



FOURSQUARE
**MINISTRY
TRAINING**

MODULE FOUR

**“FOUNDATIONAL DISCIPLINES OF
DISCIPLES”**

PART TWO: PRAYER

Rev. John Ballantyne BA, B.Theol, Dip.Tchg, Director of Ministry Training

6 Tamar Street, Cape Wanbrow, Oamaru 9400, New Zealand

Administrator: Mrs. Mary Ballantyne. Email: foursquareministry@xtra.co.nz

Module Four, Part Two: “PRAYER”

Foundations/Disciplines of the Disciple

INDEX:

Lesson Five: Prayers of Petition and Supplication Page 3

Lesson Six: Binding; Loosing; and the Prayer of Faith Page 9

Lesson Seven: Intercession; and Praise and Worship Page 16

Lesson Eight: Prayer of Agreement; and Fasting Page 23

Next: Module Five..Developing Christian Character

Module 4: Prayer as an essential Discipline of the Disciple
Unit 1
“PRAYER AND SUPPLICATION”

Goal: The Bible says that to understand how to know God you have to talk to Him, and be able to hold a conversation with Him. There are different ways in which we speak in prayer to Him. This first Unit shows us how to pray with ‘supplication’.. to have needs met. For example...

Personal needs..Prayer of Supplication opens the door to personal blessing and answered needs. We need to ask according to His Will so that He hears us and grants us our request. This kind of Prayer is known as Supplication and we will look at how to approach God for answers. Other forms of Prayer we will study include...

<ul style="list-style-type: none"> ● Binding and Loosing by Faith 	<ul style="list-style-type: none"> ● Intercession with Praise and Worship 	<ul style="list-style-type: none"> ● Prayers of Agreement and Fasting
--	--	--

Let’s look at some ‘Supplication’ terminology:

- i) Prayer: Prayer is opening up the door of our heart to God, giving Him full access to our needs and the needs of others through petitioning Him, and asking Him to supply these needs.
- ii) Petition: This is to ask Him to provide something, or make a request for Him to meet our needs. Philippians 4:6 ‘Be anxious for nothing, but in everything, by prayer and supplication, with thanksgiving, make your requests known to God’. We are often highly motivated by an urgent need, and with the desire that God answer our needs. Psalm 119:170 ‘May my supplication come before You; deliver me according to Your promise’.

Our Approach to studying Prayer of Supplication in this Unit:

- i) Learn to PRAY according to the instruction from the Bible
- ii) Ask God
- iii) When to Pray
- iv) Pray on Purpose
- v) Petition and request with FAITH

vi) Avoid hindrances to Prayer

1. Learn to PRAY according to the instruction from the Bible.

Pray according to what The Word instructs and create a sound foundation of expected answers. Millions are hoping and praying on a faulty foundation. Those who pray according to The Word experience a higher rate of Divine Answers than those whom just pray and hope. **Pray with the specific knowledge that God hears your prayers; and acts on your behalf.**

2. Ask God

a) Ask God directly!

Ask Father for things you truly need, which reveals the motives of our heart, and our complete reliance on Him to meet it. He already knows our thoughts; and our motivations. We need to be both sincere and truthful. **James 4:2-3..’ You want something, but you don’t get it. You kill and you covet, but you cannot have what you want. You quarrel and fight. You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may get what you spend on your pleasures.’**

b) Ask God in confidence!

Because we have a personal relationship with Jesus our Great High Priest..*this relationship enables us to approach Him with confidence and expect Him to grant us mercy and Grace in our time of need. This is even more true when we are seeking to be obedient, and seeking Him as well, because clean hands and a pure heart mean there are no barriers or mental hindrances within us.* **Hebrews 4:14-16** **‘Therefore since we have such a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathise with our weaknesses, but we have One who was tempted in every way as we are.. yet He didn’t sin. Let us then approach the Throne of Grace with confidence, so that we may receive mercy and find Grace to help us in our time of need.’**
1 John 3:21-22 **‘Dear friends if our hearts do not condemn us, we have confidence before God, and receive from Him anything we ask, because we obey His commandments and do what pleases Him.’**

c) Ask God expecting good things!

When we are asking in confidence there is a much stronger faith expectation for God to answer with good things.. because He is a good God, all the time.
Matthew 7:7-11 **“Ask and it shall be given unto you; seek and you shall find; knock and it shall be opened unto you. For everyone who seeks finds, for everyone who asks receives; and for everyone who asks the door shall be opened. Which of you when his son asks for bread will give him a stone, or asks for fish and gets a snake? If you then, even if you are evil, know how to give good gifts to your children, how much more will your Father in Heaven, give good gifts to those who ask Him”**

d) Ask God according to His Will.

Friday	Self and family	Church..Marriages	'Teens', Children, and Outreaches
Saturday	Self & Family	Church..Harvest	Housechurches
Sunday	Self & Family	Church..Finances	FGCNZ 'Plants'

This gives twenty-one areas just in one week.. and you may wish to add Leaders, Oversight, Government, confess sin of our Nation God puts on your heart..

Pray for others: The Word instructs us to pray more for others than ourselves.

Be specific and avoid general requests: If you are too general, how will you know when God has answered.

Pray as the Holy Spirit leads you: Both in your own language and that of the Holy Spirit.
Keep listening to the Lord as you pray. "Man has two ears and one mouth".. IT IS A TWO-WAY CONVERSATION BETWEEN YOU AND FATHER!

5. Pray with FAITH IN GOD & HIS PROMISES!

a) Pray in the known will of God:

We can pray with strong faith when we know we are praying according to His Will. So, to repeat.. check the Word about similar examples to your request; and if you need advice; ask God.."Is this according to Your Will dear Father, in Jesus' Name?" We then have a Word and Spirit witness to release our Faith in God's faithfulness, and goodness. **1 John 5:14-15 'This is the confidence we have in approaching God: that if we ask anything according to His Will, He hears us. And if we know that He hears us—we know that we have what we asked of Him.'**

b) God's Promises build faith! When you pray according to His Will you pray with FAITH. When you don't seek His Will.. then you pray basing your request on His mercy and understanding. ***"If it be according to Your will"*** means we can't find the promise for that in the Bible. When you have found the appropriate Promise, and pray it with understanding.. you will receive a ready answer from the Lord.

c) Don't pray against God's Will!

- Don't pray selfishly
- Don't violate or ignore God's Promises

*If we do we are cutting across God's Will and Purpose for our own life! **James 4:3 'When you ask, you do not receive, because you ask with the wrong motives, that you may spend what you get on your own pleasures'**.*

Personal testimony: *What has happened when you prayed according to the known Will of*

God?

