

# Prayer

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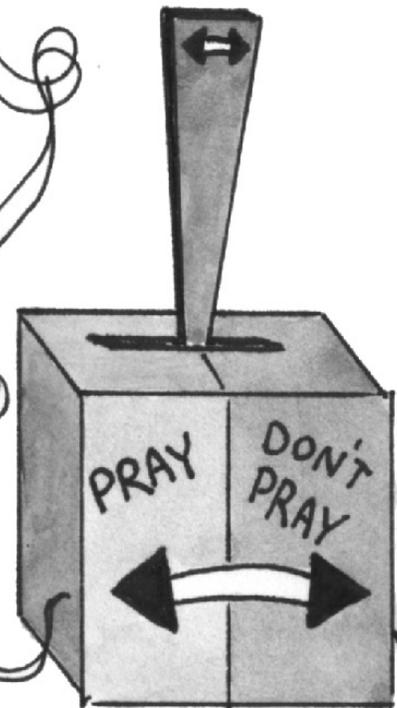
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# what is PRAYER?

Prayer is talking to and with God – it is a two-way conversation.

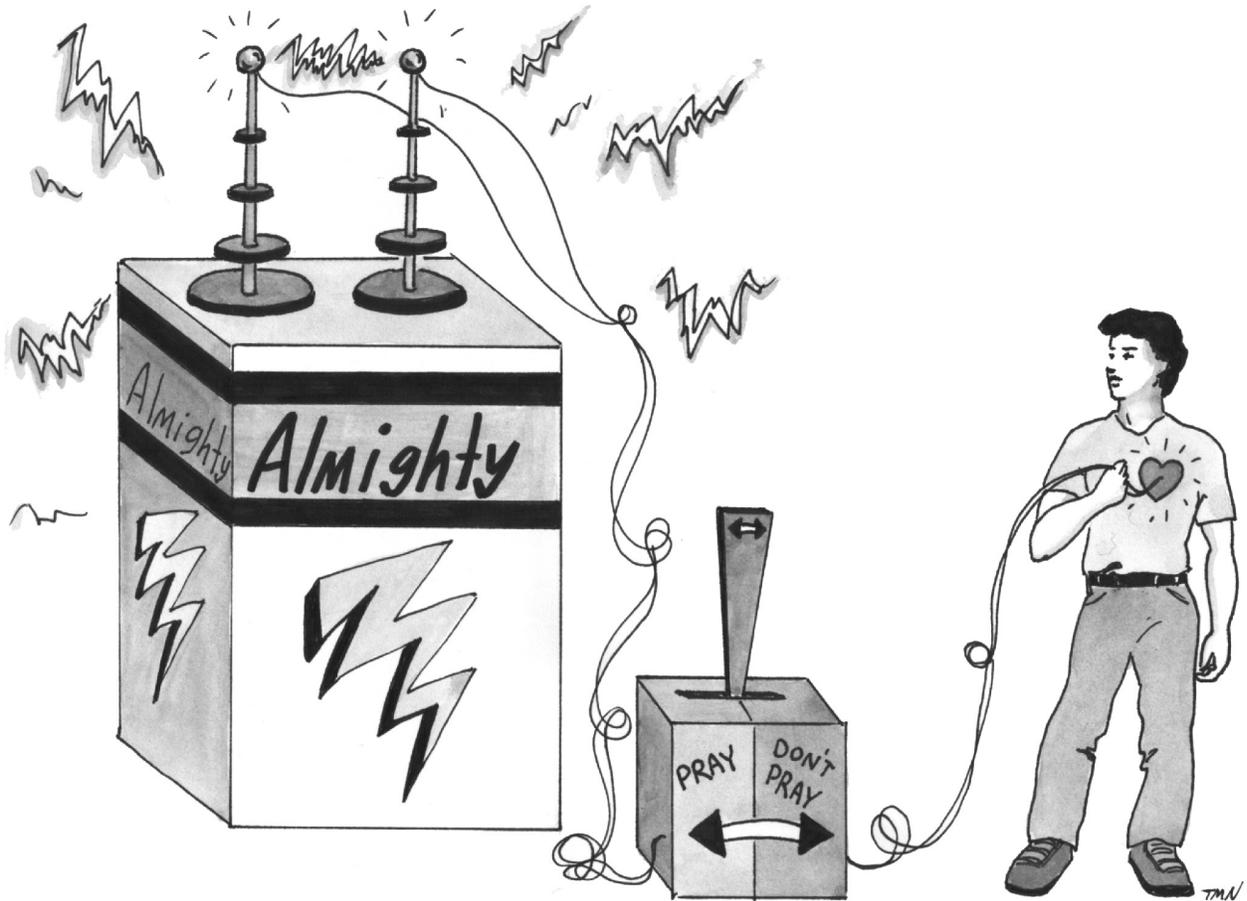
To pray is to center your heart and mind on God. He is around you, above you, within you -- everywhere all at once. He is always with you. As you pray, you will become increasingly aware of how He looks at things, what He thinks, and what He wants to do.

Therefore, wait a couple seconds before you start talking to God about the subject on your mind. Center your mind on Him. This is “coming into God’s presence” and “waiting on the Lord.” It’s like making eye contact with a friend and picking up on any signals about how he/she feels or what might be on his/her mind before you start the conversation. *I waited patiently for the Lord; He turned to me and heard my cry. Psalm 40:1*

**Pray what Samuel prayed: *The LORD came and stood there, calling as at the other times, “Samuel! Samuel!” Then Samuel said, “Speak, for your servant is listening.” 1 Samuel 3:10 (emphasis mine)***



# prayer releases GOD'S POWER



In this illustration, God is the source of the power. You are the transmission wires. You are connected to God and to people through relationship. Through your connection with God, you can hear what He wants to do (Ask Him. Then listen.) Through your connection with people, you can hear their concerns.

Prayer is the switch that releases God's power to work in people's lives. Prayer calls into being what God wants to happen in your life and in the lives of others.

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# why PRAY?

Faith and obedience are closely tied to the success of your prayers. Look for themes of faith and obedience as you read the following Scriptures.

