

# **“Shaping Destiny... Through Prayer & Fasting”**

# Jesus was clear...

**Prayer:** Matt. 6:7-9 NLT

<sup>7</sup>“When you pray, don’t babble on and on as the Gentiles do. They think their prayers are answered merely by repeating their words again and again. <sup>8</sup> Don’t be like them, for your Father knows exactly what you need even before you ask him! <sup>9</sup> Pray like this:

**Our Father in heaven, may your name be kept holy...**

**Fasting:** Matt. 6:16-18 NLT

<sup>16</sup>“And when you fast, don’t make it obvious...<sup>17</sup> But when you fast, comb your hair and wash your face. <sup>18</sup> Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, **will reward you.**

# How we pray?

## **Speaking & Listening:** Jer. 33:3 NLT

<sup>3</sup> Ask me and I will tell you remarkable secrets you do not know... things to come.

## **Alone & Together:** Matt 18:19-20 NLT

<sup>19</sup> If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you. <sup>20</sup> ... where two or three gather together as my followers, I am there among them.

## **Persistent, Specific, Bold:** Luke 18:5 NLT

<sup>5</sup> ...this woman is driving me crazy. I'm going to see that she gets justice...

# Fasting – what's involved?

**NO to food:** Matt. 4:2 NLT

<sup>2</sup> For forty days and forty nights he (*Jesus*) fasted and became very hungry.

**YES to God's Spirit:** James 4:7- 8 NLT

<sup>7</sup> So humble yourselves before God. Resist the devil, and he will flee from you. <sup>8</sup> Come close to God, and God will come close to you...

**“...God, in the mystery of prayer,  
has entrusted us with a force  
that can move the Heavenly  
world, and can bring its power  
down to earth.”**

**Andrew Murray**

# Shaping destinies...

## **Dangerous Journey:** Ezra 8:21 NLT

<sup>23</sup> I gave orders ...fast and humble ourselves before our God. We prayed that he would give us a safe journey and protect us, our children, and our goods...

## **Saving a Nation:** Esther 4:16 NLT

<sup>16</sup> “Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. I and my young women will also fast ... Then I will go to the king, though it is against the law, and if I perish, I perish.”

## **Direction & Purpose:** Acts 13:2 NLT

<sup>2</sup> ...as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.”

# When prayer, fasting and action combine... ?



Slavery  
3 Dec 2024



Freed & relocated  
4 Dec 2024



Trained – launching  
beauty business  
Jan 2026



House of Lords  
21 Jan...

# What re-shaping could begin this week?

Jeremiah 29:13-14 NLT

<sup>13</sup> If you look for me wholeheartedly, you will find me.

<sup>14</sup> I will be found by you,” says the LORD...

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