

“If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.”

2 Chronicles 7:14

# The Next Great Awakening

## 2 Chronicles 7:14

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Note the context of this promise.

See 2 Chronicles 7:12-13

# 2 Chronicles 7:12-13

## 2 Chronicles 7:12-13

“Then the LORD appeared to Solomon by night, and said to him: “I have heard your prayer, and have chosen this place for Myself as a house of sacrifice. When I shut up heaven and there is no rain, or command the locusts to devour the land, or send pestilence among My people,”

## 2 Chronicles 7:12-13

“Then the LORD appeared to Solomon by night, and said to him: “I have heard your prayer, and have chosen this place for Myself as a house of sacrifice.

**When I shut up heaven and there is no rain, or command the locusts to devour the land, or send pestilence among My people,”**

Question:

What are we to do when that happens?

# 2 Chronicles 7:14

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Answer:

When God judges the land for sin, then humble yourself, repent, pray, seek His face and turn from the sins that brought on His judgment.

# 2 Chronicles 7:14

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“**If** My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, **then** I will hear from heaven, and will forgive their sin and heal their land.”

First, the “if” condition.

Followed by the “then” promise.

Note the four conditions and the three promises.

# 2 Chronicles 7:14

“If My people who are called by My name will

(1) humble themselves, and

(2) pray and

(3) seek My face, and

(4) turn from their wicked ways,

then I will

(1) hear from heaven, and will

(2) forgive their sin and

(3) heal their land.”

Pray

# Pray

What kind of prayer?

How long?

What about?

Can I do it alone?

Or do I need to be in a crowd?

Do I sit or stand or get on my knees?

Do I pray verbally or in my mind?

I have so many questions.

# Pray

What can we learn about how to pray from Jesus?

But there is more to prayer than meets the eye.

# Pray

Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.

James 5:16

# Pray

Confess your trespasses to one another, and pray for one another, that you may be healed. **The effective, fervent prayer of a righteous man avails much.**

James 5:16

What is an effective, fervent prayer?

And what does a righteous man look like?

Are these qualifiers or conditions that must be met?

# Types of Prayers

# Types of Prayers

Church / Ritual Prayers

Habit Prayers (meal, bedtime, etc.)

Kiddie Prayers

Arrow Prayers

Selfie Prayers

Impressing Prayers

Humble Prayers

Sincere Prayers

# Types of Prayers

# Types of Prayers

Prayers of Faith – James 5:15

Prayers of Agreement (Corporate) – Acts 1:14

Prayers of Request (Supplication) – Eph. 6:18

Prayers of Thanksgiving – Phil. 4:6

Prayers of Worship – Acts 13:2-3

Prayers of Consecration – Matt. 26:39

Prayers of Intercession – 1 Tim. 2:1

Prayers of Imprecation (Psalm 7, 55, 69)

# Effective, Fervent Prayer

# Effective, Fervent Prayer

Note the qualifiers:

Trust in the LORD (how much) with all your heart,  
and lean not on your own understanding;  
In (how much) all your ways acknowledge Him,  
and He shall direct your paths.

Proverbs 3:5-6

# Effective, Fervent Prayer

Note the qualifiers:

# Effective, Fervent Prayer

Note the qualifiers:

For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. Then you will call upon Me and go and pray to Me, and I will listen to you. **And you will seek Me and find Me, when you search for Me (how) with all your heart.**

Jeremiah 29:11-13

# Effective, Fervent Prayer

Note the qualifiers:

# Effective, Fervent Prayer

Note the qualifiers:

But from there you will seek the LORD your God,  
and (promise) you will find Him (condition) if you seek  
Him (how) with all your heart and with all your soul.

Deuteronomy 4:29

# Effective, Fervent Prayer

Note the qualifiers:

# Effective, Fervent Prayer

Note the qualifiers:

Confess your trespasses to one another, and pray for one another, (why) that you may be healed. The (condition) effective, fervent prayer of a righteous man (promise) avails much.

James 5:16

“avails” means “to be strong, have strength, power”

# The Forgotten Discipline of Fasting

# The Forgotten Discipline of Fasting

“And **when** you pray” – Matthew 6:5

“But you, **when** you pray” – Matthew 6:6

“And **when** you pray” – Matthew 6:7

Note, the focus on these words is not “if” you pray,  
but “when” you pray.

And the teaching does not deal with the particulars  
of prayer but the motive behind the prayer.

# The Forgotten Discipline of Fasting

# The Forgotten Discipline of Fasting

“Moreover, **when** you fast” – Matthew 6:16

“But you, **when** you fast” – Matthew 6:17

Again, the focus on these words is not “if” you fast,  
but “when” you fast.

And the teaching does not deal with the particulars  
of fasting but the motive behind the fasting.

But why don't we fast as believers today?

# The Forgotten Discipline of Fasting

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Why we reject fasting today?

Because it's associated with medieval Christian rituals.

It makes us feel extreme, or fanatical.

We equate fasting with starving.

And we don't like being hungry, not even a bit.

We don't see any real-time benefit to fasting.

Finally, for many, our life verse is Ephesians 5:29.

# The Forgotten Discipline of Fasting

Why we reject fasting today?

For no one ever hated his own flesh, but nourishes and cherishes it, just as the Lord does the church.

