

05.03.22

- **Fasting, Persevering Prayer and Unanswered Prayer**  
*Daniel 9:1-4*  
*In the first year of Darius the son of Ahasuerus, of Median descent, who was made king over the kingdom of the Chaldeans — 2 in the first year of his reign, I, Daniel, observed in the books the number of the years which was revealed as the word of the LORD to Jeremiah the prophet for the completion of the desolations of Jerusalem, namely, seventy years. 3 So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes.*  
*Matthew 17:21*  
*21[" But this kind does not go out except by prayer and fasting ."]*
- **Verbal vs Nonverbal Communication**
- **Verbal/Words**
- **Intentional talking**  
*Psalms 3:4*  
*4 I was crying to the LORD with my voice ,*  
*And He answered me from His holy mountain. Selah.*  
*Psalms 5:3*  
*3 In the morning, O LORD, You will hear my voice ;*  
*In the morning I will order my prayer to You and eagerly watch.*
- **Singing**  
*Psalms 42:8*  
*8 The LORD will command His lovingkindness in the daytime;*  
*And His song will be with me in the night,*  
*A prayer to the God of my life.*
- **Thoughts/Heart**  
*Psalms 94:11*  
*11 The LORD knows the thoughts of man,*  
*That they are a mere breath.*  
*Psalms 139:23*  
*23 Search me, O God, and know my heart;*  
*Try me and know my anxious thoughts ;*
- **Emotions**  
*Romans 8:26*  
*In the same way the Spirit also helps our weakness; for we do not know how to pray as we should, but the Spirit Himself intercedes for us with groanings too deep for words;*
- **Non-verbal – Scripturally sanctioned means but not commanded**
- **Kneeling**  
*Psalms 95:6*  
*6 Come, let us worship and bow down,*  
*Let us kneel before the LORD our Maker.*  
*1 Kings 8:54*  
*When Solomon had finished praying this entire prayer and supplication to the LORD, he arose from before the altar of the LORD, from kneeling on his knees with his hands spread toward heaven.*  
*Daniel 6:10*

*10 Now when Daniel knew that the document was signed, he entered his house (now in his roof chamber he had windows open toward Jerusalem); and he continued kneeling on his knees three times a day, praying and giving thanks before his God, as he had been doing previously.*

*Acts 21:5-6*

*5 When our days there were ended, we left and started on our journey, while they all, with wives and children, escorted us until we were out of the city. After kneeling down on the beach and praying, we said farewell to one another.*

- **Bowing Down / Prostrating**

*Psalms 138:2*

*2 I will bow down toward Your holy temple*

*And give thanks to Your name for Your lovingkindness and Your truth;  
For You have magnified Your word according to all Your name.*

*Psalms 5:7*

*7 But as for me, by Your abundant lovingkindness I will enter Your house,  
At Your holy temple I will bow in reverence for You.*

*Revelation 22:8-9*

*8 I, John, am the one who heard and saw these things. And when I heard and saw, I fell down to worship at the feet of the angel who showed me these things. 9 But he said to me, "Do not do that. I am a fellow servant of yours and of your brethren the prophets and of those who heed the words of this book. Worship God."*

- **Raising hands**

*1 Timothy 2:8*

*8 Therefore I want the men in every place to pray, lifting up holy hands, without wrath and dissension.*

*Psalms 63:4*

*4 So I will bless You as long as I live;  
I will lift up my hands in Your name.*

- **Fasting falls within this category – is nothing more nor nothing less than non-verbal communication with God.**

- **Mans methods but not given in Scripture**

- **Folding hands**

- **Palms touching, fingers upraised**

- **Holding hands**

- **Sign of the cross at the end of the prayer**

- **Bowing head**

- **Closing eyes**

- **We differentiate between what God sees and hears and what we call prayer**

- **Groans and weeping**

*Exodus 6:5*

*5 "Furthermore I have heard the groaning of the sons of Israel, because the Egyptians are holding them in bondage, and I have remembered My covenant.*

- **Unintentional talking, complaining**

*Numbers 14:27-29*

*27 "How long shall I bear with this evil congregation who are grumbling*

*against Me? I have heard the complaints of the sons of Israel, which they are making against Me. 28 "Say to them, 'As I live,' says the LORD, 'just as you have spoken in My hearing, so I will surely do to you;*

- Sinful actions

*Ezra 9:6*

*6 and I said, "O my God, I am ashamed and embarrassed to lift up my face to You, my God, for our iniquities have risen above our heads and our guilt has grown even to the heavens*

- How our sins affect others

*James 5:4*

*4 Behold, the pay of the laborers who mowed your fields, and which has been withheld by you, cries out against you; and the outcry of those who did the harvesting has reached the ears of the Lord of Sabaoth.*

- Do we fast, wear sackcloth and cover ourselves with ashes in the New Covenant? Daniel 9:1 – 3

- How do we decide?

*Matthew 5:17*

Fasting and the Law – sack cloth and ashes included

They were in the Law,

do they continue or are they fulfilled like confessing sins to priest and animal sacrifices

*Matthew 6:16-18*

**Fasting continues: "When you fast"**

**Sackcloth and ashes are fulfilled: "anoint your head and wash your face...not be noticed by men"**

- Is fasting more powerful than the name of Jesus? *I Timothy 2:5; Hebrews 4:14-16*

Is anything mentioned besides Jesus?

Do we need anything besides Jesus to approach God and the Throne of Grace?

- Does there exist a set of second-class Christians who do not fast and only pray in the name of Jesus? The answer is a resounding "no".

*Ephesians 1:3*

*3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly places in Christ,*

*2 Peter 1:3,4*

*3 seeing that His divine power has granted to us everything pertaining to life and godliness, through the true knowledge of Him who called us by His own glory and excellence. 4 For by these He has granted to us His precious and magnificent promises, so that by them you may become partakers of the divine nature, having escaped the corruption that is in the world by lust.*

- Is fasting a good way to mortify the flesh and gain victory over it?

Colossians 2:20-23

contrasted

John 17:17

Joshua 1:8

John 14:15

- By fasting do we prod God to action by showing Him how we are willing to suffer for this request?  
 Hebrews 10:18  
 Isaiah 53:5  
 Isaiah 53:11
- What then is fasting?  
 Going without food for a set period of time  
**2 Samuel 12:21**  
**21 Then his servants said to him, "What is this thing that you have done? While the child was alive, you fasted and wept; but when the child died, you arose and ate food**
- Will God judge you for breaking your fast?
- Is there a difference between “Lent” and fasting?  
**1 Timothy 6:17**  
**17 Instruct those who are rich in this present world not to be conceited or to fix their hope on the uncertainty of riches, but on God, who richly supplies us with all things to enjoy.**
- Can we “fast” from an activity or a specific food? No, we enjoy those things which God has blessed us and we repent and lay aside sin.
- Do we prove our love for God by giving up, setting aside or doing away with something He has given us? No
- Does God require us to “give up” something we like in order to prove our dedication and commitment to Him? I Timothy 6:17; Philippians 4:12
- Can we fast, repent and confess the sins of others in the New Covenant? No, we cannot repent for another, confess the sins for another, receive Christ for another nor be baptized for another.  
 Daniel 9:5, 20 vs I Timothy 2:5