- ➔ **You pray in order to get to know God. Faith is knowing that He will honor that desire.**

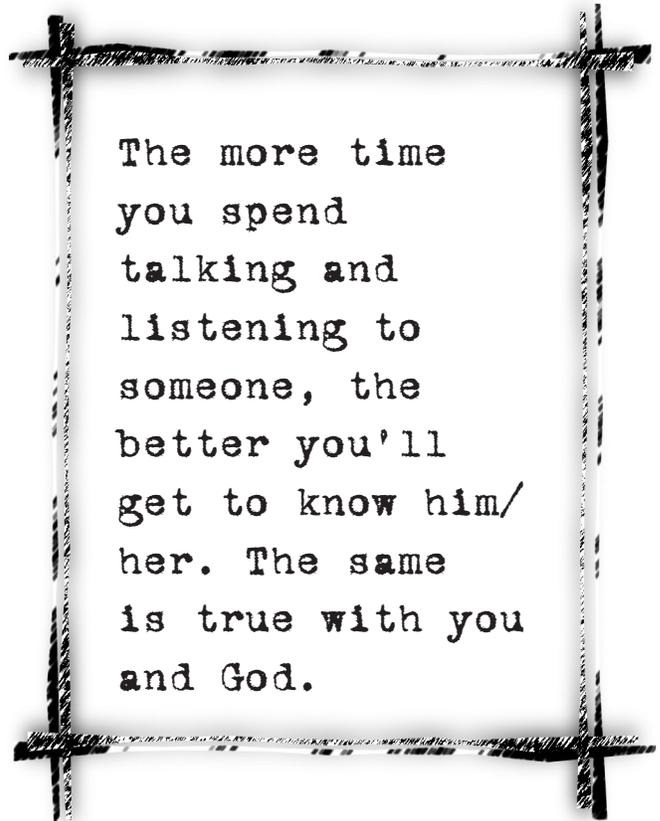
*"So let us know, let us press on to know the Lord. His going forth is as certain as the dawn; and He will come to us like the rain, like the spring rain watering the earth." Hosea 6:3 (New American Standard Bible)*

How will God respond when you pray and tell Him you want to know Him? Faith believes this verse is true.

What does this verse reveal about what God is like -- His character?

- ➔ **You pray to allow God to intervene in situations that concern you. Faith is anticipating His intervention in some way, His way.**

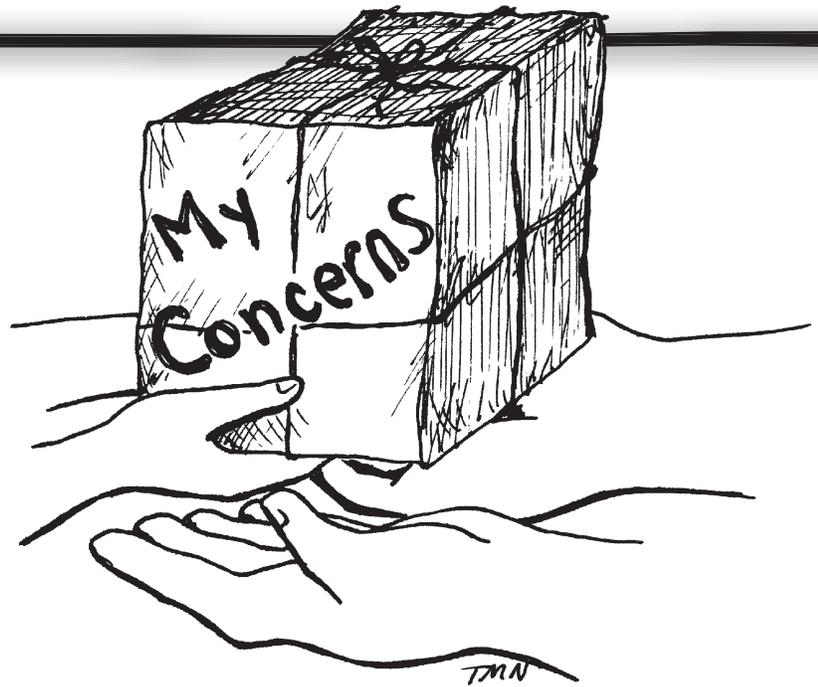
◆ **Read the following passages.** Summarize what each one says. Note what they reveal about God's character.



James 1:5-8

James 5:16-18

Ephesians 3:20-21



In addition to anticipating God's intervention, faith relinquishes the problem or concern to God – letting it go – turning it over. Then, He is completely free to do what He sees needs to be done. Worry hinders God's intervention.

◆➔ **Read the following passages.** Summarize what each one says. Note what they reveal about God's character.

Philippians 4:6-7

1 Peter 5:6-7

Psalms 62:8

How has faith been described here?



Turn over a concern you have to God in this kind of relinquishing faith.



You pray to find out what God's plans are, what His will is. Faith is expecting to hear from Him and intending to cooperate with Him.

◆➔ **Read Acts 1:15-26** (verses 1-14 give some background).

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➔ You pray in order to defeat the devil and his plans. Faith knows that God is far more powerful and will overcome Satan.

➔ Read 1 John 3:8.

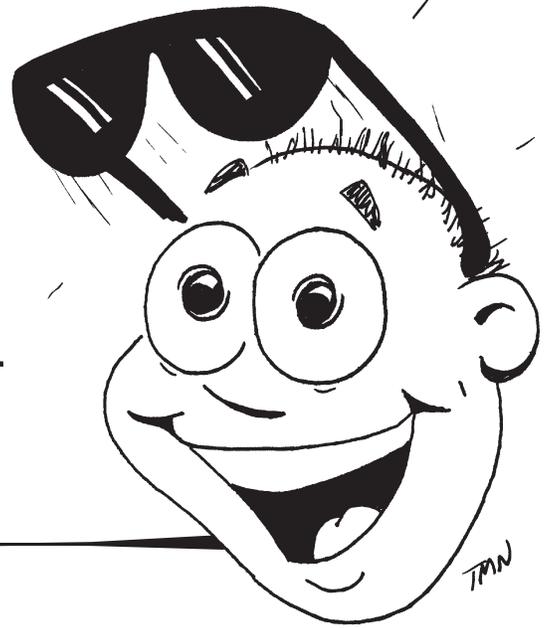
What was part of Jesus' purpose in coming to earth? He accomplished that purpose through His death and resurrection.

➔ Read Ephesians 6:10-18.

You are in a battle against *the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms*. Your protection and weapons are truth, right living, readiness to speak the gospel, faith, the assurance of your salvation, the Bible, and prayer.

*And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints. Ephesians 6:18*

➔ Read 2 Corinthians 4:3-4.



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➔ Ask God to tear off the blinders from the eyes of someone you know who does not know Jesus yet.

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➔ You have been commanded to pray. You need to obey God.

*Be joyful always; **pray continually**; give thanks in all circumstances, for this is God's will for you in Christ Jesus. I Thessalonians 5:16-18 (emphasis mine)*

# TO <sup>how</sup> PRAY

Look at the model Jesus gave in Matthew 6:9-13 for how to pray. *"This, then, is how you should pray: 'Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one.'"*

Look up the verses and DO each part of the model Jesus gave us. Take your time. Maybe do one part each day or each time you get together with your small group.

