



Sharing

Elijah Prayer Discipleship School

Becoming an instrument of prayer

www.buildingfathershouse.org

Building Fathers House

A Dwelling Place for God by the Spirit

(Discipleship=doing the will of God walking in submission to the authority of God so that you can become an instrument of authority)

Workshop no. 20 : "Prayer evangelism" - The role of prayer and fasting - total surrender as we humble ourselves in the knowledge of God.

Deuteronomy 8:3 And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.

Purpose of this workshop: To consider prayer and fasting in our relationship to our Father and His Son Jesus Christ - it is not about us, it all about God.

Intended Goal: To equip the believer to become a instrument of prayer to glorify God in the knowledge of who He is.

Scripture readings :

*Zechariah 7:5-6 Speak unto all the people of the land, and to the priests, saying, **When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me? And when ye did eat, and when ye did drink, did not ye eat for yourselves, and drink for yourselves?***

*Deuteronomy 8:3 And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that **man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.***

*Psalm 35:13 But as for me, when they were sick, my clothing was sackcloth: **I humbled my soul with fasting;** and my prayer returned into mine own bosom.*

Nehemiah 9:1-2 Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them. And the seed of Israel separated themselves from all strangers, and stood and confessed their sins, and the iniquities of their fathers.

Ester 4:1-3 When Mordecai perceived all that was done, Mordecai rent his clothes, and put on sackcloth with ashes, and went out into the midst of the city, and cried with a loud and a bitter cry; And came even before the king's gate: for none might enter into the king's gate clothed with sackcloth. And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay in sackcloth and ashes.

Psalm 69:8-13 I am become a stranger unto my brethren, and an alien unto my mother's children. For the zeal of thine house hath eaten me up; and the reproaches of them that reproached thee are fallen upon me. When I wept, and chastened my soul with fasting, that was to my reproach. I made sackcloth also my garment; and I became a proverb to them. They that sit in the gate speak against me; and I was the song of the drunkards. But as for me, my prayer is unto thee, O LORD, in an acceptable time: O God, in the multitude of thy mercy hear me, in the truth of thy salvation.

Daniel 9:3-5 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: And I prayed unto the LORD my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments:

Joel 2:12-13 Therefore also now, saith the LORD, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: And rend your heart, and not your garments, and turn unto the LORD your God: for he is gracious and merciful, slow to anger, and of great kindness, and repenteth him of the evil.

Matthew 17:19-22 Then came the disciples to Jesus apart, and said, **Why could not we cast him out?** And Jesus said unto them, **Because of your unbelief:** for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. **Howbeit this kind goeth not out but by prayer and fasting.** And while they abode in Galilee, Jesus said unto them, The Son of man shall be betrayed into the hands of men:

Mark 9:28-29 And when he was come into the house, his disciples asked him privately, **Why could not we cast him out?** And he said unto them, **This kind can come forth by nothing, but by prayer and fasting.**

Acts 14:23 And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.

Daniel 1:8-15 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself. Now God had brought Daniel into favour and tender love with the prince of the eunuchs. And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king. Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink. Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants. So he consented to them in this matter, and proved them ten days. And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

Food for thought :

Jesus being filled by the Holy Spirit were led out into the wilderness, where He humbled Himself in the presence of God. He did not fast to receive power, He had already received the power as the Holy Spirit came upon. As He humbled Himself in the presence of His Father through fasting He overcame the temptation of SELF. He could have changed the stones into bread to show His power, but He chose to acknowledge His father as the sustainer of life. In the temptation He glorified His Father, and there the power He already received came to fulfillment.

Fasting is not a quick fix to get power, it is in the temptation that come during your fasting to acknowledge that God sustain us - therein is the power. Moses was in the presence of God for 40 days without food or water, it was not the fast that made His face shine, it was the presence of God that sustained him and filled him with power.

Jesus said, we do not live by bread alone but by every word that proceed out of the mouth of God, fasting is not about our ability to not eat and to show our commitment to God it is to acknowledge our inability and to come into agreement with what Jesus said, our life is not based on eating, it is God who sustain us, not food. *Matthew 4:4* But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

In considering the journey through the desert - God humbled His people through a type of fast so that they might know that man do not live by bread alone. *Deuteronomy 8:3* And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.

As said fasting is not about food it is about God, it brings us to remembrance that we do not live by bread alone, but by every Word of God. For life and death is in the hand of God.

In fasting we humble our soul, to bring it in submission to God, overcoming self and the desire of self acknowledgement. In self denial, Christ in us can manifest, to bring glory to God. The power of God working within us, the Holy Spirit can only come in fulfillment as we submit in obedience.

