

FAST AND PRAY

Mark 1:35-39; 2:18-22 (NLV).

>>Fasting

Leviticus 16:29,30 (NLV); Isaiah 58:5-8; Matthew 4:1,2; Judges 20:26;
Acts 9:9; Daniel 1; 2 Chronicles 20:3.

9 MAIN PURPOSES FOR PRAYER & FASTING

Isaiah 58:6-8.

1. To get _____ from _____.

vs. 6 - *Freedom for those imprisoned...*

2. To _____.

vs. 6 - *...lighten the burden...*

3. For _____.

vs. 6 - *...let the oppressed go free...*

4. To _____ mental and emotional

_____.

vs. 6 - *...remove chains that bind people...*

5. To meet the physical _____ of _____.

vs. 7 - *...share your food with the hungry...*

6. For clearer insight in _____.

vs. 8 - *...salvation will come like the dawn...*

7. For _____ or _____.

vs. 8 - *...your wounds will quickly heal...*

8. For a more righteous _____ and

influential _____.

vs. 8 - *...your godliness will lead you forward...*

9. For the glory of the Lord, to _____

you from the evil one.

vs. 8 - *...the Lord will protect you from behind...*

SMALL GROUP DISCUSSION

1.

2. Review the points and verses from this lesson. What personal application can you make from this teaching?

3.

4. Take some time right now to pray for the needs of your small group.