- d) **Let your words be few, without repeating yourself:** God isn't deaf.. He is hearing your heart.. not your many words. Developing your relationship with Jesus is the greatest key to knowing God hears you, and you will get answers! Pray very specifically as the Holy Spirit leads you, that you might get very specific answers. **Matthew 6:7-8** 'When you pray, do not keep babbling like the pagans, for they think they will be heard because of their many words. Don't be like them. Father **knows what you need before you pray ask Him.**' **Ecclesiastes 5:2..** 'Do not be quick with your mouth, do not be hasty to utter anything before God. God is in Heaven, and you are on the Earth, **so let your words be few.**'
- e) **Pray the Answer, not the Problem!** Father already knows the problem. Pray what the outcome will be according to the Promise which you have found. Confess the ANSWER as you believe it to be as you Pray..For example.."I thank you O Lord God that You will provide for us to bring salvation to that specific family, in Jesus' Name"..***Promise: "It is not God's desire that anyone should perish, but that all should come to a saving knowledge of Jesus Christ" (Peter).*** YOU WILL RECEIVE WHAT YOU BELIEVE THE ANSWER SHOULD BE. **Mark 11:24** "Therefore I tell you, whatever you ask for in Prayer, believe that you have received it, and it shall be yours"
- End your Prayers with Thanks! And Praise!**
- f) **What God has promised He will fulfil:**
Numbers 23:19-20 'God is not a man that He should lie, neither the son of man that He should change His mind. Does He speak, and then not act? **Does He promise and then not fulfil?** '
- g) **Thank and Praise Him for the Answer in Advance!** When you've prayed.. the answer is on it's way! You know that it is! All that is left is to praise and thank Father for what He is going to do.. Our **faith and expectation** is maintained when we continue to Thank and Praise him for the answer.. ***even if it takes longer than we want.*** Doubt will nullify faith and cancel thanksgiving and Praise! *(If you continue to be opposed in your faith by a spirit of unbelief, then bind it, and loose yourself from it in the Name of Jesus)* **Philippians 4:6-7** 'Do not be anxious about anything, but in everything, by prayer and supplication, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus'.
- h) **James 1:5-8** 'If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think that he will receive anything from God. He is a double-minded man, and unstable in all that he does.'

6) Avoid Hindrances to answered Prayer:

These are:

- a) **Negative and unscriptural speech:** Speaking and confessing what The Word of God says is the best way to avoid negative and unscriptural talk. Negativity in prayer nullifies faith and produces doubt. **Deuteronomy 30:19-20** **'This day I call Heaven and earth as witness against you that I have set before you life and death, blessings and cursings. Now choose life, so that you and your children may live and that you may love the LORD your God, listen to His voice and hold fast to Him.. for the LORD is your life.'**
Proverbs 18:20-21 **'From the fruit of his mouth a man's stomach is filled; with the harvest from his lips he is satisfied. The tongue has the power of life and death, and those who love it will eat its fruit.'**
- b) **Unforgiveness and strife:**
If we have unresolved conflicts with anyone, it will hinder the answer to our Prayers. If we do not forgive others, our Father in heaven will not forgive us. **Mark 11:25** **"And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in Heaven may forgive your sins."**
- c) **Being apologetic or overly humble:** We cannot impress Father by apologising for who we are, or by trying to be humble in His Presence. He knows everything about us, before, during and after our Prayer time. So just be honest when you are praying. Act like the person that Jesus made you to be.. more and more like Him.. faith-filled; Spirit-filled; world-overcoming Believer who is operating in Christ's Authority. **1 John 5:4-45** **'For everyone born of God overcomes the world. This the victory that has overcome the world, even our faith. Who is it that overcomes the world.. only he that believes that Jesus is the Son of God.'**
Matthew 21:21-22 **'Jesus replied, "I tell you the Truth, if you have faith and do not doubt, not only can you do what is done to this fig-tree, but also you can say to this mountain..'Go throw yourself into the sea' and it will be done. If you believe you will receive whatever you ask for in prayer."**

“LET’S PRAY! “

PRAYER: PART TWO
(a).. BINDING AND LOOSING
(b) THE PRAYER OF FAITH

The Principles of Binding and Loosing:

1. Understanding what the terms mean?

- i) Binding “*deo*” (*Gk*) to bind, to put in bonds, knit, tie up or wind.
- ii) Loosing “*luo*” (*Gk*) to loosen, break up, destroy, dissolve, melt or put off.

Read: i) Matthew 12:25-29 .. ***“...if I drive out demons by the Spirit of God, then the Kingdom of God has come upon you. Or again how can anyone enter a strong man’s house and carry off his possessions unless he first ties up (binds) the strong man. Then he can plunder his house”.***

Mark 3:27 (*parallels the above Scripture*)

Luke 11:21-22 ***“When a strong man, fully armed guards his own house, his possessions are safe. But when someone stronger attacks and overpowers him, he takes away the weapons in which the man trusted and plunders his treasures.”***

Key Words Jesus uses: What is their meaning?

- Demons
- Strong man
- Strong man’s house
- His possessions
- Bind up the strongman
- Plunder his house
- Fully armed guards
- His own house
- Someone stronger
- Attacks

- Overpowers
- Takes away his trusted weapons

Why do we loose people?

We loose people from the forms of 'binding' which spirits may have over them. They operate in our three human dimensions.. body, mind and spirit. These demonic spirits may 'bind' a person with sickness; or their mind with "unclean thinking", or their spirit.. and with some people like the demoniac at Gadarenes (Mark 5).. it can be the three dimensions simultaneously. Jesus has cleared the way for us to safely loose these people. Prayer; and direct spoken commands.. all in the Name of Jesus will loose these people from whatever is binding them. As Jesus saw the evil demons thrown like lightning from heaven to Earth at God's command.. they must submit to us in the Name of Jesus and obey! (Luke 10:19) We are given power to trample on them and decimate Satan's kingdom.

'The Strong Man'.. is Satan; and under his authority the demonic spirits operate in a person are 'strong men' that need to be bound. His nature, and theirs, is "strong".. aggressive, boisterous, argumentative, boasting, proud, haughty, arrogant and above all else self-deceived. As well, Satan, or a demon can only be in one place at a time. **We bind the spirit(s) in Jesus' Name..** because we are about to plunder his 'house'. Jesus did it by saying things like "Be quiet and come out of him" (Mark 1:25; Luke 4:33). The spirits know that we have Jesus within us; and that we are Anointed by the Holy Spirit, but they will often wait to see if we will act correctly on the Authority which Jesus has given us. We say something like.. "I bind your power to resist, submit to me now in the Name of Jesus; I command you to loose and release him/her now in the Name of Jesus Christ of Nazareth".

1 Peter 5:8,9 'Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings.'

Use the correct Scriptures: Matthew 16:19; and Matthew 18:18 use the terms to bind and loose. However the context here is to forbid or permit certain behaviour in the Body of Christ; and instituting church discipline. These should be used in the correct context, if they are to be used in the context of ministering to people who are bound by spirits. Satan and his spirits are intelligent 'legalists' and will try and delay departing the 'house' they have been sent by Satan to destroy whenever possible. Don't permit it.

Dealing with, and doing battle with the "unseen realm"

We don't 'sense' spirits by our five physical senses. Holy Spirit becomes our Director and is our eyes and ears. We deal with spirits; by listening to the Holy Spirit; and as led by Him, reach for and use our weapons which include the Word, which is Spirit; Jesus

Name (Gk. 'exousia'-Almighty Authority); the Holy Spirit Anointing (Gk. 'dunamis'- Almighty power); the power of agreement; The Blood of Jesus; Fasting and Prayer if necessary; and spoken commands to bind or loose. Holy Spirit, especially in times of Prayer directs us into the unseen world of the spirit, and allows us to discern what is really important. **He sifts situations so** that by discernment we may arrive at the Truth. What is seen on the surface most likely has an underlying root in the spirit which we need to uncover and expel. **Note: People problems that never dry up and go away, but persist unchanged with the same negative fruit, for years, may have a spirit behind them.**

2 Corinthians 4:17-18 'For our light and momentary troubles are achieving for us an Eternal Glory that far outweighs them all. So we fix our eyes not on what is seen, but on that which is unseen.. for what we see now is temporary, but that which we don't see is Eternal'.

