

Fasting and Prayer:

Biblical Reasons the Lord Calls His People to Fast and Pray

1. To Express Great Sorrow & Loss
 - 1 Samuel 31:13/2 Samuel 1:12 Wept, Fasted, Prayed 7 Days for King Saul, Jonathan & Others
2. To Seek the Lord Intensely for a Specific Request
 - 2 Sam 12:16f David for life his child for 7 days
 - Ps 35:13 King David praying for someone sick
 - Daniel 6:18 King Darius Fasted and Prayed all night for Daniel in Lion's Den
 - Neh 1:4f Wept, Mourned, Fasted & Prayed for 'Wall in Ruins' Many Days
3. To Seek the Lord Intensely for Help in a Time of Great Danger
 - 2 Chr 20 King Jehoshaphat for All Judah re War Moabite & Ammonite Coalition...Wives, Infants, Children
 - 'We don't know what to do but our eyes on You'
 - 'The Battle is not yours but Gods' Stand Sing See Salvation Lord
 - Ezra 8:21f Fast River Ahava to Humble ourselves & Seek Safe Journey for us little ones
 - Esther 4:3f re Haman's Decree All Jews Susa Fasted 3 days no food/water
4. To Seek the Lord in Times of Distress, Affliction & Persecution
 - Ps 69:9-10 'Zeal for Your House Consumed me...I wept in my soul w/ fasting
 - Ps 109:24 Great Affliction/Need 'Heart Wounded...Knees weak from fasting, flesh lean'
5. To Prepare as a Soldier of the Lord for Spiritual Warfare
 - Mt 4:2 Jesus for 40 Days
 - After Mt Transfiguration & Deliverance Demonized Boy
6. To Seek the Favor & Blessings of the Lord
 - Mt 6:1-18 'Your Father who sees in secret will Bless you' 4,6, 18 'Do not lay up selves treasure earth'
7. To Seek the Lord's Blessing on Specific Ministries
 - Acts 13:1f 1st Missionary Journey
 - Acts 14:23 Appointing Elders in New Church Plants...
8. To Seek Repentance & Express Grief for our sins:
 - Jd 20:26 All Israel to Bethel to Fast/Pray/Confess sin due Benjamite War many killed
 - 1 Sam 7:6 All Israel to Mizpah after Ark returned 'we have sinned vs the Lord'
 - 1 K 21:27 King Ahab tore clothes, sackcloth, fasted confessed sin Murder Naboth
 - Jonah 3:1-10 Nation of Nineveh...
 - Acts 9 Paul's Conversion
 - Nehemiah 9:1f After Feast 'Joy of Lord' All Israel Gathered Worship all Day...GREAT PRAYER
 - Daniel 9: After 70 years exile GREATEST PRAYERS 9:17-19 CH 10: 21 Days!
 - Joel 1 & 2: 'Locust Plague' Joel 2:12-19 (green)
9. Hungry for God!-To Feed on the Bread of Life!
 - Exodus 34:28 Moses for 40 Days on Mt Sinai
 - Zech 7:5-6 'Was it actually for Me that you fasted' during 70 yrs exile
 - Lk 2:37 Anna-only 7 yrs marriage 'never left temple, serving n & d, fasting & prayers' - 84 years old and what an answer to her prayers!!!