## "Our Father in heaven..."

It was radical for the Jewish disciples to address God as their Father. Because you have been reconciled to God through forgiveness of sin and are now His child, you can talk to Him as your Father. Acknowledge who God is and understand who you are.

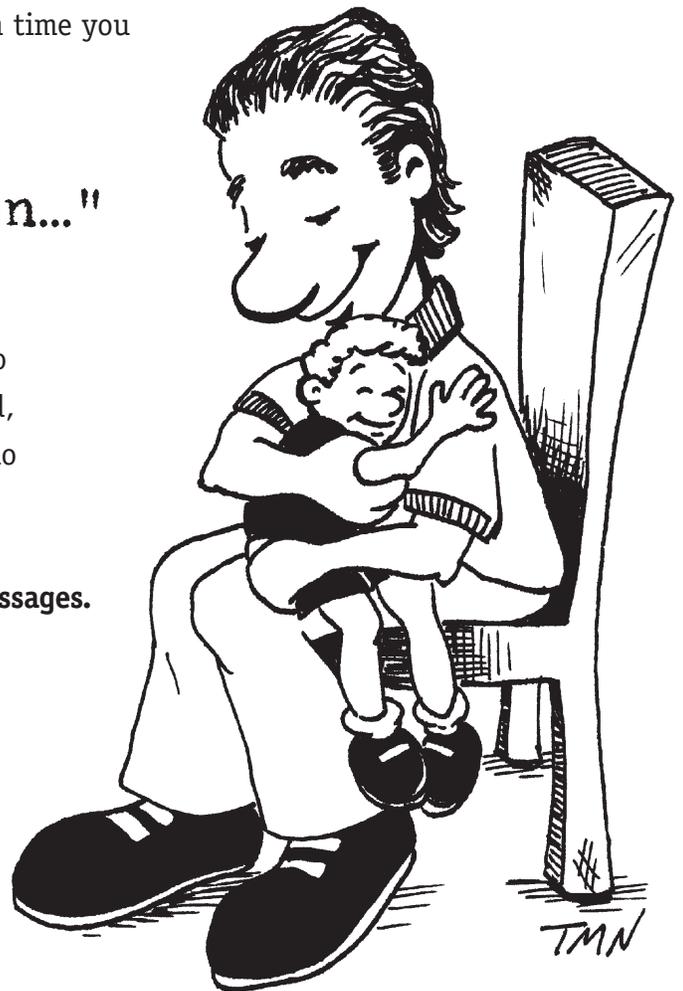
➔ **Read and summarize each of the following passages.**

**Romans 8:14-17**

**John 14:20-23**

**John 16:25-27**

**Luke 11:9-13**



From these Scriptures, describe God's reception to you as you come to Him to speak with Him.

Remember, He's not like your earthly father. He's perfect. (*Following Jesus*, pp. 30-32.)

## "hallowed be your name..."

Give worship and praise to God. Worship is "to pay divine honor to, to adore." Praise is "expressing admiration, offering thanks and honor, giving glory." (Clarence L Barnhart and Robert K. Barnhart, editors, *The World Book Dictionary*, 1976.)

➤ **Read 2 Kings 17:36-39.**

➤ **Read Revelation 4:1-11.**



Read aloud Psalm 99 or Psalm 100. Worship, praise, and love God as you read it. This is an example of praying the Scriptures.

"Your kingdom come,  
Your will be done on earth  
as it is in heaven..."

God's kingdom on earth is wherever people have submitted their lives to Him and allowed Him to rule. Asking Him to send His kingdom is asking Him to bring all people to give the rulership of their lives over to Him. This is intercession. It is praying for the needs of others.

➤ **Read Ezekiel 22:29-31.** Explain this Scripture using the circuit illustration.  
What is the problem that is described here?

Between what two parties is the gap?

What does God want to prevent?

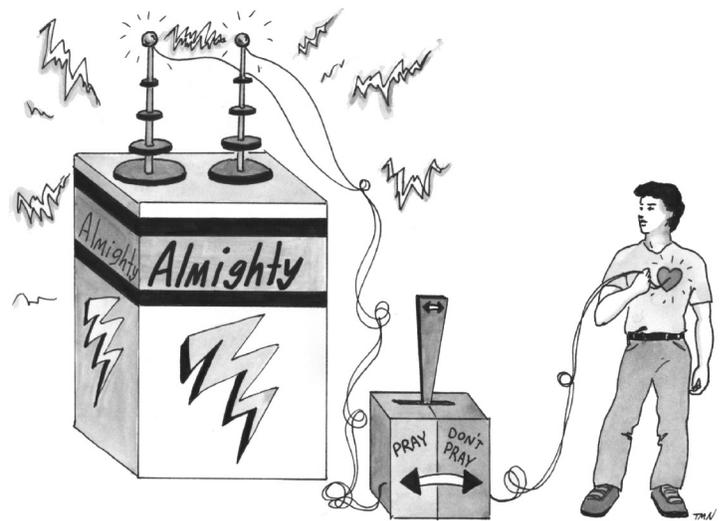
What needs to happen for God to have what He wants? The wires were not connected either to God or to the people of the land.

If someone was listening to God (was connected with Him) and prayed (flipped the switch), what would have been different for the people?

Will you stand in the gap? You will change the history of an individual or a nation.

◆► **Read Genesis 18:16-33.**

What does this passage reveal about the significance God places on a righteous person's prayers of intercession – standing in the gap for others?



Think of a situation you encountered recently that was not the way God would want it. If this situation were written up in the Bible accounts of Jesus, what would the record show that Jesus did when He encountered it?

*Your kingdom come* means whatever happens when Jesus comes near and rules. Pray what you believe Jesus would want to do in that situation.

To participate in the kingdom coming near to people, ask, "What would Jesus do here?" or "Jesus, what do you want to do here and what do you want me to do about it?" Then do it. Remember, if Jesus rules your life, then wherever you are, the kingdom of God has come near people.

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**Read Matthew 9:35-38. Make this passage into a prayer of intercession. Ask God to help you to be a laborer and show you someone He wants to "harvest" through you.**

Prayer 9

## "Give us this day our daily bread.."

This is petition and supplication. It is asking God to provide for your needs. He **wants** you to ask Him. You are declaring your dependence on Him.

### ◆▶ **Read Matthew. 7:7-11.**

For each of the following verses, list the criteria for receiving from God.

**John 15:7**

**1 John 3:21-24**



**What do you need today? Don't worry about what you may need tomorrow. He will supply what you need one day at a time; *give us this day*. Tell God what you need today and pay attention to how He supplies it.**



Sometimes you may be deeply troubled over something. So was Jesus.