Ephesians 6:10-12 'Finally, be strong in the Lord and in His mighty power. Put on the full armour of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world; and against the spiritual forces of evil in the heavenly realms.'

2 Corinthians 10:3-5 'For though we live in the world, we do not wage war as the world does. **The weapons we fight with are not the weapons of the world.** On the contrary, they have Divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.'

We are to loose the minds that are blind.

2 Corinthians 4:3-4 'The Gospel is veiled to those who are perishing; because the god of this age has blinded the minds of the unbelievers, so that they cannot see the light of the Gospel of the Glory of Christ, who is the image of God.'

John 8:32 "Then you will know the Truth, and the Truth shall set you free"

Because the Words that Jesus speaks are both Spirit and Life.. they have the power to penetrate the veil of unbelief in the lost; and bring true Hope. Trust Jesus' Words. Trust all the Word of God!

We will Triumph in the Lord!

Now that you know about your Authority in Christ and The Word, and Power in the Holy Spirit; you are a true threat to Satan. Others will see this in you also; as you minister life-giving words that set people free.

2 Corinthians 2:14-16 'Thanks be to God who leads us in His triumphal procession in Christ; and through us He spreads everywhere the fragrance of the knowledge of Him.

For we are to God the aroma of Christ among those who are being saved and those who are perishing. To the one the smell of death; to the other the fragrance of life .. and who is equal to such a task.'

The 'Gates of Hell' will NOT prevail against you! We become "the rock of revelation" .. that Christ made us to be.

When we have the revelation that Christ is "in us" then the Gates of Hell are penetrated and plundered on our behalf. Christ in us is the ultimate threat to Satan's ability to keep people bound.

Matthew 16:16-18 'Simon Peter answered, "You are the Christ, the Son of the Living God." Jesus replied, "Blessed are you Simon, son of Jonah, for this was not revealed to you by man, but by my Father who is in Heaven. And I tell you that you are Peter, and upon this rock I will build My Church and the Gates of Hell shall not prevail against it."

Basic Principles of Loosing people from Evil

Principle 1. Agreement is needed between the one ministering and the one being ministered to. If they do not believe, or refuse our ministry of the Word and Prayer, the spiritual forces that have them bound are being given permission by them to remain. If they choose to accept what Jesus promises, the power of God is released and they are loosed. 'They that call upon the Name of the Lord shall be delivered'. (Joel)

Principle 2. The Believer is stronger than Satan himself and all his demons put together. In Christ we are the 'someone stronger'. Invoke the shed Blood of Jesus against the strongest demonic power and it will be cast out. (Revelations 12:11). Invoking the Blood of Jesus, overpowers and crushes the demons armour, and causes that demon to flee.

Principle 3. Exercise your Authority while standing in the full armour of God. Study Ephesians 6:10-18.

- **'be strong in the Lord and in His mighty power'**
- **'Stand your ground, and after you have done everything, stand. Stand firm.**
- **Take the Sword of the Spirit**
- **Pray in the Spirit on all occasions**

Principle 4. Deal with all unforgiveness *(get them to pray this first if they haven't already)*

- Have you repented of the part that you have played in this bondage?
- Do you accept Christ's forgiveness for your involvement?
- Have you forgiven yourself?
- Do you totally forgive others involved?
- Will you now through Prayer declare the affected parts of your being "instruments of righteousness" in the Name of Jesus?

You can then Pray something like this.. “In the Name of Jesus....

“I LOOSE you into forgiveness through Jesus Blood. Spirits that have her bound be gone now!”

“I loose you into the abundant life of the Kingdom of God.. BE FREE”

Principle 5. Follow Jesus example. He is writing and finishing our Faith! Accept His statement about your ministry..”**Anyone who has faith in Me will do what I am doing; and even greater things than these shall you do!**” (John 14:12)

Luke 13:10-16 ‘On a Sabbath, Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When He saw her, He called her to Him, saying..”Woman, you are set free from your infirmity”. Then He put His hands on her and she straightened up and began to praise God. Jesus said..”Should not this woman, a daughter of Abraham whom Satan has bound for the last eighteen years, be set free on this Sabbath day from that which bound her!?”

Principle 6. Angels.. God’s good angels are ready to work on our behalf to break the attacks of the ‘fallen angels’. (Study Isaiah 14, Ezekiel 28, John 10). Any time we minister in the Name of Jesus Christ, the Word of God says that we activate ministering angels sent to serve us. It appears that they are waiting for us to speak out those life-giving words from The Word of God. Hebrews 1:14. ‘Are not all angels ministering spirits, sent to serve those who will inherit salvation’.

Principle 7. People are loosed from curse into Blessing..

● Poverty into prosperity
● Fear into faith
● Depression into hope
● Accidents into safety
● Sickness into health
● Discouragement into confidence
● Confusion into Peace
● Negatives and into the positive
● Bondage into freedom.

ALL IN THE NAME OF JESUS CHRIST!

(b) THE PRAYER OF FAITH

James 5:14-16: 'Is anyone among you sick? He should call the elders of the Church to pray over him, and anoint him with oil in the Name of the Lord. And the prayer of faith will make the person well, and the Lord will raise him up. If he has sinned, he is to be forgiven. Therefore confess your sins to each other; and pray for each other so you may be healed. The prayer of a righteous man is powerful and effective.'

The prayer of faith is commonly used when someone is sick; and needs God's healing. Any willing believer may pray the prayer of faith, although the Letter of James says 'elders', but you don't have to be licensed or ordained to pray for the sick. The important thing is to go; be righteous and have faith in God like an "elder". Anyone who has faith that God will heal the sick should be involved in ministering to them.

- i) Christians get sick too! Go to anyone any time you can, no matter what their belief, religion or status.
- ii) Call the elders of the Church. An elder in this passage is any mature believer who has had a history of successfully healing the sick. This means they are not a novice, and have the respect of their local church, because signs and wonders follow their ministry.
- iii) Pray over the person. We need to be physically there with them to pray the prayer of faith. They can hear our prayer of faith.. Faith comes by hearing and our words must convey our belief that God will heal the sick.
- iv) Anoint the individual with oil in the Name of the Lord. The oil represents the Holy Spirit.. Olive Oil is traditionally used. It isn't the oil that heals the person it is the prayer offered in faith that causes the sickness to be gone. In Jesus time oil was used as an agent of cleansing of the wound. Anointing with oil is a physical reminder to the person that they have had the prayer of faith prayed over them.
- v) Offer the Prayer of Faith. This may include a binding of the source of the sickness; and loosing the person from it in the Name of Jesus. We don't pray.."If it be God's will".. because The Word says.."God will raise him up". God's will has already been stated!
- vi) Believe the sick person will become well and the Lord will raise him/her up. It is called the Prayer of Faith, because those praying it speak only those words that say God will raise them up, and they will be healed! The faithless will always use words that will excuse them if nothing happens. Therefore only those who believe that God will heal the sick should pray the prayer of faith.
- vii) What if you don't see anything happen? Believing, confessing and praying that "the Lord will raise him up" is not a guarantee that the Lord will do it instantly. When the Holy Spirit intervenes with a Word of direct revelation of what is involved and what will happen then it will happen very quickly. Therefore

without a direct word of indication from the Holy Spirit.. leave the timing up to God. God is in charge as to when the healing will manifest. We are in charge of invoking the Name of the Lord Jesus Christ, and commanding the sickness or pain to leave. Speak, inferring that healing will take place straight away.. but at the same time, don't be surprised if the manifestation takes longer. The biggest mistake those ministering healing make is to try and crash God's own timetable. We must be honest with God, ourselves, and the people to whom we minister. Our mission is to pray in faith and leave the final results in the hands of the Lord.

