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# EQUIP

*NIGHT*

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# WHAT IS PRAYER?

*Simply put,  
communicating a message to God, it's talking  
to God. God speaks to us primary though the  
Bible and we speak to him in prayer.*

# WHY DO WE DO IT?

## GOD INVITES US TO TALK WITH HIM LIKE A MAN WOULD A FRIEND

*Exodus 33: 11 Thus the LORD used to speak to Moses face to face, as a man speaks to his friend*

## GOD EXPECTS US TO PRAY

*Matthew 6:6 But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.*

# WHY DO WE DO IT?

## BECAUSE IT IS A BLOOD BOUGHT PRIVILEGE

*John 14:6 Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me."*

## WE HAVE NOT BECAUSE WE ASK NOT

*James 4:2 You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask.*

**WE ARE THE KING'S KIDS,  
NOT ORPHANS**

*So you are no longer a slave, but a son, and if a  
son, then an heir through God.*

*- Galatians 4:7*

# WHAT IS FASTING?

*THE BIBLE defines fasting as a Christian's voluntary abstinence from food for spiritual purposes. It is Christian, for fasting by a non-Christian has no eternal value since the discipline's motives and purposes are to be God-centered. Fasting is voluntary in the sense that it is not to be coerced. Fasting is more than just the ultimate crash diet for the body, it is abstinence from food for spiritual purposes.*

# WHAT IS FASTING?

*Then the disciples of John came to him, saying, “Why do we and the Pharisees fast, but your disciples do not fast?”*

*And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.”*

# WHAT IS FASTING?

*No one puts a piece of unshrunk cloth on an old garment, for the patch tears away from the garment, and a worse tear is made. Neither is new wine put into old wineskins. If it is, the skins burst and the wine is spilled and the skins are destroyed. But new wine is put into fresh wineskins, and so both are preserved.”*

*- Matthew 9:14-17*



## 9 BIBLICAL REASONS FOR FASTING

- 1. To Strengthen Prayer*
- 2. To Seek God's Guidance*
- 3. To Express Grief*
- 4. To Seek Deliverance or Protection*
- 5. To Express Repentance and a Return to God*
- 6. To Humble Oneself Before God*
- 7. To Express Concern for the Work of God*
- 8. To Overcome Temptation and Dedicate Yourself to God*
- 9. To Express Love and Worship to God*

*And they said to me, “The remnant there in the province who had survived the exile is in great trouble and shame. The wall of Jerusalem is broken down, and its gates are destroyed by fire.”*

*As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven.*

*- Nehemiah 1:3-4*

# **CONNECTING PRAYER AND FASTING**

**1) TO STRENGTHEN PRAYER**

**2) EXPRESS CONCERN FOR THE WORK OF GOD**

**3) FASTING FOR THE GLORY OF GOD**

**4) WE FAST FROM GRACE**

# HOW WILL WE PRAY AND FAST TO BUILD THE LOCAL CHURCH?

*We will fast from food, drink, or some routine activity in order to focus on praying for the Gospel to advance in our city*

*Download the Build Prayer Guide:  
[thewellSA.org/build](http://thewellSA.org/build)*