### ◆▶ **Read Hebrews 5:7.** Describe Jesus' petitions.

Why was He heard?

Sometimes you need to weep with God. But then turn over to God your trouble with the same attitude Jesus had.

"Forgive us our debts,  
as we also have forgiven our  
debtors..."

Confession is asking forgiveness for what you have done wrong. Since God graciously forgives you, you must forgive all those who have wronged you.

➤ **Read Matthew 6:14-15**

➤ **Read Matthew 18:21-35**



**Are you feeling convicted or guilty inside about anything right now?**

**Ask God to forgive you and ask Him what you need to do to make it right.**



**Is there anyone who has wronged you against whom you still hold resentment?**

**You need to forgive that person. Let go of any resentment or grudge you have against him/her.**

"And lead us not into temptation,..."

*When tempted, no one should say, "God is tempting me." For God cannot be tempted by evil, nor does he tempt anyone; but each one is tempted when, by his own evil desire, he is dragged away and enticed. Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death. James 1:13-15*

God promises to provide His grace and strength to resist temptation.



➤ **Read Hebrews 2:18**

➤ **Read Hebrews 4:15-16**

Run to the throne of grace by calling out to God to help you when you are tempted.

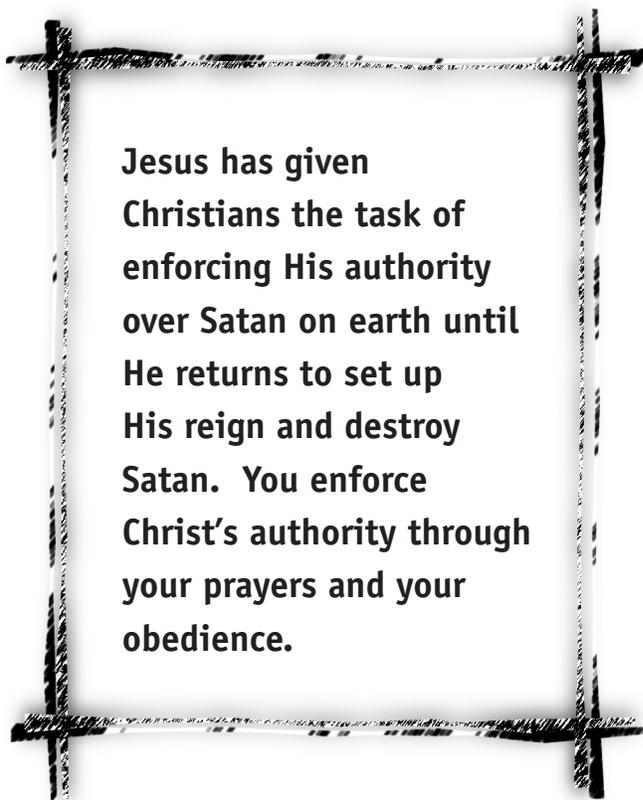
Grace is God-given miraculous ability and provision, God's good will and favor, kindness, mercy, pardon, and love. It is the influence of God operating in people to strengthen and improve. You need it.

God promises a way of escape from temptation. So, take it! Read 1 Corinthians 10:13. Take one of God's ways of escape: call a friend who will help you keep from sinning.

"but deliver us  
from the evil  
one."

This is prayer that battles against Satan, your enemy. Satan tries to discourage you, tempt you to sin, and hinder the good you set out to do. He deceives unbelievers and tries to snatch the truth from their hearts. Jesus, through His death and resurrection, defeated Satan's power. *And having disarmed the powers and authorities, he made a public spectacle of them, triumphing over them by the cross. Colossians 2:15*

➤ **Read James 4:7.** Be sure you are submitted to God's rule in your life – that you are obedient to Him as far as you are aware. Ask Him to reveal any unconfessed sin and repent of it. This puts you in a protected place.



## Persevering Prayer in Spiritual Warfare



➤ **Read Luke 18:1-8.** Answer and discuss these questions.

What is the lesson Jesus is teaching by this story?

What (who) is the hindrance to attaining justice?

What was the widow's response to the resistance?

What is the ingredient in her response that overcomes the resistance, and that Jesus praises?

Who is it that will dispense justice, the judge or God?

How is faith shown in this story?

➤ **Read Daniel 10:1-14** especially verses 12-13. (The prince of Persia was a powerful demon with authority over the nation of Persia.) Note and discuss the parallels with the story in Luke 18.

➤ **Read 2 Corinthians 10:4-5**

What strongholds or beliefs do you know are holding back friends or family members from experiencing God's love and freedom?

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**Tear down these strongholds in Jesus' powerful name. And pray that God will reveal Himself to them. "I pray against every lie and deception of Satan. God, let Your truth break down the barriers."**

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Keep praying and don't give up.

# how do you hear GOD'S VOICE

God's voice sometimes comes as

a thought that drops into your mind,

words that you "hear" in your mind,

an impression or gentle urging to do or say something,

an impression that you should not do or say something – as if God is gently pulling back on the reins.

➤ How is God's voice described in **1 Kings 19:11-12**?

Any impression or thought must pass two tests before you can trust it is from God:

- 1. The impression or thought, if obeyed, will result in a more Christ-like character.**
- 2. The impression or thought does not contradict any of God's written instructions in the Bible.**

➤ Accurate recognition of God's voice comes with practice. **Read John 10:2-5.**

Sheep are mature animals and have been with the shepherd for a while. Maybe the lambs didn't clearly recognize the shepherd's voice. Therefore, let mature Christians check the thoughts or impressions you think might be from God to see if it is the true Shepherd speaking.

➤ **Read the following Scriptures.** Compare Samuel's ability to recognize God's voice when he was young and then after he had known the Lord longer.

**1 Samuel 3:4-10**

**1 Samuel 8:6-10**

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 Think of a situation or person that needs God's intervention. Ask God what He wants to do there. Destroy bitterness and anger? Bring the person to a revelation of the Father's love? Listen to see if God gives you any specific ways to pray. If you don't think God is telling you anything, just pray what you know. God will tell you whatever He wants you to know as you practice listening and giving Him a chance to speak.



# waiting ON GOD

## Two Ways

1 • Waiting on God is a powerful silent form of prayer. It is a reverent awareness of His presence. You rest and commune with Him allowing Him time to fill you up with His presence and power.

*Even youths grow tired and weary, and young men stumble and fall; but those who hope in (wait on) the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:30-31*

2 • Waiting on God and hoping in Him is a choice to remain in a state of trusting God to intervene in the situation you have brought to Him. It is expectation that God has heard and knows how best to proceed now toward an answer.

*Since ancient times no one has heard, no ear has perceived, no eye has seen any God besides you, who acts on behalf of those who wait for him. Isaiah 64:4*



# if your prayers are **NOT ANSWERED**

Ask yourself these questions and read the Scriptures for each.

