



RCCG OCEANIA

Spiritual Disciplines

Fasting and Prayer: Spiritual Power

At a Glance

BIG IDEA

Discover how fasting, when combined with prayer, becomes a powerful spiritual discipline that transforms the believer and aligns them with God's will. Through biblical examples and teachings, learn how fasting is not just abstaining from food but a profound way to seek divine intervention and guidance.

PRIMARY PASSAGES

Matthew 4:2

Matthew 6:17-18

2 Chronicles 20:3

Acts 13:2

Isaiah 58:3

Key Takeaways

- Fasting is a powerful tool that enhances prayer.
- Prayer is a necessary discipline for believers.
- Fasting changes the individual, not God.
- Proper fasting should be done in secret and with the right intentions.
- Biblical examples show fasting as a means to seek divine guidance.

Introduction

Fasting and prayer are two spiritual disciplines that, when combined, create a powerful synergy in the life of a believer. This study explores how fasting enhances the effectiveness of prayer, leading to a deeper partnership with God and aligning believers with His will.

Scripture Reading

- **Matthew 4:2** — Illustrates Jesus' commitment to fasting as a preparation for ministry.
- **Matthew 6:17-18** — Provides guidance on the attitude and secrecy required in fasting.
- **2 Chronicles 20:3** — Shows Jehoshaphat's use of fasting to seek God's help in crisis.
- **Acts 13:2** — Demonstrates the early church's practice of fasting for divine direction.
- **Isaiah 58:3** — Warns against improper fasting that lacks spiritual sincerity.

Key Points

1. **The Necessity of Prayer** — Prayer is not optional for believers; it is a vital connection with God that invites His intervention in our lives. It is a partnership between the divine and mankind. Through prayer, believers communicate with God, seeking His guidance and strength. It is through this discipline that we align our hearts with God's purposes.

- Dedicate a specific time each day for focused prayer.
- Seek to understand God's will through regular prayer.
- Use prayer as a means to build a deeper relationship with God.

2. **Fasting Enhances Prayer** — Fasting is a kingdom key that amplifies the power of prayer. It is a spiritual discipline that prepares the believer to receive and act on divine guidance. By abstaining from food, believers focus more intently on spiritual matters, creating space for God to work in their lives.

- Plan a regular fasting schedule to enhance your prayer life.
- Use fasting as a time to seek clarity and guidance from God.
- Reflect on the spiritual benefits of fasting during your fast.

Scripture: Matthew 4:2 Acts 13:2

3. **Proper Fasting Practices** — Fasting should be done with the right intentions and in secret, focusing on spiritual growth rather than outward appearances. This aligns with Jesus' teachings on fasting. The Pharisees often fasted for show, but Jesus taught that true fasting is a private matter between the individual and God.

- Ensure your fasting is motivated by a desire for spiritual growth.
- Avoid publicizing your fast to maintain its spiritual integrity.
- Reflect on your intentions before beginning a fast.

Scripture: Matthew 6:17-18 Isaiah 58:3

Key Points (cont.)

4. **Biblical Examples of Fasting** — Scripture provides numerous examples of fasting as a means to seek God's guidance and intervention. Jehoshaphat proclaimed a fast to seek God's help in a crisis, and the early church fasted for divine direction. These examples illustrate the power of fasting in seeking God's will.

- Study biblical examples of fasting to understand its impact.
- Consider the reasons for fasting in your own life.
- Use biblical examples as a model for your fasting practices.

Scripture: 2 Chronicles 20:3 Acts 13:2

Group Discussion

Tip: Use these questions to guide the group from seeing → understanding → applying.

Observation

- What are some biblical examples of fasting mentioned in the Scriptures?
- How did Jesus approach fasting according to Matthew 4:2?
- What instructions did Jesus give about fasting in Matthew 6:17-18?

Interpretation

- Why is fasting considered a powerful tool in enhancing prayer?
- How does fasting change the individual rather than God?
- What is the significance of fasting in secret as taught by Jesus?

Application

- How can you incorporate fasting into your spiritual routine?
- What steps can you take to ensure your fasting is done with the right intentions?
- In what ways can fasting help you seek divine guidance in your life?

Prayer Focus

- Pray for the discipline to incorporate fasting into your spiritual routine.
- Ask for clarity and guidance from God during times of fasting.
- Seek a deeper partnership with God through combined fasting and prayer.
- Pray for sincerity and right intentions in your fasting practices.

Next Step

Begin planning a regular fasting schedule to enhance your prayer life and seek divine guidance.

Conclusion

Fasting and prayer together form a powerful spiritual discipline that transforms believers and aligns them with God's will. By understanding and applying the principles of fasting, believers can deepen their relationship with God and seek His guidance more effectively.