

It is important to ensure fellowship with God before the study of the Word.

If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness (**1 John 1:9**).

Standing on the Promises of God - -

Isaiah 59:1 Behold, the LORD'S hand is not so short that it cannot save; nor is His ear so dull that it cannot hear.

Matthew 6:17-

“But you [*kingdom subject*], when you fast, anoint your head and wash your face ¹⁸ so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees *what is done* in secret will reward you.”

FASTING – (*in review*)

1. **During the Age of Israel (Old Testament)**
2. **During the Gospels**
3. **During the New Testament Epistles**

Fasting during the Age of Israel

1. People fasted as a result of mourning over calamitous circumstances.
 - A. Military defeat (**Judges 20:26; Nehemiah 1:1-4**)
 - B. Death of a king (**1 Samuel 31:13; 2 Samuel 1:12**)

2 Samuel 1:12

They mourned and wept and fasted until evening for Saul and his son Jonathan and for the people of the LORD and the house of Israel, because they had fallen by the sword.

- C. Terminal illness of a child (**2 Samuel 12:16-23**)

2 Samuel 12:16-17

David therefore inquired of God for the child; and David fasted and went and lay all night on the ground. ¹⁷ The elders of his household stood beside him in order to raise him up from the ground, but he was unwilling and would not eat food with them.

- D. Personal distress of a king over the possible loss of a loyal subject (**Daniel 6:16-24**).

Daniel 6:18-19

Then the king went off to his palace and spent the night fasting, and no entertainment was brought before him; and his sleep fled from him. ¹⁹ Then the king arose at dawn, at the break of day, and went in haste to the lions' den.

Point of Observation - Personal grief or sorrow was associated with fasting.

2. Calamitous circumstances lead the genuinely humble believer to pray from the soul (**Nehemiah 1:3-11; 2 Chronicles 20:1-4**).

Nehemiah 1:3-11 They said to me, "The remnant there in the province who survived the captivity are in great distress and reproach, and the wall of Jerusalem is broken down and its gates are burned with fire." ⁴ When I heard these words, I sat down and wept and mourned for days; and I was fasting and praying before the God of heaven.

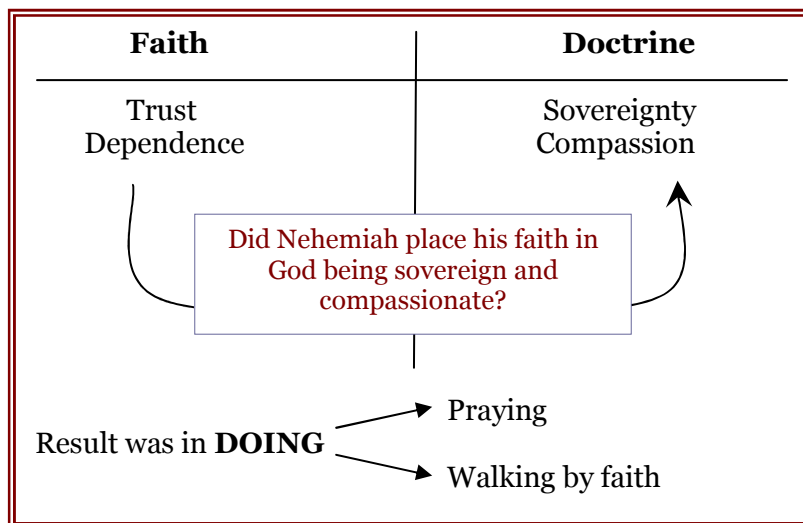
Point of Observation – Often times fasting accompanied prayer.

⁵ I said, "I beseech You, O LORD God of heaven, the great and awesome God, who preserves the covenant and lovingkindness for those who love Him and keep His commandments, ⁶ let Your ear now be attentive and Your eyes open to hear the prayer of Your servant which I am praying before You now, day and night, on behalf of the sons of Israel Your servants, confessing the sins of the sons of Israel which we have sinned against You; I and my father's house have sinned.

Point of Observation – Confession of sin was associated with fasting.