**Is there anyone you have not forgiven? Are things right between you and other people?**

➤ **Read Mark 11:25.**

**Are you trusting in your righteous acts to get what you want from God? Are you looking down on others?**

➤ **Read Luke 18:9-14.**

**Is there sin in your life for which you have not repented?**

➤ **Read Psalm 66:17-19.**

**Have you obeyed the last thing God told you to do or that you know you should do because it's in the Bible?**

➤ **Read 1 John 3:22-24.**

**Have you asked God what HE wants to do in the situation? Are you praying with as much information as possible so you can be as specific as possible?**

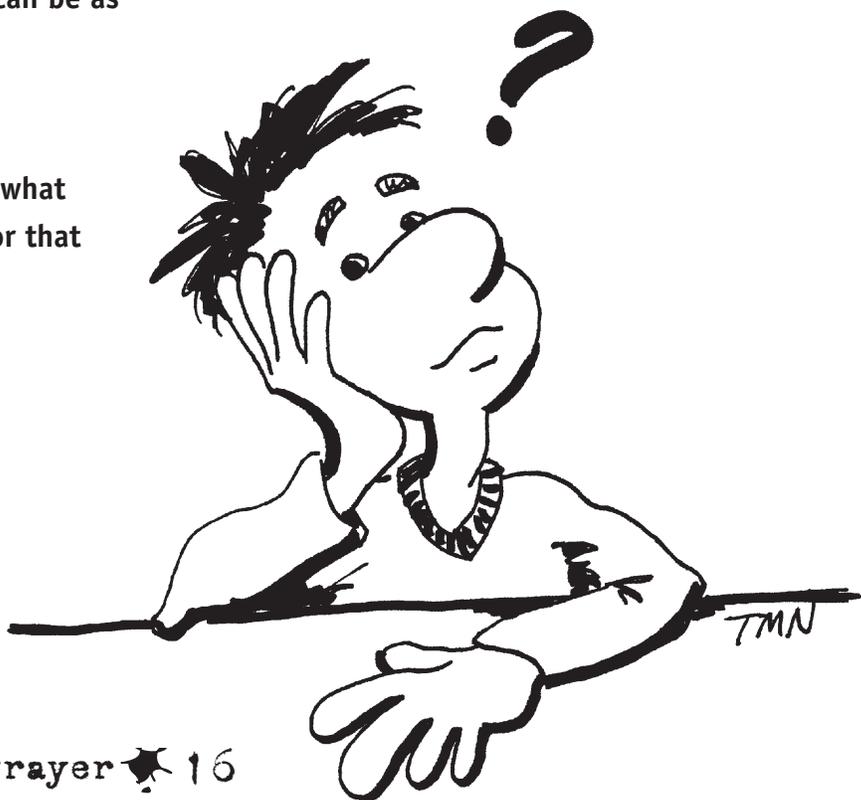
➤ **Read 2 Corinthians 12:7-9.**

➤ **Read John 5:19. Ask the Father what He is doing or wants to do and pray for that to be accomplished.**

**Are your motives right? Do you want whatever God wants?**

➤ **Read James 4:3.**

➤ **Read Matthew 26:36-44.**



# Pray some Prayers FROM THE BIBLE

## Pray Some Prayers of the Apostle Paul

Ephesians 1:15-19a

Ephesians 3:14-21

Philippians 1:9-11

Colossians 1:9-12

1 Thessalonians 3:11-13

1 Thessalonians 5:23-24

2 Thessalonians 2:16-17

2 Thessalonians 3:5, 16

Hebrews 13:20-21

## Pray Some Prayers of Moses

Exodus 33:11-18

Deuteronomy 9:25-29

## Pray the prayer of Jabez

*Jabez cried out to the God of Israel, "Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain." And God granted his request. 1 Chronicles 4:10*

"I think Jabez is praying here for a greater influence for God (*enlarge my territory!*), knowing greater opportunities will result in increased responsibilities. But he wants his life to count; he wants to make his mark for God." (James W. Tharp, *Christian Renewal*, Summer, 1998. Used with permission.)

# FASTING

Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'" Matthew 4:4



Fasting is an act of humbling yourself to God. ...I put on sackcloth and humbled myself with fasting.... Psalm 35:13 You are saying, by your fasting and in your prayers, "God, I need you. I humbly accept the fact that I am a finite, limited vessel, a jar of clay, depending entirely on your mercy and power to flow through me." We have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 2 Corinthians 4:7

Fasting is voluntary abstinence from food, drinking only water, in order to humble yourself to God and focus more on Him in prayer. Fasting with prayer and Bible reading deepens your devotion to and communion with God. Fasting with prayer releases more of God's power in the circumstances that concern you. Nearly every Christian that has been greatly used by God fasted and controlled his/her eating. Every revival has been preceded by prayer and fasting.

◆► **Read Matthew 6:16-18** to find out what Jesus said about his followers fasting.

What words does Jesus use to indicate that He **assumes** and **expects** His followers will fast?

Jesus says, "When you fast..." not "**if** you fast..." And He says not to flaunt your fasting, hoping that people will consider you very godly or righteous. Fast in such a way that it is not **obvious** to other people.

Do not measure the benefit of your fast by whether you **feel** closer to God or more effective as a Christian. Often, the greatest work done during a fast is the revelation of your own need for God's grace to help you to want Him and love Him at all. He may also reveal your need for His grace to serve and praise Him without the usual rewards of feeling His presence. Fast as an obedient choice. God will intervene in the way He chooses, and you will be a deeper Christian as a result.

Consult a physician before you fast. Some people should not fast food because of health reasons.

## Reasons to Fast

- **Fast to humble yourself in repentance for your own sins**, areas in which you know you have not obeyed Jesus. Fast to ask for God's help and mercy to reduce overly strong physical (such as sexual) desires. Ask for His help and mercy as you lay aside idols you have obeyed and for which you have sacrificed life's important priorities.

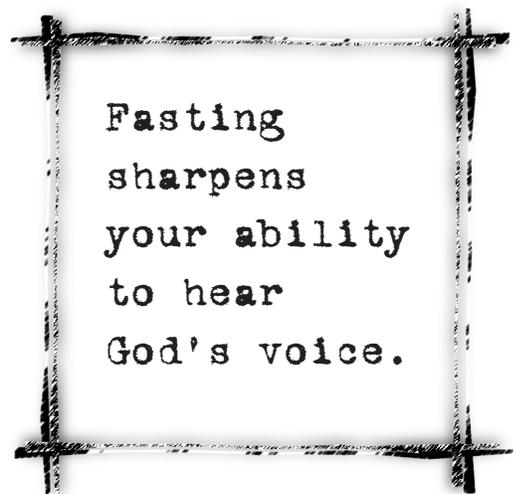
- ➔ **Read 1 Samuel 7:3-6.**

- **Fast to repent on behalf of your nation or people group.**

- ➔ **Read Deuteronomy 9:16-19.** Moses fasted for Israel because of their sins. (Do not go without water as Moses did.)

