, says the Lord, and will make you like a signet ring; for I have chosen you, says the LORD of hosts.’”

We are servants of The Most High God ...

2 PETER 2:9 (AMP)

“But you are a chosen race, a royal priesthood, a consecrated nation, a [special] people for God’s own possession, so that you may proclaim the excellencies [the wonderful deeds and virtues and perfections] of Him who called you out of darkness into His marvelous light.”

UNKNOWN AUTHOR:

SATAN LAUGHS AT OUR TOILING, MOCKS AT OUR WISDOM, BUT TREMbles WHEN WE
PRAY!

BILLY GRAHAM:

HEAVEN IS FILLED WITH ANSWERS TO PRAYERS FOR WHICH NO ONE HAS EVEN BOTHERED
TO ASK

“FOR SUCH A TIME AS THIS!”

Let’s begin to fall on our knees more and more in prayer and allow the Holy Spirit to guide our prayers, as they are truly direct missile hits through the heavenlies, reaching the very Throne of God!