



## BIBLICAL KEYS TO PRAYER AND FASTING

### BRIAN AND NATASHA YOUNG

#### The Power of Prayer and Fasting

When you understand the power of biblical fasting and prayer, you can go from natural living into supernatural living. We are called to pray and fast both personally and corporately. While many participate in the personal fast, we must understand that a corporate fast is biblical and God expects us to participate.

#### STUDY IT

##### **I. Jesus is our best example for demonstrating the Power of Fasting**

- Jesus was led up by the Spirit into the wilderness to fast and pray (Matt. 4:1-2).
  - Jesus returned in the power of the Spirit to Galilee, this is when He began His earthly ministry (Luke 4:14).
- For the believer, it's not if you fast, but when you fast. Fasting is a private discipline that will produce public rewards (Matt. 6:16-18)
- Corporate fasting is necessary to receive more of God's ability to flow through the leadership for direction and purpose and vision for the assembly (Joel 2:15-17)
  - It's a time of separation from the familiar (people, schedules, activities).
  - It's a time for the elders and teenagers to separate from the pull of the world.
  - It's a time for nursing mothers and couples on their honeymoon to prepare for their futures with their children and new spouse.
  - It's a time for the church leaders to hear from God.

##### **II. What Is Fasting**

- The willful abstaining from natural pleasures for a spiritual purpose.
- The dedication to a period of time to devote oneself to the spiritual priority of prayer without food.
- Types of Fasts:
  - Absolute Fast - fast with no food or water.
  - Normal Fast - just water, no food.
  - Partial Fast - giving up certain foods and drink for a period of time.