

AWAKENING

21 DAYS OF PRAYER AND FASTING

Week 1

Launch Question:

In Matthew 9:15, Jesus said that His disciples “will fast”. Everything Jesus instructs us to do is purposeful, powerful and effective. In what ways do you think fasting could affect your relationship with God and His plans for your life?

Questions For Discussion:

1. Fasting, when coupled with prayer, is one of the most powerful spiritual exercises we can engage in. The pressures of life, sin, the weakness of our flesh, and the inability of our will-power alone to do what's right causes us to get out of sync with God and His plan for our lives. The apostle Paul addresses this issue in Romans 7:15-23. In what ways can you relate to what Paul is saying in these verses? In verses 23 and 24 we see the answer to this problem – what is it?
2. We are often led by our appetites and emotions rather than the word of God. Look up Genesis 3:6 and compare it to 1 John 2:16-17. What happens when we get out of line with the word/will of our Father-God?
3. It takes deliberate effort on our part to cleanse ourselves – body, soul and spirit – in order to remove any obstacles that come between us and God. (James 4:8) Fasting cleanses our bodies and cleanses our minds' making a way for God's supernatural, enabling power to flow freely into our lives again. It's like a spiritual overhaul. In Luke 4:1 when Jesus was led into the desert, He was filled with the Holy Spirit. After 40 days of fasting He wasn't just filled with the Holy Spirit. What happened? (vs., 14)
4. When we fast we choose to not eat what is permissible – denying our flesh and feeding on the word of God. Look up Acts 13:2-3 and Mark 9:28-29. What resulted from these times of fasting and praying?

Personal Application:

Jesus said, when you fast, not if you fast. Fasting simplifies our lives, because as we draw closer to God He brings our spiritual focus back in alignment with His will. It's like hitting a reset button both spiritually and physically. As we line up with the plans God has for us He releases His enabling grace and power to carry them out.

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Week 2

Launch Question:

How much does prayer really matter? How can I know that God will say “yes” to my prayer?

Questions For Discussion:

1. What is our role in prayer? Scripture: James 5:16

- What is effective? What is fervent? What does it mean by righteous?
- What is your role?

2. When we pray, God wants us to approach Him with the confidence of knowing He loves us and that He wants intimacy with us.

- Do you believe some of your own issues or the way you behave keeps God from answering your prayers? Read 1Kings1 7
- What gave Elijah the confidence to know God was going to back up what he was praying? Read Deuteronomy 11

3. What place does the Word of God take in your life?

- Can we pray whatever we want and God will do it? What most we do first? Read John 15:7
- What does this say about God’s timing?

4. Is what you’re praying for glorifying God?

- When you pray, are you simply praying for relief? Or that God will be glorified? Do you have the confidence to know that God hears your prayers? Read John 11

Personal Application:

Take an inventory of your prayer life. It will be most effective when it is Bible based and when it is grounded in a heart to glorify God. What adjustments can you make in your life to spend more time seeking God?

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Week 3

Launch Question:

When we fast under the New Covenant, we fast to change ourselves. We are not trying to change God's mind, or mourn as they did in the Old Testament. New Testament fasting is more about drawing closer to God and coming into alignment with Him. How does this bring about a different kind of experience for us as we fast?

Questions for Discussion:

- **Fasting brings us into full agreement with the will of God.** *Scripture:* Matthew 6:9-10

What is the meaning of the word kingdom in the Lord's Prayer? When we fast, how will His kingdom come and His will be done in our personal lives?

How does fasting bring heaven to earth and align us with His kingdom?

- **Fasting creates a new wineskin.** *Scripture:* Matthew 9:14-17

What is the importance of having a new wineskin and what does it personally represent in our lives?

How can aligning ourselves and agreeing with God through fasting bring about a change in our lives and leave us transformed by the Holy Spirit?

- **Fasting and praying brings us into a place of assignment.** *Scriptures:* Luke 4:1-13, Acts 13:2-3

Jesus fasted and prayed for forty days. What did this experience prepare him for when he walked out of the wilderness?

How did Paul and Barnabas prepare for their first mission trip according to Acts 13:2-3?

If we follow these examples in God's Word, what do you think God is calling us to do in order to be prepared for His assignment to be carried out in our lives?

Personal Application:

Prayer and Fasting recommits us to the Lordship of Christ where we can walk in agreement with His will, in alignment with an open heaven and confident that He will give us the grace, strength and wisdom to carry out our divine assignment.