- **Fast to ask for God's guidance.**

- ➔ **Read Judges 20:25-28.**



- **Fast to ask for God's help and intervention, sometimes in perilous circumstances.**

- **Read Ezra 8:21-23.**

- **Read Esther 4:15-16.** Esther was going to ask the king to spare her people.

Approaching the king without an invitation could mean death.

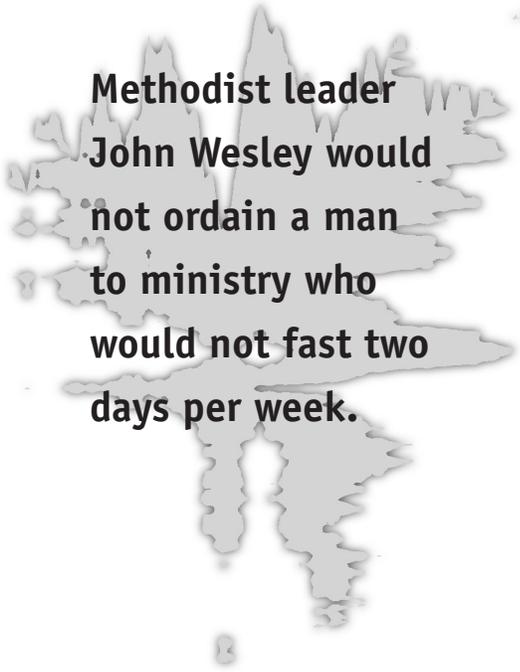
- **Fast to invoke God's blessing and aid on a new spiritual venture** or on the consecration of new church leaders. Fast to ask for increased faith for the new endeavor or increased responsibility in ministry.

- **Read Acts 13:1-3 and Acts 14:21-23.**

Matthew 4:1-4 says that Jesus fasted for forty days before His approximately three years of public ministry.

- **Fast in order to set aside focused time for communion with God.**

- **Read Exodus 34:28-29.** (Do not go without water as Moses did.)



**Methodist leader  
John Wesley would  
not ordain a man  
to ministry who  
would not fast two  
days per week.**

MARCH						
S	M	T	W	T	F	S
			X			
			X			
			X			
			X			

- **Fast regularly as a disciplined devotional habit.** Through this lifestyle, you are humbly expressing your need for God and unwillingness to rely on your own abilities without His power.

In 2 Corinthians 11:27, Paul says he had *often gone without food*. He means he fasted often. *I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.*

In Zechariah 8:19, you can see that God had instituted at least four days each year to fast as a regular discipline. *This is what the LORD Almighty says: "The fasts of the fourth, fifth, seventh and tenth months will become joyful and glad occasions and happy festivals for Judah. Therefore love truth and peace."*

- **Fast as a manifestation of sorrow.**

➔ Read 2 Samuel 1:11-12.

Bible teacher Derek Prince has fasted for seven years! No, not all at once -- one day per week since his conversion about 1940 when he was 24.

"I fast three days per month to maintain my spiritual edge of intimacy with Jesus."

a missionary to Brazil

## **Fasting is NOT meant to:**

- ... become an end in itself rather than a means to knowing more intimate communion with God.

*Then the word of the LORD Almighty came to me: "Ask all the people of the land and the priests, 'When you fasted and mourned in the fifth and seventh months for the past seventy years, was it really for me that you fasted?'" Zechariah 7:4-5*

Fasting had become a rote exercise. The Israelites had forgotten that the purpose was to humbly express their honor and need for God.

- ... be relied on as a means of earning God's favor.

•➔ **Read Luke 18:9-14.**

What is the attitude that gains God's favor?

- ... twist God's arm, or force God, to give you what you want.

*'Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?' ... Isaiah 58:3*



God does not owe you anything just because you fast. Fasting is not a hunger strike demanding what you want very badly and blaming God when you don't get it. Notice David's response when God did not answer his prayer that his son be healed. **Read 2 Samuel 12:16-23.**

- ... be a substitute for repentance and obedience.

➔ **Read Jeremiah 14:10-12.**

➔ **Read Isaiah 58:1-7.** Israel was fasting, but it was only an outward form of humbling themselves and did not substitute for inward repentance; they still did as they pleased (verse 3). Fasting is to be **combined with** doing what God says.

- ... be a show of religion.

*"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full." Matthew 6:16*

- ...be done with the motive to lose weight.

# The Effect of Fasting on Your Health

If you are healthy and fast properly, you should benefit physically as well as spiritually. Do not fast without a doctor's approval.

Some persons should not fast without a doctor's supervision. These include persons who:

are emaciated;

suffer from anemia or weakness;

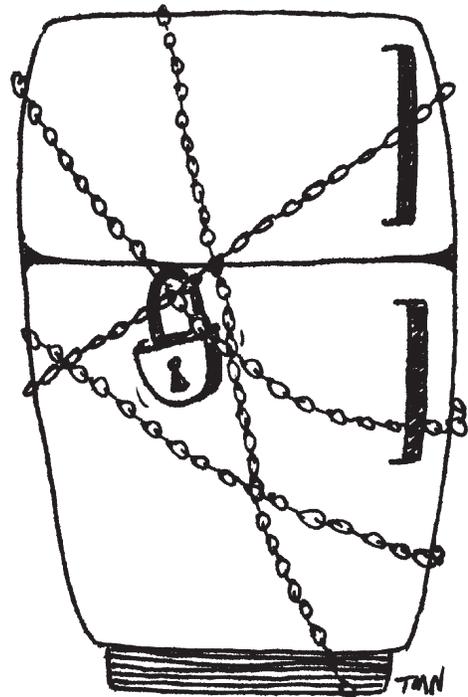
have tumors, bleeding ulcers, cancer, blood diseases, or who have recently suffered myocardial infarction;

suffer chronic problems with kidneys, liver, lungs, heart, and other important organs;

take insulin for diabetes, or suffer any other blood sugar problems like hypoglycemia;

are pregnant or nursing.

During the fast, you may experience some normal side effects. Some people experience headaches, stomach aches, nausea, foul tastes in their mouths, or a pasty tongue. In a prolonged fast, it is not unusual to experience a fever. Your body is taking advantage of the fast to clean and heal itself. This is why it is imperative that you drink at least two to three quarts of water throughout each day to flush out the toxins.



