

**Acts 4:29-31 KJV** And now, Lord, behold their threatenings: and grant unto thy servants, that with all boldness they may speak thy word, (30) By stretching forth thine hand to heal; and that signs and wonders may be done by the name of thy holy child Jesus. (31) **And when they had prayed**, the place was shaken where they were assembled together; and **they were all filled with the Holy Ghost**, and they spake the word of God with boldness.

#### **UNIFIED PRAYER IN THE CHURCH BODY:**

- Strengthens the relationships within the church body.
- Releases the power of the Spirit of GOD in the church body.
- Encourages use of the gifts of the Spirit in the church body.
- Renewal of the Holy Spirit & the anointing in the church body.
- Release of the Spirit of boldness in the church body.

#### **PRAYER**

LORD, I come unto you asking to be filled with the blessing of the Holy Spirit. Your word says if I thirst, I can come unto you and drink. My soul is thirsting to be quenched with the indwelling of the Spirit of GOD.

Fill me with your spirit of righteousness and holiness so that I may honor you in all I say and do. Give me understanding of the spiritual truths that will empower me to resist the temptations of the flesh and mind.

Let your Spirit fill me with your presence and anointing to embrace the calling to a holiness lifestyle. Impart into my heart genuine love and devotion for my Lord and Savior Jesus Christ.

Birth within me the fruit of the Spirit: love, joy, peace, gentleness, faith, long-suffering, and temperance that will equip me to properly represent Christ. This I ask in the name of my LORD and Savior, Jesus Christ.



## **FASTING, PRAYING AND THE HOLY SPIRIT**

# THE BENEFITS OF PRAYER & FASTING WHEN COMBINED

**Volume 4**

**Acts 9:8-11 ERV** Saul got up from the ground and opened his eyes, but he could not see. So the men with him held his hand and led him into Damascus. (9) **For three days, Saul could not see; he did not eat or drink (Fasting).** (10) There was a follower of Jesus in Damascus named Ananias. In a vision the Lord said to him, "Ananias!" Ananias answered, "Here I am, Lord." (11) The Lord said to him, "Get up and go to the street called Straight Street. Find the house of Judas and ask for a man named Saul from the city of Tarsus. **He is there now, praying.**

**Acts 9:17 ERV** So Ananias left and went to the house of Judas. He laid his hands on Saul and said, "Saul, my brother, the Lord Jesus sent me. He is the one you saw on the road when you came here. He sent me so that you can see again and also **be filled with the Holy Spirit.**"

## I. PURPOSE OF FASTING AND PRAYING

### A. HELPS OFFER OUR BODY TO THE LORD.

**Romans 12:1-2 CEV** Dear friends, God is good. So I beg you to **offer your bodies** to him as a living sacrifice, pure and pleasing. That's the most sensible way to serve God. (2) Don't be like the people of this world, but let God change the way you think. Then you will know how to do everything that is good and pleasing to him.

**Fasting and praying helps us weaken our body and will to accept the LORD's strength and help us to live a spiritual life.**

### B. HELPS DEVELOP INTIMACY WITH THE LORD.

**1 John 1:3 ERV** ... **The fellowship we share** together is with God the Father and his Son Jesus Christ.

**Fasting and prayer helps us build a strong bond and connection with our LORD and Savior Jesus Christ and our Father in heaven.**

### C. HELPS STRENGTHEN SPIRITUAL AWARENESS AND SENSITIVITY.

**1 Corinthians 2:14 BBE** For the natural man is not able to take in the things of the Spirit of God: for they seem foolish to him, and he is not

able to have knowledge of them, because **such knowledge comes only through the Spirit.**

**Fasting and prayer opens our heart and spirit to hear and listen to the voice of the Spirit of GOD for spiritual guidance.**

## II. THE BENEFITS OF FASTING:

**Matthew 6:17-18 KJV** But thou, when thou fastest, anoint thine head, and wash thy face; (18) That thou appear not unto men to fast, but unto thy Father which is in secret: and **thy Father, which seeth in secret, shall reward thee openly.**

- We gain authority, clarity, and closeness with God.
- We experience the indwelling presence and power of the Holy Spirit.

## III. TYPES OF FASTS

- Absolute Fast – No drinking or eating.
- Partial Fast – [liquid only] or [no sweets and no snacks] or [no meats] or [vegetables only] or [no TV, minimal phone, and social media]
- Time of fast – 12midnight to 3:00pm or Sunrise to Sunset or 24 hours
- Fast Focus - Read the bible, meditate on the scriptures, and pray.

## IV. THE BENEFITS OF PRAYING:

**Matthew 6:6 KJV** But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and **thy Father which seeth in secret shall reward thee openly.**

- Communicating with the LORD.
- Strengthening our relationship & connection with the LORD.
- Receiving a fresh outpouring of the Holy Spirit.
- Builds faith in the LORD.