If we remind ourselves of Adam and Eve in the garden of Eden, it was a selfish desire that brought us into the original sin, likewise God calls on all of us to overcome as we trust in Him, acknowledge as Jesus said that we do not live by bread alone but by every Word from God. Like wise when Jesus fasted He was to overcome the hunger, but also the desire for power and wealth. Fasting is not about our stomach **it is about a change of heart in the presence of God.**

We talk a lot about a Daniel fast, eating vegetables and drinking only water. But in considering, Daniel did not fast, he had it in his heart not to be defiled with the food, saying that God will sustain them. Even when the eunuch feared that the king will see that they did not grow, he insisted. Then God gave Daniel to grow even better than the others. *Daniel 1:8 But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.*

When Jesus said unto His disciples these don't go out but by fasting, He in effect said, if they humble themselves before God in whom the victory is, God would have set the man free. When the disciples asked why could they not cast out the demon, **they asked as if they should be able.** The Lord confirmed that we are not able but God is able if we humble ourselves in prayer. Jesus by His own confession said that He cannot do anything but by His Father in Heaven. *John 5:19 Then Jesus answered and said to them, Truly, truly, I say to you, The Son can do nothing of Himself but what He sees the Father do. For whatever things He does, these also the Son does likewise.*

Also they asked as if it were an accomplishment to be done by them - this is very dangerous as in Matt.7v22&23. Jesus said to those reminding Him of their works eg.driving out demons that He does not know them and that they are lawless ones.It is when we think we are doing it, desiring recognition that we do not give God the glory due to Him. We are reminded that Peter and John after they received power from above, gave glory unto The Lord as He raised the lame man at the beautiful gate.

'If my people who are called by my name shall humble themselves and pray, and seek my face, and turn from their wicked ways, then will I hear from heaven, and forgive their sins and will heal their land' (2 Chronicles 7:14).

True stories :

Luke 4:1-13 And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered. And the devil said unto him, If thou be the Son of God, command this stone that it be made bread. And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every word of God. And the devil, taking him up into an high mountain, shewed unto him all the kingdoms of the world in a moment of time. And the devil said unto him, All this power will I give thee, and the glory of them: for that is delivered unto me; and to whomsoever I will I give it. If thou therefore wilt worship me, all shall be thine. And Jesus answered and said unto him, Get thee behind me, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. And he brought him to Jerusalem, and set him on a pinnacle of the temple, and said unto him, If thou be the Son of God, cast thyself down from hence: For it is written, He shall give his angels charge over thee, to keep thee: And in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. And Jesus answering said unto him, It is said, Thou shalt not tempt the Lord thy God. And when the devil had ended all the

temptation, he departed from him for a season. And Jesus returned in the power of the Spirit into Galilee: and there went out a fame of him through all the region round about.

God's authority :

Deuteronomy 8:2-3 *And thou shalt remember all the way which the LORD thy God led thee these forty years in the wilderness, **to humble thee, and to prove thee, to know what was in thine heart,** whether thou wouldest keep his commandments, or no. And he humbled thee, and suffered thee to hunger; and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.*

2 Chronicle 7:14-15 *If my people, which are called by my name, **shall humble themselves, and pray, and seek my face, and turn from their wicked ways;** then will I hear from heaven, and will forgive their sin, and will heal their land. Now mine eyes shall be open, and mine ears attent unto the prayer that is made in this place.*

2 Chronicle 34:27 *Because **thine heart was tender, and thou didst humble thyself before God,** when thou heardest his words against this place, and against the inhabitants thereof, and humbledst thyself before me, and didst rend thy clothes, and weep before me; I have even heard thee also, saith the LORD.*

Psalm 9:12 *When he maketh inquisition for blood, he remembereth them: he forgetteth not the cry of the humble.*

Proverbs 16:18-19 *Pride goeth before destruction, and an haughty spirit before a fall. **Better it is to be of an humble spirit with the lowly, than to divide the spoil with the proud.***

Isaiah 57:14-15 *And shall say, Cast ye up, cast ye up, prepare the way, take up the stumblingblock out of the way of my people. For thus saith the high and lofty One that inhabiteth eternity, whose name is Holy; **I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.***

Jeremiah 13:15-18 *Hear ye, and give ear; be not proud: for the LORD hath spoken. **Give glory to the LORD your God,** before he cause darkness, and before your feet stumble upon the dark mountains, and, while ye look for light, he turn it into the shadow of death, and make it gross darkness. But if ye will not hear it, my soul shall weep in secret places for your pride; and mine eye shall weep sore, and run down with tears, because the LORD'S flock is carried away captive. Say unto the king and to the queen, Humble yourselves, sit down: for your principalities shall come down, even the crown of your glory.*

Matthew 18:2-4 *And Jesus called a little child unto him, and set him in the midst of them, And said, Verily I say unto you, Except ye be converted, and become as little children, ye shall not enter into the kingdom of heaven. **Whosoever therefore shall humble himself as this little child, the same is greatest in the kingdom of heaven.***

