

“The TRUTH...” 10th Oct 2021: #11 “About How God Moves...” (when we Pray & Fast) – Pastor Mark Wiltshire - Study Notes

Q. Have you ever asked yourself... “How Does God Move?”

Biblical response... God wants to move through us!!

2018 Research (Tearfund) 50% of UK adults pray...

Q. Why do so many pray but far fewer come to church?

S 1. God’s Plan: To ‘Move’ through Me!

John 14:12 NLT *Jesus said...*¹² I tell you the truth, anyone who believes in me will do the same works I have done, and even greater works, because I am going to be with the Father.

Q. What does this text suggest about our lives?

We need to know what Jesus did... how and why are important.

“The External is Always a Consequence of the Internal”

Luke 11:1 NLT A Disciple asked... “Teach us to Pray...”

– place of power in Jesus life ...everything came from it.

S Corrie Ten Boon: “Is prayer your steering wheel or your spare tire?”

Q. Is prayer guiding my life or just there for emergencies?

Q. Why should prayer be my ‘steering wheel’?

S Miracle of Dunkirk (May 1940)

British Army trapped – close to Defeat. King George 6th called for a ‘National Day of Prayer’, of personal spiritual repentance and a plea for Divine help, 26th May 1940. God answered immediately...338,000 troops rescued.

S 2. Why is Prayer & Fasting Vital? (It’s a Spiritual Game Changer..)

Matt 4:1-3 NLT ¹Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting for forty days and forty nights, he was hungry. ³ The tempter came to him and said, ‘If you are the Son of God, tell these stones to become bread.’

- Establish spiritual identity and authority
- Fasting always draws enemy opposition...
- Major Godly impetus starts with prayer & Fasting...Breakthrough!!
- Prayer is a given...”Where the Power is”
- BCC #1 Value “Determined Devotion to God.”
 - Takes determination to fast... body fights you, enemy fights you.

S 3. Different Ways to Pray: Enemy wants to stop us Praying!!

1. **Worship** – declaring praise **Heb 13:15 NLT** ...let us offer through Jesus a continual sacrifice of praise to God
2. **Thanksgiving** – recognises God at work **Col 4:2 ESV** Continue steadfastly in prayer, being watchful in it with thanksgiving
3. **Prayer of Faith** – leads to miracles **James 5:15 NLT** Such a prayer offered in faith will heal the sick, and the Lord will make you well. And if you have committed any sins, you will be forgiven.
4. **Intercessory** –‘for others’ **Col 1:9 NLT** So we have not stopped praying for you since we first heard about you. We ask God to give you complete knowledge of his will and to give you spiritual wisdom and understanding.

5. **Weapon** – Prayer reaches places we cannot go! **Eph 6:18 NLT** Pray in the Spirit at all times and on every occasion. Stay alert and be persistent in your prayers for all believers everywhere.
6. **In the Holy Spirit** – if we don't know what to pray **Rom 8:26 NLT** But the Holy Spirit prays for us with groanings that cannot be expressed in words.

Q. Are there some areas of prayer that I am yet to discover?

Q. Posture and attitude in prayer?

- Standing, kneeling, walking are all valid
- Personal humility is so important! (Desire to hear God...)
- God knows what we will pray and why...
- The key thing is that we pray...!

S 4. **Different Approaches to Prayer (& Fasting)...**

- **Pray Alone** – Solitude with God **Mark 1:35 NIV** ...Jesus got up, left the house and went off to a solitary place, where he prayed.
- **Pray With Others** – together united in purpose **Acts 12:5 NLT** But while Peter was in prison, the church prayed very earnestly for him.
- **Pray Constantly** – Encouraged not stop...
1Thess. 5:17 NIV “pray continually,”

Q. Biblical Fasting Examples:

- **Short fasts** (1 day, 3 days or more...) ie **Esther 4:16**
Eg BCC Week of Prayer & Fasting over 5 days.
- **Partial 'Daniel' Fast** (21 days: veg's, no meat /choice food) **Dan 10:2-3**
- **40 Days, (Full Fast)** Jesus established his authority... **Matt 4**

S 5. **Why We Fast and Pray Together?**

The following are 6 examples in scripture...

1. For God's Intervention

For Others: 2Sam 12:16 NIV ¹⁶ David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground.

For Ourselves: Ezra 8:23 NLT So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

2. Repentance and Change

Daniel 9:3-5 NIV So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. I prayed to the LORD my God and confessed: “Lord, the great and awesome God, who keeps his covenant of love with those who love him and keep his commandments, we have sinned and done wrong. We have been wicked and have rebelled; we have turned away from your commands and laws.”

3. Guidance & Direction

Acts 14:23 NLT Paul and Barnabas also appointed elders in every church. With prayer and fasting, they turned the elders over to the care of the Lord, in whom they had put their trust.

Acts 13:2-4 NIV While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³So after they had fasted and prayed, they placed their hands on them and sent them off. ⁴The two of them, sent on their way by the Holy Spirit....

4. **Deeper Worship**

Luke 2:37 NLT Then she lived as a widow to the age of eighty-four. She never left the Temple but stayed there day and night, worshiping God with fasting and prayer.

5. **Miracles of 'Faith' – seeing the supernatural**

Matt. 17:20-21 NAS And He said to them, "Because of the littleness of your faith; for truly I say to you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible to you. ²¹"But this kind does not go out except by prayer and fasting."

6. **When I Need Strength- in Loss or Mourning – refocussing on God**

Nehemiah 1:4 NIV When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

Q. **What are the Immediate Impacts of Prayer & Fasting?**

- **Build a deeper, more intimate relationship with the Lord....** create time to separate ourselves from busy routines.
- **Releases new Spiritual growth.** Helps us overcome sin, bad habits, open our eyes to things displeasing to God. Peace in storms.
- **Brings greater spiritual sensitivity** - supernatural power of the Holy Spirit. Hear the prophetic more clearly. Know what to pray!

S 6. **What Happens When We Pray?** (God Moves!!!)

Acts 16:23-26 NLT ²³ They were severely beaten, and then they were thrown into prison. The jailer was ordered to make sure they didn't escape. ²⁴ So the jailer put them into the inner dungeon and clamped their feet in the stocks. ²⁵ Around midnight Paul and Silas were praying and singing hymns to God, and the other prisoners were listening. ²⁶ Suddenly, there was a massive earthquake, and the prison was shaken to its foundations. All the doors immediately flew open, and the chains of every prisoner fell off!

- Anything can happen...
 - God's ways are so often not our ways... we must live by faith!
- Q. What spiritual Earthquakes have I seen happen in my experience or the life of someone else?

Conclusion: "Truth About How God Moves ... when we Pray & Fast"