

Fasting prayers partner

Fasting is the key to powerful and effective prayer!

I.) To be successful in prayer, we must humble ourselves. II CH 7:14-15

PS 149:4 For the LORD takes delight in his people;
he crowns the **humble** with salvation.

A.) Fasting should be a time of humbling ourselves before the Lord, not a time of showing off our “Holiness”. Matt. 6:16

1.) Jesus’ parable of the two men. Luke 18:9-14

2.) The people of Nineveh Jonah 3:1-10

**B.) Fasting is a holy and personal time between you and your Heavenly Father.
Matt 6:17-18**

II.) fasting prepares us for battle by helping us focus our thoughts on Spiritual things. Hebrews 3:1

A.) With our spirit in control over our flesh, we can defeat the strongest enemies of God. Matt. 17:14-21

III.) Fasting keeps us alert and ready to resist the enemy. *RO 16:20 The God of peace will soon crush Satan under your **feet**. The grace of our Lord Jesus be with you.*

A.) In persecution: 1PE 5:8-11

B.) In temptation: JAS 4:7-10

C.) Jesus the perfect example: MT 4:1-11