Ephesians 5:29.

Ouch! That stings.

# The Forgotten Discipline of Fasting

# The Forgotten Discipline of Fasting

Why we should embrace fasting today.

Because Moses fasted.

So did David, Jesus, Peter and the early church.

The city of Nineveh fasted in repentance  
at the preaching of Jonah.

Ezra proclaimed a national fast.

Israel often “afflicted their soul” with fasting.

# The Forgotten Discipline of Fasting

Why we should embrace fasting today.

Daniel fasted for 21 days.

Esther called for a 3 day fast.

Jehoshaphat fasted to know God's will.

Elijah fasted to hear from the Lord.

Joseph fasted during his hardship in prison.

Solomon humbled himself in fasting and prayer.

# The Forgotten Discipline of Fasting

Why we should embrace fasting today.

Moses fasted before receiving the Commandments  
from God – Deuteronomy 9:9-18

David fasted in mourning over the  
death of his child – 2 Samuel 12:1-23

Elijah fasted while escaping from Jezebel  
1 Kings 19:4-8

# The Forgotten Discipline of Fasting

Why we should embrace fasting today.

Ezra fasted while mourning over sin – Ezra 10:6-17

Esther fasted for the safety of the Jews

Esther 4:15-17

Darius fasted for the safety of Daniel – Daniel 6:18-23

Daniel fasted for an answer to prayer – Daniel 10:1-3

Jesus fasted during His temptation by Satan in the wilderness – Matthew 4:1-2

# The Forgotten Discipline of Fasting

Why we should embrace fasting today.

Paul fasted after his conversion – Acts 9:1-9

The church elders fasted before sending out Barnabas  
and Paul as missionaries – Acts 13:1-3

# Acts 13:1-3

# Acts 13:1-3

Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. As they **ministered to the Lord and fasted**, the Holy Spirit said, “Now separate to Me Barnabas and Saul for the work to which I have called them.” Then, having **fasted and prayed**, and laid hands on them, they sent them away.

# The Forgotten Discipline of Fasting

Why we should embrace fasting today.

Great spiritual church leaders practiced fasting:

Martin Luther, John Calvin, and John Knox

John Wesley, David Brainerd, and Charles Finney

Reese Howells, Andrew Murray, and George Muller  
among many others.

# The Forgotten Discipline of Fasting

Why we should embrace fasting today.

“Fasting helps to express, to deepen, and to confirm the resolution that we are ready to sacrifice anything, to sacrifice ourselves to attain what we seek (not ourselves, but) for the kingdom of God.”

Andrew Murray

With Christ in the School of Prayer

# The Forgotten Discipline of Fasting

What is fasting?

Simply put, fasting is going without food for a period of time for a spiritual reason.

If there is no spiritual reason, it is called dieting.

And there is no spiritual blessing in dieting.

Often fasting is tied to praying, but that is not always the case.

# The Forgotten Discipline of Fasting

What is fasting?

For some unknown reason, saying “no” to the desires of the flesh through fasting opens up the spirit in ways that are hard to understand.

But they are, nonetheless, real.

And fasting is an expected discipline, like Bible reading, prayer, and worship, of the believer.

# The Forgotten Discipline of Fasting

What is fasting?

Biblically, there are three kinds of fast.

The Normal Fast

The Absolute Fast

The Partial Fast

# The Normal Fast

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

And when He had fasted forty days and forty nights, afterward He was hungry.

Matthew 4:2

In the Normal fast, one abstains from all forms of food, but not from water.

# The Absolute Fast

And he (Saul) was three days without sight,  
**and neither ate nor drank.**

Acts 9:9

In the Absolute fast, one abstains from both food and water for a period of time.

There are only a few examples of an Absolute fast in Scripture (Ezra, Esther, Moses) and they usually last for only a short time.

# The Partial Fast

I (Daniel) ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 10:3

In the Partial fast, the emphasis is upon diet restriction rather than complete abstention of food.

# Why Christians Fast

Because Christ is no longer with us and, as believers, we should mourn at His absence.

See Matthew 9:14-15

# Why Christians Fast

Then the disciples of John came to Him, saying,  
“Why do we and the Pharisees fast often, but Your  
disciples do not fast?” And Jesus said to them,  
“Can the friends of the bridegroom mourn as long as  
the bridegroom is with them? But the days will come  
when the bridegroom will be taken away from them,  
and then they will fast.”

Matthew 9:14-15

The time to fast is now!

# Why Christians Fast

We fast to prepare our hearts to meet with God.

We fast to humble ourselves before our Lord.

Psalm 69:10, Matthew 5:4

We fast to be heard on high – Ezra 8:23

We fast to ask God to remove His judgment.

Jonah 3:5, 10

We fast to set us free from demonic oppression.

Isaiah 58:6

# Why Christians Fast

We fast to receive revelation from the Lord.

Daniel 9:2-3, 21-22

We fast to get victory over the flesh, especially food.

1 Corinthians 6:12-13

We fast to bring our bodies under submission.

1 Corinthians 9:27

Finally, we fast to give power to our prayers.

Matthew 17:21, 1 Corinthians 7:5

# The Fast God Chooses

See Isaiah 58

So what are we prepared to do about it?

# 2 Chronicles 7:14

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