An Outline of Prayer	
Matthew 6:9-13	John 17:1-26
I. Glory of God	
II. Daily provision	
III. Forgiveness	
IV. Deliverance	

⁷ "We have acted very corruptly against You and have not kept the commandments, nor the statutes, nor the ordinances which You commanded Your servant Moses. ⁸ "Remember the word which You commanded Your servant Moses, saying, 'If you are unfaithful I will scatter you among the peoples; ⁹ but if you return to Me and keep My commandments and do them, though those of you who have been scattered were in the most remote part of the heavens, I will gather them from there and will bring them to the place where I have chosen to cause My name to dwell.' ¹⁰ "They are Your servants and Your people whom You redeemed by Your great power and by Your strong hand. ¹¹ "O Lord, I beseech You, may Your ear be attentive to the prayer of Your servant and the prayer of Your servants who delight to revere Your name, and make Your servant successful today and grant him compassion before this man." Now I was the cupbearer to the king.



Nehemiah 1:1 “. . . Now it happened in the month Chislev, *in* the twentieth year. . .”

Isaiah 40:31 Yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary.

1 Peter 5:6-7

Nehemiah 2:1-4 And it came about in the month Nisan, in the twentieth year of King Artaxerxes, that wine was before him, and I took up the wine and gave it to the king. Now I had not been sad in his presence. ² So the king said to me, "Why is your face sad though you are not sick? This is nothing but sadness of heart." Then I was very much afraid. ³ I said to the king, "Let the king live forever. Why should my face not be sad when the city, the place of my fathers' tombs, lies desolate and its gates have been consumed by fire?" ⁴ Then the king said to me, "What would you request?" So I prayed to the God of heaven.

James 1:5 But if any of you lacks wisdom, let him ask of God, who gives to all generously and without reproach, and it will be given to him.

Nehemiah 2:8 “. . . And the king granted *them* to me because the good hand of my God *was* on me.”

Psalms 136:1-26

“Lovingkindness” – CHESED – “Loyal Love”

- Give thanks to the LORD, for He is good, for [because] His lovingkindness is everlasting.
² Give thanks to the God of gods, for His lovingkindness is everlasting.
³ Give thanks to the Lord of lords, for His lovingkindness is everlasting.
⁴ To Him who alone does great wonders, for His lovingkindness is everlasting;
⁵ To Him who made the heavens with skill, for His lovingkindness is everlasting;
⁶ To Him who spread out the earth above the waters, for His lovingkindness is everlasting;
⁷ To Him who made the great lights, for His lovingkindness is everlasting:
⁸ The sun to rule by day, for His lovingkindness is everlasting,
⁹ The moon and stars to rule by night, for His lovingkindness is everlasting.
¹⁰ To Him who smote the Egyptians in their firstborn, for His lovingkindness is everlasting,
¹¹ And brought Israel out from their midst, for His lovingkindness is everlasting,
¹² With a strong hand and an outstretched arm, for His lovingkindness is everlasting.
¹³ To Him who divided the Red Sea asunder, for His lovingkindness is everlasting,
¹⁴ And made Israel pass through the midst of it, for His lovingkindness is everlasting;
¹⁵ But He overthrew Pharaoh and his army in the Red Sea, for His lovingkindness is everlasting.
¹⁶ To Him who led His people through the wilderness, for His lovingkindness is everlasting;
¹⁷ To Him who smote great kings, for His lovingkindness is everlasting,
¹⁸ And slew mighty kings, for His lovingkindness is everlasting:
¹⁹ Sihon, king of the Amorites, for His lovingkindness is everlasting,
²⁰ And Og, king of Bashan, for His lovingkindness is everlasting,
²¹ And gave their land as a heritage, for His lovingkindness is everlasting,
²² Even a heritage to Israel His servant, for His lovingkindness is everlasting.
²³ Who remembered us in our low estate, for His lovingkindness is everlasting,
²⁴ And has rescued us from our adversaries, for His lovingkindness is everlasting;
²⁵ Who gives food to all flesh, for His lovingkindness is everlasting.
²⁶ Give thanks to the God of heaven, for His lovingkindness is everlasting.

1 Peter 5:11 To Him be **dominion** forever and ever. Amen.

All Scriptures quoted are from New American Standard unless otherwise noted.