viii) Confess your sins. The source of some sickness is unconfessed sin. Before we pray for them, it is a good thing to ask them if there is any offense which they may have neglected to seek forgiveness from God; or to forgive someone else. In many, but not all cases, unconfessed sin will block the healing.

ix) Pray for each other so that you may be healed. This is the final word on the prayer of faith..and it doesn't mention elders, pastors or any other high-ranking church official. It says **each other**. This says that all believers can pray for each other and expect god to fulfil the promise to keep us well, and raise us up when we are sick. It also infers that Christians do get sick once in a while. So the prayer of faith should be a regular part of our ministry to anyone as we proceed with our daily activities.

x) This is one of God's great EVANGELISTIC TOOLS! So be ready to use it at any time! Testify about results you have encountered.

DISCIPLINES OF THE DISCIPLE: PRAYER **INTERCESSION, and** **PRAISE, and** **WORSHIP**

1. INTERCESSION:

Those called to the Ministry of Intercession are the backbone of the Body of Christ. It is one of the most demanding and the most rewarding of all ministries. Let's look at:

- The principles of Intercession
- The Keys to success
- How a Believer can labour for the fruit of this Ministry.

i) Definition of Intercession:

'To meet with God for the purpose of petitioning, and/or pleading on behalf of others so God will meet their needs.'

1 Timothy 2:1-4 'I urge then, first of all that requests, prayers, intercession and thanksgiving be made for everyone.. for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Saviour, who wants everyone to be saved and come to a knowledge of the Truth'.

ii) It fulfils Christ's command to **unconditionally** Love one another:

Jesus tells us people will know who we are by the way we treat others.. with love, respect and dignity. Interceding is the great act of unselfish love, for we are on our knees fasting and praying for everyone Holy Spirit moves us, from our enemies to our brethren. This is true compassion and mercy, especially when we pray for our persecutors. Only the Holy Spirit can work in us to sincerely pray and intercede for those who have harmed us; or are inflicting harm on us.

Matthew 5:43-48 (Extracts).. "Love your enemies, and pray for those who persecute you.. if you only love those who love you, what reward will you get? Tax collectors do that! Be perfect as your Father in Heaven is perfect"

John 13:34,35 'Love one another as I have loved you; and by this shall all men know that you are my disciples'.

iii) Character traits an Intercessor has sought to develop:

- Intimacy with God through spending times alone with Him over years.
- Have a Holy boldness to act on what they Believe.
- Have a deep understanding of God's conviction and righteous judgement towards the wicked; and a strong knowledge of His desire to save them.
- Having a deep desire to see God glorified on this Earth through answered prayer.
- Having an ability to identify with the consequences of the sin of their city, their nation, and their world and pray as moved!
- Pray with compassion and the selfless love of Christ.

Matthew 9:36-38 'When He saw the crowds, He had compassion on them, because they were harassed and helpless like sheep without a shepherd. Then He said to His disciples.. "The harvest is plentiful, but the labourers are few. Ask the Lord of the Harvest to send forth labourers out into the Harvest.'

iv) The Agenda of the Intercessor: Pray for all people from the ungodly to the saints. We don't have the option about complaining about our Government, just praying for them, so that we can get on in peace with our job of building the Kingdom of God, and see our Leaders come to a knowledge of the Truth, or if they are in it, to lead in it.

v) Intercede and weaken evil strongholds: When we are called to minister to deep spiritual problems in a person or place, involving the demonic realm, the strongholds should be broken by Intercessory Prayer BEFORE the ministry occurs. There are certain spiritual strongholds can only dislodged by doing battle in the heavenly realm prior to ministry with that person or place. Intercession (often with fasting) will dislodge and break the power of the demons; and open the doors for more effective ministry.

Mark 9:28-29 'After Jesus had gone indoors, His disciples asked Him privately, "Why couldn't we drive these demons out?" He replied.. "This kind can only come out by prayer and fasting"

Luke 10:19 "I give you power to trample on serpents and scorpions and over all the power of Satan and nothing by any means will harm you".

Acts 10:38 'And God Anointed Jesus Christ of Nazareth with the Holy Ghost and power, and He went about doing good, and healing those oppressed by Satan, because God was with Him.'

vi) Obey the Holy Spirit

Intercessors quickly learn to hear God's voice through the Holy Spirit.

Intercessors must learn the key of working together with God, by obeying His voice and doing what He says. **Waiting on the Lord takes on a whole new meaning!**

Goose-bumps can become the call to attention. Feeling the Presence of the Holy Spirit is much more than just being Blessed. He is wanting us to do something for Him.. to listen to His words, to see images in our spirit, to respond to His suggestions and instructions, and to immediately obey His slightest

command.

- vii) Intercede with and in the Holy Spirit. The Bible makes the distinction between praying “in” and praying “with” the Spirit. Praying with your spirit (tongues) is a purposeful activity initiated by the human will in order to connect with the Holy Spirit. Praying “in” the Spirit is a co-operative activity of praying with the Holy Spirit in accordance with what He desires. The former is done with purpose.. the latter with God’s leading. Praying with your spirit (tongues) will lead to praying in the Holy Spirit. The intercessor will spend much time doing both.

1 Corinthians 14:14-15 ‘For if I pray in a tongue, my spirit prays, but my mind is unfruitful. So what shall I do? I will pray with my spirit, but I will also pray with my mind; I will sing with my spirit, but also sing with my mind.’

Ephesians 6:18 ‘And pray in the Spirit on all occasions with all kinds of Prayers and requests...’

Jude 1:20 ‘But you dear friends, build yourself up in your most Holy Faith, praying in the Holy Spirit’.

Note: The small ‘s’ refers to your spirit; and the large ‘S’ refers to the Holy Spirit of the Lord.. who is with you. He enables us to pray with the best course of action.

- viii) Intercede according to God’s Will: We do not know how to pray as we should, but Holy Spirit does.. so He will come alongside us to help us correctly intercede according to God’s Will.

Romans 8:26-27 ‘In the same way the Spirit helps us with our weaknesses. We do not know what to pray as we ought..but the Spirit Himself intercedes for us with groans that words cannot express. And He who searches the hearts knows the mind of the Spirit, because the Spirit intercedes for the saints according to God’s will.’

- ix) Travail until victory is perceived. The **groans** of the Holy Spirit are the anguish of outpouring, which continue deep within us as we intercede until there is a release of peace.. signalling that the petition is fully answered by God in the Heavens. That release from the burden into a sense of the burden lifting and going; along with an assurance that the answer will arrive in God’s perfect season. The cessation of ‘the groaning burden’ within us, is a sure sign of God’s Victory; and answered Prayer. Note: Do not permit fleshly groaning and wailing as some are want to do, to impress others. False humility counts for nought with God.