# How to Prepare for Your Fast

## **Know the reason for your fast.**

Choose from the list given in **Reasons to Fast** or another that is specific to your situation. Keeping your goal in focus will help you sustain your fast when you are tempted to abandon it.

## **Prepare yourself spiritually.**

Ask Jesus to reveal any unconfessed sin in your life, repent, and receive His forgiveness.

## **Prepare yourself physically.**

Don't eat extra food the day before the fast. Instead, eat smaller meals and snacks every 2 – 3 hours. Include bread, rice, or pasta, low-fat proteins (low-fat cheese and yogurt, poultry), and fruits and vegetables. A light meal of soup, fruits, and vegetables for the last meal before the fast will help digestion during the fast. Cut out all caffeine at least three days before the fast (coffee, cola, Dr. Pepper, Mountain Dew, chocolate).

# During the Fast

Drink 2 –3 quarts of water throughout each day.

Limit your activity level during the fast. Exercise only moderately. Rest as much as your schedule permits.

Especially during the times you normally would be eating, set aside time to pray, read the Bible and meditate on portions of it, and worship God.

Be prepared for mental discomforts. Satan will oppose you, testing your resolve. *Submit yourselves, then, to God. Resist the devil, and he will flee from you. James 4:7* Impatience and irritability often arise. Knowing this, be more watchful than usual of your responses to people; practice extra self-control. Allow God to expose any areas where repentance is needed.

Be prepared for physical discomforts. It is common during the first and second days to feel very hungry but by the third day not to feel hungry at all.

## How to Break Your Fast

Break the fast gradually. Take as many days to break the fast as you spent fasting. The stomach and intestinal tract have contracted, and to rush into eating large quantities of solid foods can be a severe shock to your system.

Break the fast with a small snack of fruit and low-fat protein. Eat another snack two hours later. Then, two hours after that, eat your first light meal of soup, non-citrus fruits and juices, and raw salad.

Thank God for the answers He will bring to your prayers.

### Sources

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Pamela Smith, "Guidelines For Fasting," *Charisma*, January 1996, page 66.

### Other books about prayer

*If You Will Ask* by Oswald Chambers

*Fresh Wind, Fresh Fire* by Jim Cymbala

*Celebration of Discipline* by Richard Foster

*God's Transmitters* by Hannah Hurnard

*Intercessory Prayer* by Dutch Sheets



# list of SCRIPTURES

## ➔ General References

<b>Genesis 18:16-33</b>	Abraham intercedes for Sodom
<b>1 Samuel 3:4-10, 8:6-10</b>	Samuel hears God's voice
<b>1 Kings 19:11-12</b>	presence of God as whisper
<b>2 Kings 17:36-39</b>	Lord brought you from Egypt, worship, bow, obey
<b>1 Chronicles 4:10</b>	prayer of Jabez
<b>2 Chronicles 7:14</b>	if My people humble selves, I'll heal land
<b>Psalm 2:8</b>	ask Me for the nations
<b>Psalm 34:15-18</b>	Lord hears cry of righteous, attentive to crushed
<b>Psalm 37:4-5</b>	delight self in Lord, commit way to Him, He'll give desires
<b>Psalm 55:16,17</b>	evening, noon, morning I cry in distress, Lord saves me
<b>Psalm 56:9</b>	cry to Lord, enemies turn back
<b>Psalm 62:8</b>	trust in Him, pour out hearts to Him, God is refuge
<b>Psalm 66:17-19</b>	if sin in heart, Lord won't hear
<b>Psalm 86</b>	a great prayer of David to pray
<b>Psalm 145:18, 19</b>	God is near all who call
<b>Proverbs 15:8</b>	prayer of upright pleases God
<b>Ecclesiastes 5:1-2</b>	go near to listen to God
<b>Isaiah 65:24</b>	before they call, I'll answer
<b>Jeremiah 33:3</b>	call to me and I'll tell you great things you don't know
<b>Ezekiel 22:29-31</b>	no one to stand in the gap
<b>Daniel 10:1-14</b>	Daniel persevered in prayer
<b>Hosea 6:3</b>	acknowledge (know) the Lord
<b>Matthew 6:6</b>	pray to Father unseen, reward you openly
<b>Matthew 6:9-15</b>	Lord's prayer, forgive and Father will forgive you
<b>Matthew 7:7-11</b>	ask, seek, knock, Father gives good
<b>Matthew 9:35-38</b>	ask Lord to send harvesters for the lost
<b>Matthew 18:18-20</b>	bind and loose, two or three gathered
<b>Matthew 18:21-35</b>	forgive, unmerciful servant parable
<b>Matthew 21:18-22</b>	fig tree, have faith

<b>Matthew 26:36-44</b>	not My will but Yours
<b>Mark 11:22-26</b>	withered fig tree, have faith, forgive
<b>Luke 5:15, 16, 6:12</b>	instances when Jesus prayed alone
<b>Luke 11:1- 13</b>	Lord's prayer, ask, seek, knock, asking neighbor for bread, persevere
<b>Luke 18:1-8</b>	persevering prayer, widow and judge parable
<i>(Regarding Luke 11 and 18 -- God tells us to persevere in prayer, not because He is stubborn, but because there are evil, spiritual forces involved that must be overcome by prayer before God's will is fully accomplished.)</i>	
<b>Luke 18:9-14</b>	humble yourself and God will exalt you
<b>John 5:19</b>	Jesus did what the Father was doing
<b>John 9:31</b>	not listen to sinners, but to one who does His will
<b>John 10:2-5</b>	sheep know shepherd's voice
<b>John 14:13-14</b>	if ask anything in My name, I will do it
<b>John 14: 20-23</b>	love, obey, We (Father and Jesus) will make Our home with him
<b>John 15:7</b>	if abide in me, ask what want
<b>John 15:16</b>	bear fruit and Father give you what ask
<b>John 16:24-27</b>	ask, receive, joy full
<b>Acts 1:15-26</b>	disciples seeking God's will
<b>Romans 8:14-17</b>	adopted children of God our Father
<b>1 Corinthians 10:13</b>	God provides way of escape from temptation
<b>2 Corinthians 4:3-4</b>	unbelievers blinded to gospel
<b>2 Corinthians 10:4-5</b>	demolish strongholds
<b>2 Corinthians 12:7-9</b>	grace is sufficient
<b>Ephesians 3:20</b>	do immeasurably above what ask or imagine
<b>Ephesians 6:18-20</b>	pray for saints and for boldness
<b>Philippians 4:4-8</b>	pray, don't worry
<b>Colossians 2:15</b>	Jesus triumphed over Satan by the cross
<b>1 Peter 3:12</b>	God hears righteous, but against evil doers
<b>1 Peter 5:6-9</b>	humble yourself, He cares for you, devil prowls, resist, firm in faith
<b>James 1:5-8</b>	ask God for wisdom
<b>James 1:13-15</b>	God does not tempt anyone

