
❖SERMON NOTES ❖

Sunday, November 5, 2017

“A DAY OF PRAYER”

(Matthew 6:16-18)

We often talk about prayer and ask for prayer and express our intent to pray. Today we will talk about prayer and fasting for the lostness of people we love and for the desperate needs of our lives. We have also reserved significant time in our worship hours to pray for those needs.

1. Fasting _____ and honors Him.

2. Fasting has a _____.

**3. Fasting causes individuals to _____
God’s authority and His Word.**

4. Fasting brings individuals to acknowledge and _____.

**5. Fasting demonstrates the _____
when praying for something.**

“Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.” Joel 1:14 (NIV) “Even now,” declares the Lord, “return to Me with all your heart, with fasting and weeping and mourning” (Joel 2:12, NASB)

6. Fasting releases God's _____.

“So we fasted and prayed about these concerns. And he listened” (Ezra 8:23, The Message).

“God says, “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” (Isaiah 58:6, NIV).

**7. Fasting deprives our _____ for food in
order to help us focus on the _____ for God.**

“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working” (James 5:13-16, ESV).

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“A DAY OF PRAYER”

(Matthew 6:16-18)

- 1. Fasting focuses on God and honors Him.**
- 2. Fasting has a spiritual purpose.**
- 3. Fasting causes individuals to humble themselves and submit to God’s authority and His Word.**
- 4. Fasting brings individuals to acknowledge and repent of sin.**
- 5. Fasting demonstrates the depth of your desire when praying for something.**

“Declare a holy fast; call a sacred assembly. Summon the elders and all who live in the land to the house of the Lord your God, and cry out to the Lord.” Joel 1:14 (NIV) “Even now,” declares the Lord, “return to Me with all your heart, with fasting and weeping and mourning” (Joel 2:12, NASB)

- 6. Fasting releases God's supernatural power.**

“So we fasted and prayed about these concerns. And he listened” (Ezra 8:23, The Message).

“God says, “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?” (Isaiah 58:6, NIV).

7. Fasting deprives our most basic desire for food in order to help us focus on the spiritual desire for God.

“Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise. Is anyone among you sick? Let him call for the elders of the church, and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith will save the one who is sick, and the Lord will raise him up. And if he has committed sins, he will be forgiven. Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working” (James 5:13-16, ESV).