- x) Follow Jesus’ example. Any Holy Spirit gifting will mean that we will have similarities in operation to Jesus’ ministry in that Gift. When the ‘burden’ to intercede comes upon us, it will often be accompanied by distress, feeling disturbed, maybe even overwhelmed, or the crying of many tears.. Continue until “the peace that passes all understanding” floods the inner man.

Mark 14:32-36 In the Garden of Gethsemane Jesus spoke to His disciples saying..**Sit here while I pray”.** He took Peter, James and John with Him, and He

began to be deeply distressed and troubled. “My soul is overwhelmed with sorrow to the point of death”, He said to them..

Jeremiah 29: 12-14 ‘You will seek Me and you shall find Me, when you search for Me with all of your heart..’

- xi) **Be bold with Father God:** because of the many hours spent alone in intercession, a holy boldness will develop. You get to know in greater terms the Presence of God; and the entrance into the Throne Room of God. They develop confidence because they know they are praying according to the will of God **because they have also learnt to live according to the Holy will of God, and the ‘impemata’ of both from the Holy Spirit is the same.** Pray boldly.

Matthew 11:12..From the days of John the Baptist until now, the Kingdom of Heaven has been forcefully advancing, and forceful men lay hold of it.’

- xii) **Be the salt of the Earth:** Salt is salty, penetrating and effective. For our prayer to be salty we must remain fervent, bold and persevering.

PRAISE AND WORSHIP

God is seeking those who worship Him in Spirit and in Truth, so **He has made a way into His Presence through Praise and Worship.** You who delight yourself in the Lord, you to whom He grants the desires of your heart, you have learnt the sweetness of worshipping the Lord.. and sooner or later you will experience what few Believers experience.. and that is the atmosphere of a loving and caring God who manifests Himself to you personally.

We are a race that God has chosen to worship Him! 1 Peter 2:9 ‘But you are a chosen people, a royal priesthood, a holy nation, a people belonging to God, that you may declare the praises of Him who brought you out of darkness into His glorious light.’

God seeks True worshippers:

When we offer our thanksgiving, praise and worship in total abandonment, we are getting close to the meaning of true worship. **John 4:23-24 “Yet a time is coming, and now is when the true worshippers will worship the Father in Spirit and in Truth.. for they are they kind of worshippers that the Father seeks. God is Spirit, and those that worship Him, must worship Him in Spirit and in Truth.”**

i) **What is true Worship?**

a) **It is our Gift to God!** God has chosen us to minister to Him! How can respond to such a God? Offer Him Praise and thanksgiving, and worship. It is the most important gift we can offer Him after our own dedicated life. There is nothing that God needs.. but Worship is what He has chosen to have us offer Him as the overflow of our relationship of gratitude and wonder which we have with Him. It is up to the Believer to find that which God desires from them and finds acceptable from them, and to supply it to Him with

adoration, honour, undivided attention, praise and worship.

- b) Start with Thanksgiving: Out of the overflow of our thankful heart (*and some may have to develop a heart of gratitude*), we Bless Him that He has provided all things for us. Thank Him for everything that you can think of. Let it be you and Holy Spirit bringing specific things, and couching them in terms of the flow of the Holy Spirit through you.

Psalm 100:4-5 'Enter His gates with thanksgiving; and His Courts with praise; give thanks to Him, and praise His Name'. For the Lord is good, and His love endures forever and His faithfulness through all generations'.

- c) Then comes Praise: True praise involves us verbally directing our adoration to Him. It is spontaneous and Holy Spirit filled. It is released through singing, shouting, with instruments and through the whole congregation.

Psalm 35:27-28 'May those who delight in my vindication shout for joy and gladness; may they always say, "The Lord be exalted, who delights in the well-being of His servant" My tongue will speak of Your righteousness, and of Your praises all day long'.

Use instruments of Praise.. (Study Psalm 150) Use all that is right and good to edify and build up the Church.

- d) Release Power in Praise: Sincere praise and worship ushers in the Anointing of the Holy Spirit to do mighty things in our midst. Even in the midst of trial and tribulation, praise will change the situation. Nothing moves the heart of 'Abba' more than sincere praise and worship.

2 Chronicles 5:13-14 'It came to pass, as the trumpeters and singers were as one, to make one sound to be heard in praising and thanking the Lord; and when they lifted up their voices with the trumpets and cymbals and instruments of music and praised the Lord, saying.."For He is good, for His mercy endures forever".. that then the House was filled with a cloud, even the House of the Lord; so that the priests could not stand to minister by reason of the cloud: for the Glory of the Lord had filled the House of God.'

- e) True Worship ushers in God's Glory:

The Glory of the Lord is finally released when a corporate gathering of believers finally enters into true worship. In the passage above 120 priests couldn't stand to perform their duties. When a congregation comes into high praise in one accord, the awesome power of God is released. People will fall because they are unable to stand. When everyone is in one accord, focused totally on God, engaged in spontaneous worship.. they will experience the manifestation of the majestic, overwhelming presence of God's Glory. That is true worship. (Read Revelations 5:11-14)

- f) How can we be in one accord? Jesus prayed for Unity.. and the key to true worship is to be in unity.. To be in Unity we must take steps to be in one accord with one another and with God:

- We must have no unforgiveness towards anyone

- We are to love and accept those with whom we are worshipping
- We are to be in close personal relationship with god through the Holy Spirit
- We are to surrender ourselves to worship the Father in Spirit and in Truth
- We are to practise the Presence of the Lord, expecting Him to strongly manifest Himself at any moment as we come into agreement with the Heavenly Host of Angels, worshipping Him with absolute abandonment.

Isaiah 58:14: .. “then you will find your joy in the Lord, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob”. The mouth of the Lord has spoken.

Psalm 89:15-18: ‘Blessed are those who have learned to acclaim You, who walk in the light of Your presence, O Lord. They rejoice in Your Name all day long; they exalt in Your righteousness. For You are their Glory and Strength, and by Your favour You exalt our horn. Indeed our Shield belongs to the Lord, our King to the Holy One of Israel.’

Psalm 91:1-2: ‘he who dwells in the shelter of the Most High, will rest in the shadow of the Almighty. I will say of the Lord. ”He is my refuge and my fortress, my God in Whom I trust.”

- g) Then comes a “New Song”.. When we finally enter the mighty Presence of God through spiritual worship, a new song in the Spirit radiates from our heart, and is released unto Him, in high praise. The ‘New Song’ is birthed by the Holy Spirit within us. We release it and edify our own soul, and the souls of those gathered are edified. (*‘Do all things to edification’*). The Anointing brings forth the words and the melody. When this is genuinely happening in a congregation, it is a sign that they are getting closer to that which happens in Heaven. (See Revelations 5:11-14)

Psalm 40:3.. ‘He put a new song in my mouth, a hymn of praise to our God. Many will see and fear, and put their trust in the Lord.’

Psalm 144:9.. ‘Sing to the Lord a new song, sing to the Lord all the Earth’.