<b>James 4:2-3</b>	you don't have because you don't ask, or have wrong motives
<b>James 4:7</b>	submit to God, resist devil
<b>James 5:16-18</b>	effective prayer of righteous accomplishes much
<b>1 Thessalonians 5:16-18</b>	be joyful, pray continually
<b>1 Timothy 2:1-6</b>	pray for those in authority so have peace, wants all saved
<b>Hebrews 2:18</b>	Jesus can help because He was tempted
<b>Hebrews 4:15-16</b>	come boldly to throne of grace
<b>Hebrews 5:7</b>	Jesus prayed with tears
<b>Hebrews 11:6</b>	without faith can't please God, believe He is and rewards seekers
<b>1 John 3:21-24</b>	prayers answered because do commandments, love
<b>1 John 5:14-15</b>	ask according to His will
<b>Revelation 4:1-11</b>	You are worthy to receive glory, honor, power

## ➔ **Waiting on God**

<b>Psalms 25:5</b>	guide me in truth, teach me, hope in You
<b>Psalms 27:14</b>	wait for Lord, be strong, take heart
<b>Psalms 33:20</b>	wait in hope for Lord, help and shield
<b>Psalms 37:7-9</b>	evil men be cut off, hope in Lord and inherit land
<b>Psalms 40:1</b>	waited patiently for Lord, He heard my cry
<b>Psalms 62:1</b>	my soul finds rest in God
<b>Psalms 99</b>	worship, thanksgiving
<b>Psalms 100</b>	worship, thanksgiving
<b>Psalms 130:5</b>	I wait patiently for Lord
<b>Proverbs 20:22</b>	wait for Lord, He will deliver you
<b>Isaiah 8:17</b>	I will wait for Lord, will put my trust in Him
<b>Isaiah 30:18</b>	Lord longs to be gracious, blessed are all who wait for Him
<b>Isaiah 40:30-31</b>	those who hope (wait) in Lord renew strength
<b>Isaiah 49:23</b>	those who hope in Lord not disappointed
<b>Isaiah 64:4</b>	no one has heard any other God who acts for those who wait for Him
<b>Lamentations 3:22-26</b>	His compassions never fail, wait for the Lord
<b>Hosea 12:6</b>	return to God, maintain love and justice, wait for God

## ➔ Prayers of Moses

**Exodus 33:11-18** teach me Your ways, I may know You, don't send us without Presence  
**Deuteronomy 9:25-29** overlook stubbornness, sin they are Your people

## ➔ Prayers of the Apostle Paul

**Ephesians 1:15-19a** give you Spirit of wisdom and revelation, so know Him better  
**Ephesians 3:14-21** strengthen you, rooted in love, grasp how deep is Christ's love, able to do more than imagine  
**Philippians 1:9-11** love abound more so able to discern best, be blameless  
**Colossians 1:9-12** fill you with knowledge of His will, so please Him, strengthened, endurance  
**1 Thessalonians 3:11-13** make love increase, overflow, strengthen hearts so blameless  
**1 Thessalonians 5:23-24** may God sanctify you, kept blameless, God will do it  
**2 Thessalonians 2:16-17** He gave us eternal encouragement, hope, strengthen you in good deeds  
**2 Thessalonians 3:5, 16** Lord direct hearts into God's love, perseverance, give you peace  
**Hebrews 13:20-21** God equip you for doing His will, work in us what is pleasing

## ➔ Fasting

**Exodus 34:28-29** Moses fasts with Lord, ten commandments, face radiant, been with Lord  
**Leviticus 23:26-28** Day of Atonement, hold sacred assembly, deny yourselves  
**Deuteronomy 8:2-3** man does not live on bread alone but on word that comes from Lord's mouth  
**Deuteronomy 9:16-19** Moses fasts and pleads with God to spare sinful Israel  
**Judges 20:25-28** fast and ask God for guidance  
**1 Samuel 7:3-6** Samuel calls all Israel to fast and repent  
**1 Samuel 31:11-13** valiant men fast and mourn for Saul seven days  
**2 Samuel 1:11-12** David fasts and mourns for death of Saul and Jonathon  
**2 Samuel 12:16** David pleaded with God for child, fasted  
**1 Kings 21:27-29** Ahab humbled himself with fasting  
**2 Chronicles 20:2-4** Jehoshaphat, proclaimed fast, seek help from LORD

<b>Ezra 8:21-23</b>	fast and humble selves asking for protection
<b>Nehemiah 1:1-7</b>	Nehemiah fasts and repents on behalf of Israel
<b>Esther 4:15-16</b>	Esther fasts in preparation to go to the king
<b>Psalms 35:11-15</b>	David fasts and prays for ruthless friends who treat him cruelly
<b>Psalms 69:10-11</b>	when David weeps and fasts, is scorned
<b>Isaiah 58:1-7</b>	kind of fast Lord chosen, loosen chains of injustice, feed hungry, etc.
<b>Jeremiah 14:10-12</b>	God won't listen to fastings and prayers because they continue in wickedness
<b>Daniel 9:1-5, 19</b>	Daniel pleads with Lord with fasting and repentance on Israel's behalf
<b>Daniel 10:1-3, 12-13</b>	Daniel humbles self, eats no choice food, angel detained 3 weeks
<b>Joel 1:13-14</b>	mourn in repentance because offerings withheld, declare holy fast
<b>Joel 2:12-19</b>	return to Lord with fasting, mourning, rend heart, repentance
<b>Jonah 3:4-10</b>	Ninevah fasts and repents, God has compassion
<b>Zechariah 7:1-12</b>	was it really for Me that you fasted? Administer true justice, show mercy
<b>Zechariah 8:19</b>	fasts of fourth, fifth, seventh and tenth months joyful occasions
<b>Matthew 4:1-4</b>	Jesus fasted forty days and forty nights
<b>Matthew 6:16-18</b>	When you fast, don't make it obvious, Father sees
<b>Luke 2:36-37</b>	Anna fasted and prayed in temple
<b>Luke 5:33-35</b>	when bridegroom (Jesus) away, they will fast
<b>Luke 18:9-14</b>	Pharisee and tax collector praying, Pharisee proud of fasting, tax collector justified
<b>Acts 13:1-3</b>	fast and pray before sending Barnabus and Saul
<b>Acts 14:21-23</b>	prayer and fasting to appoint elders
<b>2 Corinthians 11:27</b>	Paul labored, hungry, often gone without food