



**Fred Luter, Jr. – Senior Pastor**

**Exalting, Equipping, Evangelizing**

Bible Study

Wednesday, January 10, 2018

**“THE BENEFITS OF PRAYER AND FASTING”**

Why am I asking the members of this church to participate in a 21 day fast? Why am I asking the members of this church to abstain from certain foods, beverages, and other activities during these 21 days of prayer and fasting? Why am I asking the members of this church to pray at three specific times during this 21 day fast? Well, the answer to all of those questions are – because of the benefits we receive when we pray and fast (*Matthew 17:21*). That is the focus of tonight’s lesson.

- |  |   |
|--|---|
| 1. To seek God’s face and have a closer walk with Him.   | <i>Joel 1:14</i>                        |
| 2. To receive divine guidance, revelation, or an answer to a specific problem.   | <i>Matthew 7:7</i>                      |
| 3. To weaken the power of the adversary.   | <i>James 4:7</i>                        |
| 4. To be released from heavy burdens.  | <i>Matthew 11:28-30</i>                 |
| 5. To ask the Lord to create in you a clean heart and renew a right spirit.  | <i>Psalms 51:7-10</i>                   |
| 6. To help you when you are feeling confused.  | <i>Proverbs 3:5-6</i>                   |
| 7. To humble yourself, to seek God, and turn from sin.   | <i>2<sup>nd</sup> Chronicles 7:14</i>   |
| 8. To gain spiritual strength.   | <i>Isaiah 40:28-31</i>                  |
| 9. To hear from God and to understand His will for your life.  | <i>Romans 12:1-2</i>                    |
| 10. To cope with present monumental difficulties.  | <i>Job 23:8-10</i>                      |
| 11. To resist temptation.  | <i>1<sup>st</sup> Corinthians 10:13</i> |
| 12. To break the lusting of the flesh in daily living.   | <i>Galatians 5:16</i>                   |
| 13. To be set free from everyday sins like pride, jealousy, resentment, hate, unforgiveness, gluttony, gossiping, etc. | <i>John 8:31-32, 36</i>                 |

Brothers and sisters, the ultimate goal of prayer and fasting is to become more like Christ! I pray that you will see the transformation in your life during this fast.