- h) Listen to the Song of Silence: It is an awesome thing to stand quietly in the Presence of the Lord, the Almighty God. After the high praise and worship quiets to a whisper, all one can do is listen to the Lord’s song of silence. No-one dare utter a sound. The silenced is filled with knowledge and the Presence of God. No-one dare speak, but all know that He is there. Slowly the people begin to regain their presence and begin to whisper praises and marvel at what God has just done. He has been truly exalted among His

people!

Psalm 46:10-11 “Be still and know that I am God; and I will be exalted among the nations, I will be exalted in the Earth”. The Lord God Almighty is with us.’

DISCIPLINES OF THE DISCIPLE: UNIT 4

The POWER OF AGREEMENT IN PRAYER

Matthew 18:18-20 “Truly I say to you, whatever you bind on Earth shall be bound in Heaven; and whatever you loose on Earth shall be loosed in Heaven. Again I say to you, if two of you agree on Earth about anything they ask, it will be done for them by My Father who is in Heaven. For where two or three are gathered together in My Name, there I am in the midst of them”.

The concept of “agreement”: This comes from the Greek word ‘*sumphoneo*’, which sounds very close to a familiar English word ‘Symphony’. A symphony is where in there is a musical composition of more than one movement which is played by an orchestra. It is:

- ‘an agreement of sound’
- ‘a concert of music’

.. where there is a playing of musical instruments together; and singing; in complete harmony to produce ‘a creative work of art’.

Therefore it speaks to Believers this way: ‘to come into one accord with God, His Word and each other, achieving harmony with Heaven itself, as an instrument of God, sounding together with Him as a symphony to create something that gives pleasure.

1. Jesus assumes that our Unity will be with Him first.

The Reason that God promotes agreement is because: **“IT IS WHERE DIVINE UNITY WORKS BY LOVE”**

Agreement is at the very heart of the nature of God by which He has chosen to work ONLY in unity with the Godhead and us. Jesus says..**John 17:21** **“I pray for those who will believe on Me through their Word.. that they may all be One, as You Father are in Me, and I in You, that they may also be One with us: that the world may believe that You have sent Me.” (v.23) “I in them, and You in Me, that they may be made perfect in One”.** Oneness with Father through the Spirit of Christ in us; and us joined with each other living and working together in harmony like a physical body.. is the ONLY WAY we can fulfil our Divine Design! We are simply copying what God does all the time. We are being true Sons of God because we act like our Father always does in Heaven.

God chooses to work in perfect Unity with Jesus and Holy Spirit not because He wants to

avoid being a 'loner'.. it is because God and His children were never ever meant to work in His Kingdom alone. His Divine design manifests this. **"Let Us make man in our image"** (Genesis); **"Behold I will never leave you nor forsake you"**.. is saying.."you'll never have to walk, or function solitarily by yourself, because I God never have, nor ever will".

2. GOD LOVES US, HIS KIDS AND WANTS US DIRECTLY INVOLVED IN 'THE FAMILY BUSINESS' !

'Can a mother forget her own child?' says the Lord through Jeremiah. Can God forget your relationship with Him; and leave you out of what The Family is doing? No, in fact 95% of the time He will do all His work on Earth through you and me. Rarely does the Godhead act Sovereignly apart from us the Saints.

Illustration of Agreement between Heaven and Earth:

"Using a welding torch to put something new together"

'If any two of you agree on Earth as touching anything, it will be done for you by Your Father who is in Heaven' Matthew 18:19.

How God works with us on His "welding projects" to bring all His power to bear on people's needs.. could work something like this:

- i) The Designer who designs the Project: Father God
- ii) The Welder, and the welding device: Jesus ..showing His brilliant Light
- iii) The Power for the 'Arc': Holy Spirit 'dunamis'.. unlimited power.
- iv) The Welding Rod that joins each Miracle work to a person: You.. doing the work in God on Earth. But how do you and I know to do each of these works? Answer: It is Father who has put the idea of a "need" to be met by His Divine intervention into your mind by Holy Spirit.. so that you might pray for Him to act; and He waits for us to pray in Unity in Jesus' Name to Him, and if necessary go to the person or situation either physically or in the Spirit by faith and do what He wants. We do it until we know that He has acted. Holy Spirit brings us to the place in our soul where the 'burden' passes and 'Blessed Assurance' of God's Providential answer floods our soul, and we rejoice and Praise Him! Remember ..a welding rod lasts only so long and then it is spent.. isn't it great it can be spent for Jesus' Glory while we still have breath within us! ***"Let us work the works of Him who sent us while it is day, for the night comes when we may work no more". .. "Redeem your time wisely"***.

3. UNDERSTANDING THE 'BINDING AND LOSSING' POWER OF GOD WHICH HE HAS AUTHORISED US TO USE.

GOD'S AUTHORITY: The Frighteningly awesome Power of Prayer:

Prayer has achieved: seas parting; rivers rolled back upstream; neutralised deadly snake bite venom; raised the dead; made waters gush out of flint-like rock; stopped lions having a human meal; held time still so a battle could be won; smashed open high security locked prison gates; brought Eternal life; quenched the power of furnace fire against three men; ripped down the pillars of a Theater and destroyed the pagan government of a nation; brought revival; filled fearful hearts with great boldness; destroyed armies; brought the wicked to their knees; destroyed every oppression of the devil; brought the proud down; lifted a man in a chariot into heaven; caused a man to be raptured into Heaven as he walked... etc, etc.

The Powers to bind and loose are granted to every Believer!

He gives us the extraordinary Power to BIND and LOOSE:

Children dream of having their own 'magical' powers.. such as being able to time-travel somewhere by uttering a couple of words; or get rid of problems by uttering a couple of words; or be able to make endless supplies of lollies by uttering a couple of words; or stop threatening people's behaviours by uttering a couple of words.. that's why, sadly the "Harry Potter type" demonic thing is so attractive because it appeals to the magic, fantasy world of the child whose mind is captivated by the thoughts of being able to personally control of the whole world around them, and give them anything they want. Satan offered this same power to Adam and Eve.. "***you shall be like gods***", and even to the Lord Jesus (Luke 3).

There is only one Person who has all that Power, and that is the Lord God of Heaven and Earth.. ***who has chosen to join with us in using His Power for Good!*** Prayer in this situation makes the impossible, possible! It isn't 'magic' it's Divinely Supernatural. **Jesus says.. "Whatsoever you shall bind on Earth, shall be bound in Heaven"**. Jesus is telling us that it is possible for quite ordinary human beings like us to exercise extraordinary power.. and that Heaven would agree with, and ratify what is being done on Earth; and that we would work as readily in a world which is invisible to our senses, as to the world that is!

When Jesus speaks of 'Heaven' He is talking about God who rules the Kingdom of Heaven working with us, from the heights of Heaven to underneath your feet. He is speaking of the silent, invisible, spiritual Kingdom of Heaven's power invading and "punching holes in the darkness Satan has created". In this Kingdom's power, we are "living, and moving and having our being in it". By His Spirit, it is found all around us. It encloses us, encompasses us, and embraces us.. all the time waiting for our senses to recognise that it is always there. **It is this Invisible Kingdom which controls the Natural and spiritual worlds. Father limits Himself to Praying Christians to determine the outcome for good or evil in thousands of needs that crop up around the world each**

day! Amazing God! God has waits until someone has prays before He moves!

