



Lesson 4

Synergy is when two things work in cooperation with each other to produce a greater effect. That's what fasting does to prayer and that's what prayer does to fasting. Fasting _____ prayer and prayer _____ fasting.

MOST COMMON REASON FOR FASTING

According to my studies, the most common reason for fasting in the Bible is _____.
What is that? It is _____.

Examine: Nehemiah 9:1-3 (KJV & MSG) Here in Nehemiah 9, the people are not prevented from weeping, fasting or mourning, because they understand the appropriateness of their response to sin. This is a lament. They also include other rituals to synergize their lament.

1. They wore sackcloth. They are showing sorrow and they are saying Lord we submit to You.
2. They _____.
3. They separated themselves.

FASTING FOR PROVISION

Another Biblical reason for fasting is _____. This is also one of the tenets that Jesus prays about in the model prayer. In Matthew 6:11, Jesus prays give us this day our daily bread. Since it's ok to ask God to provide in prayer, it's also ok to synergize our petitions for provision with fasting. A great example of this can be seen in the story of Hannah. Examine: 1 Samuel 1:1-20. How do we know Hannah is fasting? There are clues from the text.

1. This happened year after year. Hannah is saying Lord provide me with the strength I need to meet this challenge.
2. Hannah skips the _____. This was an important meal that was part of their worship experience.
3. _____. Hannah was refusing physical food for a spiritual purpose.

Is Hannah bargaining with God? Hannah's prayer and fasting can't be seen as a bargain because _____. God chooses to use Samuel, but God does not need Samuel. In 1 Samuel 2, Hannah realizes God is _____.