

**Agape House of Worship
Midweek Service & Bible Study**

Topic: The power of fasting and prayer

Date: Wednesday, August 14, 2024

Part 2: Power of Prayer

Facilitator: Pastor Patrick Ahiazipe

Texts: Mark 2:18-20, Isaiah 58:6

Introduction:

In order for fasting to benefit the believer, the right approach to prayer is needed to reap the full benefits. Jesus understood that as long as he was in a human form, he needed to fast and pray in order to fulfil the will of God for his life. Likewise, in order for the believer to fulfil the will of God for their life, they must also develop a lifestyle of fasting and prayer.

The goal of this bible study series is to help us to understand the different guiding principles for praying when fasting. We will also learn about the different benefits of prayer.

What is Prayer? Prayer is the primary way for the believer in Jesus Christ to communicate and to fellowship with God.

Principles of prayer

- **Gratitude:** Thank God for all that he has done for you and especially thank him for what he is going to do.
Psalm 100:4 (MSG) Enter with the password: "Thank you!" Make yourselves at home, talking praise. Thank him. Worship him.

- **Repentance:** Confess your sins and ask for God's forgiveness every time you pray.
Psalm 24:3-4 Who may ascend the mountain of the Lord? Who may stand in his holy place?
4The one who has clean hands and a pure heart, who does not trust in an idol or swear by a false god.

- **Jesus's name:** Pray in the name of Jesus. Understand and recognize the authority that is in the name of Jesus.
John 14:13
And I will do whatever you ask in my name, so that the Father may be glorified in the Son.
Matthew 28:18
Then Jesus came to them and said, "All authority in heaven and on earth has been given to Me.

- **Faith:** Prayer requires faith and it comes by hearing and studying the word of God. We study the word of God by having our daily devotions. We hear the word of God by listening to recorded messages on social media and other platforms. Listening to spirit filled music and sermons throughout the day is a great way to charge your faith as you fast.
John 15:7 If you remain in me and my words remain in you, ask whatever you wish, and it will be done for you.

- **Time:** The more time you spend in prayer, the greater the outcome or results. Jesus prayed for many hours.
Revelations 8:2-4 And I saw the seven angels who stand before God, and seven trumpets were given to them. **3** Another angel, who had a golden censer, came and stood at the altar. He was given much incense to offer, with the prayers of all God's people, on the golden altar in front of the throne. **4** The smoke of the incense, together with the prayers of God's people, went up before God from the angel's hand.

- **Consistency:** In every season of your life pray. Pray when you feel like it and when you do not feel like it.
Luke 18:1 And he spake a parable unto them *to this end*, that men ought always to pray, and not to faint;
Colossians 4:2
Devote yourselves to prayer, being watchful and thankful.

The Power of Prayer

1. Strength is renewed as we pray. (Isaiah 40:28-31)
2. God draws near to us when we seek him with all our heart. (Psalm 145:18)
3. Prayer gives us the strength to overcome sin. (Matthew 26:41)
4. Prayer gives us the kind of peace which surpasses all understanding. (Philippians 4:6-7)
5. God gives us wisdom when we ask for it in prayer. (James 1:5)
6. God fights our battles when we pray. (Psalm 18:6-9)
7. God gives good gifts to those who ask him. (Matthew 7:11)
8. Prayer brings physical healing. (James 5:14-15)