Illustration: Bound men loosed.. Paul and Silas bound and imprisoned for delivering the girl with divination from her demonic possession; are in maximum security, bound in prison. They agree to Worship God, but BEFORE this they would have been praying to be loosed! The unseen spiritual power of God destroys their chains, and the locks on the doors are smashed and the doors swing open.. “Whatsoever you shall loose on Earth shall be loosed from Heaven by Heaven’s Power.” Yes, there are so many things apart from prisons that keep people in their own personal prison.. many things like.. wrong mindsets, fears, sin, spirits and evil authorities over them..

THERE ARE HUNDREDS OF THINGS GOD WANTS PRAYED FOR.. AND WE MUST BE VIGILANT TO APPLY OURSELVES.. that’s why Paul says..”Pray without stopping”. God is ready to move you to pray right now!

People around us who desperately need to be prayed for: **For example:** People around us may stand or fall according to our Prayer response! Often it is the younger people in their early Christian experience who drift into conditions of apathy and indifference. They become less concerned about spiritual values, and gradually drift into coarseness of life and wrong habits, as well as degenerating moral principles. Suddenly they will begin to change.. almost overnight; and they start to turn around.. coming alive again to spiritual matters and beginning to grow spiritually. They’ve found a whole new attitude.. and the reason we discover, is that someone has started praying for them. **Prayer changes the whole atmosphere around the person being prayed for!** In Prayer we stand on the boundary between the invisible and the natural worlds.. exercise Authority **in Jesus’ Name..**and see God’s mighty right hand move. **Remember, God waits to move, until someone prays!** No wonder James says..”*the fervent effectual prayers of a righteous man has a great effect!*”

4. God loves and values Unity in Prayer between two or more Intercessors..so much that He increases it’s impact by 10 times when we join with a second person! Getting a Prayer-Partner is just Kingdom of God common-sense!

Deuteronomy 32:20: “One of you shall chase a thousand, and two, ten thousand”

Matthew 18:19b: “if two of you agree on earth about anything they ask, it will be done for them by My Father in Heaven.” ... that’s why Jesus says..

Matthew 18:20: “For where two or three are gathered together in My Name, there I am in the midst of them”.

When you pray.. it is Christ who indwells you, Who is praying in you..and therefore you have “All Authority in heaven and on Earth”. (Matthew 28:18)..”God is working in us both to

will and to do of His good pleasure”.. Philippians 2:13.

Note:

- The way Jesus expresses Himself is in more than one person alone.. it is in the Church.. and by praying as a ‘Church’ even if it is two people at that moment.. we are expressing the fullness of Christ’s authority and power, and in ONLY in a relationship of Prayer and Agreement with another saint are we able to fully know Him!
- **“You have not because you ask not” James..**How can we know His awesome authority and power unless we pray and make ‘impossible’ demands on Him! We can’t! Please protect your relationship with your Prayer Partner because your Power to punch holes in Satan’s darkness has Satan terrified and he will try and break up this relationship.*(That’s why husbands and wives often find it hard to pray together? Because they are punching holes in the darkness 10X more powerful than if they prayed alone; and they are singled-out to be opposed by the powers of darkness. However satan always over-plays his hand, and they only get stronger the more opposition there is!)*

5. You would be very wise to have another person join you and the Spirit of the Lord as a ‘Prayer Partner’.

Conclusion:

- i) Harmonise with, and meet with God and your Prayer Partner (s). The world is in chaos through satan, and by harmonising together like a symphony we bring God’s peaceful order, and Life.
- ii) Agree with the Word together. Synchronise with what God says He will do! **Amos 3:3 ‘Two can only walk together if they are agreed’**
- iii) Rejoice over the inspiration of that Scripture together..’**Iron sharpens iron’.**
- iv) Expect mighty demonstrations of Holy Spirit’s Power through your prayer and yourself; and of course in that “Gap” you are standing in.
- v) Pray as a Team
- vi) Agree with the person receiving Prayer (if that is the situation you are dealing with)
- vii) Repent of any disunity, if it should arise; and seek the unity of the Spirit, in the bond of Peace with all Believers (where possible)!

Prayer: *“Glorious and Loving Father.. to what do I owe such a privilege? I set my heart to carry out my Divine responsibilities in Prayer from this day forth; and will labour in prayer, until I can work no more.. in Jesus’ Name, Amen”.*

6. A Sample Prayer when you together Pray prayers of

Faith..

Before you pray the Prayer of Faith together for someone in need:

- Go to the person and ask them what they want God to do for them.. i.e. healing, deliverance, prosperity, direction, Salvation, Holy Ghost Baptism, Forgiveness, Breaking of inheritance line curses, Help, Blessing.. etc.
- Discuss together and be in Unity what Word Holy Spirit is quickening to you.. it is good to have TWO scriptures.
- Cast down every vain imagination e.g. "If it be Your will"; unforgiveness
- Lay hands on/Intercede and Pray the Prayer of Agreement
- Insert 1 John 5:14-15 into your prayer with the Promises (see below)

"Dear Father.. we come to You in total agreement together and with the Spirit of Christ within us. We ask You to please grant the answer, as we confidently approach You, according to Your Word. Your Word says to us.."This is the confidence we have in approaching God: that if we ask anything according to His will, He hears us..(and Your Will for this situation according to Your Word found in x x x is...) Therefore we know if He hears us, that whatsoever we ask of Him, we know that we shall receive of Him". Thank You Father God, we believe that we have received the answer, and will see it manifest directly in Your perfect time, in Jesus' Name, Amen".

FASTING: IT'S INCREDIBLE BENEFITS,

While there are no straight commands in the Word for believers to fast, fasting is referred to over 50 times. It does encourage us to fast for a raft of reasons, the most important being is that it adds power to our Prayer, because there are some times that prayer alone will not suffice, and fasting enables us to overcome the spiritual barriers and achieve the overthrow of Satan's holds, opposition and specific resistances.

1. JESUS SAYS: "When you fast..." (not "If")

Matthew 6:16-18 'When you fast do not look all-sombre like the hypocrites, because they disfigure their faces to show everyone they're fasting. I tell you the truth.. they have received their full reward straight away! But when you fast, put oil on your head and wash your face, so that it will not be obvious to people that you are fasting, but only to your Father who is unseen, and your Father who sees what is done in secret will reward you".

Jesus is showing us that it is a normal part of our devotional life.