James 4:10 *Humble yourselves in the sight of the Lord, and he shall lift you up.*

1 Peter 5:4-6 *And when the chief Shepherd shall appear, ye shall receive a crown of glory that fadeth not away. Likewise, ye younger, submit yourselves unto the elder. Yea, all of you be subject one to another, and be clothed with humility: for God resisteth the proud, and giveth grace to the humble. Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:*

Exodus 34:28 *So he was there with the LORD forty days and forty nights; he neither ate bread nor drank water. And He wrote on the tablets the words of the covenant, the Ten Commandments.*

Isaiah 58:10-11 *If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday. The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.*

John 6:31-58 *Our fathers did eat manna in the desert; as it is written, **He gave them bread from heaven to eat.** Then Jesus said unto them, Verily, verily, I say unto you, Moses gave you not that bread from heaven; but my Father giveth you the true bread from heaven. For the bread of God is he which cometh down from heaven, and giveth life unto the world. Then said they unto him, Lord, evermore give us this bread. And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst. But I said unto you, That ye also have seen me, and believe not. Your fathers did eat manna in the wilderness, and are dead. This is the bread which cometh down from heaven, that a man may eat thereof, and not die. I am the living bread which came down from heaven: if any man eat of this bread, he shall live for ever: and the bread that I will give is my flesh, which I will give for the life of the world. The Jews therefore strove among themselves, saying, How can this man give us his flesh to eat? Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life; and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him. As the living Father hath sent me, and I live by the Father: so he that eateth me, even he shall live by me. This is that bread which came down from heaven: not as your fathers did eat manna, and are dead: he that eateth of this bread shall live for ever.*

Mark 2:19 *And Jesus said unto them, **Can the children of the bridechamber fast, while the bridegroom is with them?** as long as they have the bridegroom with them, they cannot fast.*

Matthew 9:14-15 *Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? And Jesus said unto them, **Can the children of the bridechamber mourn, as long as the bridegroom is with them?** but the days will come, when the bridegroom shall be taken from them, and then shall they fast.*

Conclusion :

In the Old Testament God's presence were represented through the ark of the Covenant. God told Moses to place the following articles within the ark. The rod of Aaron - divine authority, the tablets of God's law - divine guidance and golden jar filled with manna - divine provision. The mentioned should be a constant reminder of what is available for all of us as we enter into God's presence.

Manna means = what is this? The answer to the mentioned question is, it is God and His provision, not according to our understanding but according to God's provision. God spoke and call into existence all things, likewise manna is the Word of God as it manifested on earth, and example of the true bread from heaven - Jesus Christ as a manifestation of God's Word. John explained that all things came in existence through Him. presence

Jesus explained that He is the bread from heaven and that we must eat His body as our bread and drink His blood. *John 6:32-36 Then Jesus said to them, Truly, truly, I say to you, Moses did not give you that bread from Heaven, but My Father gives you the true bread from Heaven. For the bread of God is He who comes down from Heaven and gives life to the world. Then they said to him, Lord, evermore give us this bread. And Jesus said to them, I am the bread of life. He who comes to Me shall never hunger, and he who believes on Me shall never thirst. But I said to you that you also have seen Me and do not believe.*

Fasting is not an exercise for the stomach it is for our hearts, our hearts need to be transformed so that we can overcome and be victorious as we eat of the true bread from heaven - the revelation of Jesus Christ as the Son of the Living God. When disciples of John the Baptist asked Jesus why do they fast, but His disciples do not fast, Jesus explained unto them, why would the children in the brides room fast while the bridegroom is with them. As we enter into the fellowship with God and His Son Jesus Christ, we find ourselves in the bride chamber. When we find ourselves in the fellowship with God and His Son, **it is no longer a question of fasting for in His presence we are fulfilled.**

Fasting can stir up strife, that lead to being proud of our own achievements, not focusing on Jesus and to be transformed into His likeness as we spend time in His presence. *Isaiah 58:3-5 Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the LORD?*

Matthew 6:16-18 And when you fast, do not be like the hypocrites, of a sad face. For they disfigure their faces so that they may appear to men to fast. Truly I say to you, They have their reward. But you, when you fast, anoint your head and wash your face, so that you do not appear to men to fast, but to your Father in secret. And your Father who sees in secret shall reward you openly.

Jesus could have turned the stone into bread in an act of showing satan who He really is, Jesus however chose to fast and bring honor and glory unto God by saying - men do not live by bread alone, but by every Word that proceeds out of the mouth of God.

Fasting is to submit to God, as we humble ourselves in the fellowship with God and His Son Jesus Christ.

Questions to be answered :

1. What is the purpose of fasting?
2. What is hidden power of fasting?
3. Explain what is meant when Jesus said these do not go but by prayer and fasting?
4. What does the word manna means and what does it represent within the ark of the covenant?
5. What did Jesus mean when He said that His disciples do not need to fast?