

Anchored

The Power of Prayer and Fasting

Pastor Mark Lehmann

“Prayer is reaching out after the unseen; fasting is letting go of all that is seen and temporal. Fasting helps express, deepen, confirm the resolution that we are ready to sacrifice anything, even ourselves to attain what we seek for the kingdom of God.”

— Andrew Murray

- **A Hunger for God Leads to Breakthrough**

¹ You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water.

Psalm 63:1 NIV

¹ God—you’re my God! I can’t get enough of you! I’ve worked up such hunger and thirst for God, traveling across dry and weary deserts.

Psalm 63:1 MSG

⁶ Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Matthew 5:6 ESV

⁶ You’re blessed when you’ve worked up a good appetite for God. He’s food and drink in the best meal you’ll ever eat.

Matthew 5:6 MSG

²⁶ Jesus replied, “I tell you the truth, you want to be with me because I fed you, not because you understood the miraculous signs. ²⁷ But don’t be so concerned about perishable things like food. Spend your energy seeking the eternal life that the Son of Man can give you. For God the Father has given me the seal of his approval.” ²⁸ They replied, “We want to perform God’s works, too. What should we do?” ²⁹ Jesus told them, “This is the only work God wants from you: Believe in the one he has sent.” ³⁰ They answered, “Show us a miraculous sign if you want us to believe in you. What can you do? ³¹ After all, our ancestors ate manna while they journeyed through the wilderness! The Scriptures say, ‘Moses gave them bread from heaven to eat.’” ³² Jesus said, “I tell you the truth, Moses didn’t give you bread from heaven. My Father did. And now he offers you the true bread from heaven. ³³ The true bread of God is the one who comes down from heaven and gives life to the world.” ³⁴ “Sir,” they said, “give us that bread every day.” ³⁵ Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

John 6:26-35 NLT

- The Importance of Dependency on God Through Prayer

⁵ “Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing. ⁶ Anyone who does not remain in me is thrown away like a useless branch and withers. Such branches are gathered into a pile to be burned. ⁷ But if you remain in me and my words remain in you, you may ask for anything you want, and it will be granted! ⁸ When you produce much fruit, you are my true disciples. This brings great glory to my Father.

John 15:5-8 NLT

“A needy heart is a praying heart. Dependency is the heartbeat of prayer.”

— Paul E. Miller

“The greatest inheritance you can give to your children is prayer.”

— ML

- The Power of Prayer and Fasting in Your Life

“The wonderful thing about praying is that you leave a world of not being able to do something, and enter God's realm where everything is possible. He specializes in the impossible.”

— Corrie Ten Boom

- Rediscover Your First and Greatest Love
- Repentance from Known and Hidden Sin
- Redemption of a City
- Redemption of a Nation
- Redirection
- Regeneration and Power
- Renewal of Hunger and Spiritual Breakthrough