2. Use the fasting guidelines found in the Bible..

The Word doesn't contain specifics about how often or how long to fast, Holy Spirit will impress this upon each saint.. but here are the guidelines it provides:

- i) **Do not be obvious to men.** There is no reward for proclaiming it to others, but fast in response to urgent and timely prayer needs. Obviously you have to work in with those who prepare your meals, but only they should know. Select certain days of the month to fast, and keep them. Sometimes the whole of your Body will be called to fast as one and then it is right for others to know.
- ii) **Be led by the Holy Spirit.** Each ministry situation may demand different strategies and combinations of fasting and prayer. Where, how long, and what kind will be directed. Allow the Holy Spirit to dictate the time and frequency, as well as the nature of it; For example.. water only, juice only, water and juice only; or vegetables and juice only.
- iii) **Stay in the Word.** Spend extended time in the Word; and exchange food for study of the Word. The holy Spirit is especially active during fasting times, so be rewarded through His many inspirations that come during this time.
- iv) **Maintain a fasting attitude.** Be ready to promptly obey when the Lord calls you to fast; and He may require more of some than others.. so don't compare yourself with anyone else. Do as the Lord requires of you, no more, no less.
- v) **Allow your 'Spirit-person' to be in charge.** The Holy Spirit gives us the power to overcome the demands of the physical body. It will be hard for you if you depend only on your own will-power. If we allow holy spirit to lead us into it, and through it, it will become easy! God is changing us through the School of Obedience. To obey is better than sacrifice. The Word teaches us to make our body our slave; not the other way round.
1 Corinthians 9:25-27. 'Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to gain a crown which will last forever. Therefore I do not run like a man running aimlessly, or punch with 'air-shots'. No I beat my body and make it my slave, so that after I preach to others, I will not be disqualified from the prize.'
- vi) **Jesus says we will fast.** There is a time of life in every Believer when God seems far away; and it is difficult to hear Him in our Prayers, and to hear His voice. Jesus recommends fasting as a way to remain close to Him, and to enjoy the fellowship of the Holy Spirit.
Matthew 9:14-15. 'Then John's disciples came and asked Him, "how is it that we and the Pharisees fast, but your disciples don't?" Jesus answered. ."How can the guests of the bridegroom mourn while He is with them? The time will come when the bridegroom will be taken away from them, then they will fast."
- vii) **Fasting is recommended when we begin a ministry.** Jesus began His ministry with a forty day fast; which allowed Him to return in the power of the Spirit. The Apostle Paul began his ministry with fasting and prayer in the Arabian desert. John the Baptist spent a long-period of time in Prayer and Fasting before he returned in the power of the Spirit to prepare the people for the Ministry of Jesus, beginning at Jordan. Do you want to minister in power? Like our role-models.. we can do the same!

Luke 4:1-2, 13-14. 'Jesus, full of the Holy Spirit, returned from the Jordan, and was led by the Spirit in the desert, where for forty days, He was tempted by the devil. He ate nothing during this time, and at the end He was hungry. When the devil had finished all his tempting, he left at an opportune time. Jesus returned in the power of the Spirit to Galilee, and news about him spread right round the whole country side.'

- viii) **Enjoy the benefits of God's chosen fast.** Isaiah 58 reveals a long list of benefits to any believer who fasts and prays, according to God's chosen fast. It also tells us what to do during a fast.

Isaiah 58:6-14. 'Is not this the kind of fasting I have chosen: to loosen the chains of injustice and untie the cords of the yoke, to set the oppressed free and to break every yoke. Is it not to share your food with the hungry, and to provide the poor wanderer with shelter; and when you see the naked to clothe him; and not turn away from your own flesh and blood? Then your light will break forth like the dawn; and your healing will quickly appear; then your righteousness will go before you, and the Glory of the Lord will be your rearguard. Then you will call and the Lord will answer; you will cry for help, and He will say "Here I Am". If you do away with the yoke of oppression, with the pointing of the finger and malicious talk, and if you spend yourselves on behalf of the hungry, and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become as the noonday. The LORD will guide you always; He will satisfy your needs in a sun-scorched land, and will strengthen your frame. You will be like a well-watered garden, a spring whose waters never fail. Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called "The Repairer of broken walls", "The restorer of streets with dwellings". If you keep your feet from breaking the Sabbath, and refrain from doing whatever you please on My Holy Day; if you call the Sabbath a delight, and the Lord's Holy Day honourable, and if you honour it, by not going your own way, and not doing as you please, or speaking idle words, then you will find your joy in the LORD, and I will cause you to ride on the heights of the land and to feast on the inheritance of your father Jacob. The mouth of the LORD has spoken.'

- ix) **Prayer with fasting allows you to receive revelation knowledge.** Isaiah 58:9 says that fasting will allow you to hear the voice of the Lord. He will either speak directly to your mind, or through a gathering of fellow believers who are operating in the prophetic Gifts of the Holy Spirit. This is a direct result of fasting the way that God has directed you.

Acts 13:1-4 'In the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the Tetrarch), and Saul. While they were worshipping the Lord and fasting, the Holy Spirit said.."Set apart for Me, Barnabas and Paul for the work to which I have called them". So after they had fasted and prayed,

they placed their hands on them, and sent them off. The two of them, sent on their way by the Holy Spirit, went down to Seleucia, and sailed from there to Cyprus.'

x) **Fasting and Prayer should be used whenever we appoint or ordain leadership.**

We need to fast and pray before we select anyone for leadership in the Church. The Holy Spirit is the One who appoints, ordains, and sets people in Office. Man can only confirm who the Holy Spirit has already called and placed in Office.

Acts 14:23 'Paul and Barnabas appointed elders for them in each Church, and with prayer and fasting, committed them to the Lord, in whom they had put their trust'.

xi) **Fasting breaks Satanic strongholds.** Fasting and prayer will break through demonic strongholds, and place you in communication with heaven's best course of action. Fasting puts your physical demands on hold, so that you can concentrate on the spiritual realm. It clears your mind so that you can clearly hear the voice of the Holy Spirit. Daniel was put in communication with an angel as he fasted twenty-one days.

Daniel 10:2-3, 9-14 'At that time, I Daniel mourned (fasted) for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over. Then I heard Him speaking, and as I listened to him, I fell into a deep sleep, my face towards the ground. A hand touched me, and set me trembling on my hands and knees. He said, "Daniel, you are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you". And when he said this I stood up trembling. Then he continued, "Do not be afraid Daniel. Since the day you set your mind to gain understanding and to humble yourself before God, your words were heard, and I have come in response to them. But the prince of Persia resisted me twenty one days. Then Michael one of the chief princes came to help me, because I was detained there with the king of Persia. Now I have come to explain to you, what will happen to your people in the future, for the vision concerns a time yet to come."

xii) **Prayer with fasting causes demons to depart.** It is recommended that those who minister to people who are demon-possessed/oppressed, fast before they minister. It increases power for deliverance, your Authority in Christ, and your sensitivity to the Holy Spirit for discernment and other giftings as you minister. It may take extra days to prepare, but this is all worth it.. because your effectiveness is ramped up, and the time needed to deliver the captive decreases.

Matthew 17:19-22. 'Then the disciples came to Jesus privately and said, "Why could we not cast it out?" So Jesus said to them, "Because of your unbelief, for assuredly I say to you that if you have faith as a grain of mustard seed, you will say to this mountain, 'Move from here to there'.. it will move and nothing shall be impossible to you. However, this kind does not go out except by prayer and

fasting”.

xiii) Fasting and Prayer causes your heart to be right with God. This is the great way to draw close to God and to communicate with Him. The minister who is serious about doing exploits will pray and fast on a regular basis. Success and victory are assured when we obey what the bible says about prayer and fasting.

Joel 2:12-13. “Even right now, turn to Me with all your heart, with fasting weeping and mourning” says the LORD. “Tear your heart and not your clothing. Return to the Lord God, for He is gracious and compassionate, slow to anger, abounding in love, and He relents from sending calamity”.

ACTIONS STATIONS

(James 1:22)

- **Commit to fasting once a month**
- **Select a particular day of the month**
- **Select a particular prayer need for each month**
- **Be available to fast and pray whenever the Lord calls you**