



*Global Good*

*News Literature*

# Basic Christianity



## Part I

## ***GLOBAL GOOD NEWS LITERATURE***

**“All Scripture *is* given by inspiration of God, and *is* profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work.”** 2 Timothy 3:16-17



**“The entrance of your words gives light; it gives understanding to the simple.”** Psalm 119:130

**\*Note: All Scriptures in this study are either from NIV or NKJV**

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## **Lesson Three**

### **PRAYER**

#### **1. What is Prayer?**

- Prayer is heart to heart communication with God. Prayer can take different forms, like petition, supplication, thanksgiving etc... “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God;” Philippians 4:6 (NKJV)
- Prayer is the means whereby we get God’s will be done on earth as it is in heaven.  
“Your Kingdom come; your will be done on earth as it is in heaven.” Matthew 6:10  
“This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.” 1 John 5:14

#### **2. How should we approach God in Prayer?**

“Guard your steps when you go to the house of God. Go near to listen rather than to offer the sacrifice of fools, who do not know that they do wrong. <sup>2</sup> Do not be quick with your mouth; do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few.” Ecclesiastes 5:1-2

#### **3. Why do we pray?**

- a. It is God’s commandment.

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“Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak.” Matthew 26:41

“Pray continually” 1Thessalonians 5:17

“Then Jesus told his disciples a parable to show them that they should always pray and not give up.” Luke 18:1

### **b. It is the main way to know God**

To know someone we have to spend time and communicate heart to heart with that person. Similarly, to know God we have to spend time with him in prayer.

“Be still, and know that I am God” Psalms 46:10

### **c. We have a God who listens.**

“O! You who hear prayer,  
to you all men will come.” Psalms 65:2

“Does he who implanted the ear not hear?  
Does he who formed the eye not see?” Psalms 94:9

### **d. It is the way God ordained for his will to be done in our lives.**

“Call to me and I will answer you and tell you great and unsearchable things you do not know.” Jer. 33:3 (also read Matthew 6:10 & 1 John 5:14 above)

### **e. To receive God’s Help**

“Call upon me in the day of trouble;  
I will deliver you, and you will honor me” Psalms 50:15

“<sup>1</sup> I lift up my eyes to the hills—  
where does my help come from?

<sup>2</sup> My help comes from the LORD,  
the Maker of heaven and earth.

<sup>3</sup> He will not let your foot slip—  
he who watches over you will not slumber;

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<sup>4</sup> indeed, he who watches over Israel  
will neither slumber nor sleep.

<sup>5</sup> The LORD watches over you—  
the LORD is your shade at your right hand;

<sup>6</sup> the sun will not harm you by day,  
nor the moon by night.

<sup>7</sup> The LORD will keep you from all harm—  
he will watch over your life;

<sup>8</sup> the LORD will watch over your coming and going  
both now and forevermore.” Psalms 121:1-8

### **4. Different kinds of prayers**

#### **A. Prayer of Repentance.**

This is the prayer where the sinner gets reconciled with God.

“But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner’.” Luke 18:13

i. This prayer is a prayer that God has commanded all men to pray.

“Truly, these times of ignorance God overlooked, but now commands all men everywhere to repent.” Acts 17:30 (NKJV)

“Repent, for the kingdom of heaven is near.” Matthew 4:17

ii. Characteristics of true repentance

- It has sincere sorrow of heart. (2 Cor. 7:9-10)
- It acknowledges guilt. Does not shift blame to another. (Psalms 51:3-4)
- Focuses on God’s mercy. (Psalms 51:1)

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- Receives cleansing of sin. (Psalms 51:7, 1John1:7-9, Hebrews 9:13-14)

iii. There are differences and similarities between the repentance of a sinner and subsequent repentance of a converted believer.

**The similarity** is that sin separates both of them from having fellowship with God. (Isaiah 59:1-2)

**The difference** is that the repentance of a sinner is to become a child of God and to go from eternal death to eternal life, whereas the repentance of a believer is to re-establish his/her broken fellowship with God.

In John 13:6-10, we read this incident, “He came to Simon Peter, who said to him, ‘Lord, are you going to wash my feet?’ Jesus replied, ‘You do not realize now what I am doing, but later you will understand’.” “No”, said Peter, “you shall never wash my feet.” Jesus answered, “Unless I wash you, you have no part with me.” Then, “Lord,” Simon Peter replied, “not just my feet but my hands and my head as well!” Jesus answered, “A person who has had a bath needs only to wash his feet; his whole body is clean. And you are clean, though not every one of you.”

In this conversation, we can take the sinners’ repentance as what Jesus referred to as a “**bath**”, whereas, having our feet washed can be taken as the repentance of a believer. Jesus said, “*A person who has had a bath needs only to wash his feet; his whole body is clean.*” When a sinner sincerely repents, it is like he takes a bath and his whole (inner) body becomes cleansed by the blood of Jesus. After becoming a believer and sins from time to time (gets his feet dirty), he has to get his feet cleansed through the conviction of the Holy Spirit and repentance.

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### **B. Prayer of supplication or Petition.**

This kind of prayer is mainly where we “ask” something from the Lord. Usually, it is for ourselves.

**Matthew 7:7**, “**Ask** and it will be given to you; ...For everyone who asks receives;”

**John 16:24** “Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.”

**James 4:2** “...You do not have, because you do not ask God”

Unless our prayer is hindered due to un-confessed sin in our heart, **we can get one of three answers to our petition.**

i. Yes

ii. Wait

iii. No

- When our petition is according to God’s will and God’s timing the answer would be a definite “Yes”. (1 John 5:14)
- When our petition is according to God’s will but the timing has not yet come, God’s answer can be “Wait”. This answer can also seem that God is silent. (Habakkuk 2:3, Isaiah 40:31)
- If our request is not according to God’s will, his answer would be “No”. (James 4:3)

### **C. Prayer of Intercession**

This prayer is a prayer we pray on behalf of others. It can be for their salvation, protection, any hardship they are going through etc...

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Intercession can be initiated by:

**Ourselves: 1 Timothy 2:1** “Therefore I exhort first of all, that supplications, prayers, **intercessions**, and giving of thanks be made for all men.” When we see some weakness in someone’s life, we are not called to judge but to intercede on their behalf. (Romans 14:1, 1 John 5:16)

**The Holy Spirit: Romans 8:26-27** “Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but the Spirit Himself makes **intercession** for us with groanings which cannot be uttered. Now He who searches the hearts knows what the mind of the Spirit *is*, because He makes **intercession** for the saints according to *the will of God*.”

**Some of the exemplary Intercessors in the Bible are:**

- Jesus (Matthew 22:32, Hebrews 5:7, Romans 8:34)
- Moses (Exodus 32:32)
- Samuel (1 Samuel 12:22-23)
- Paul (Romans 9:3)

Intercessory prayer is a prayer that believers pray while they are alive. It is not for the Saints that have died and gone to be with the Lord. (Ecclesiastes 9:4-6)

### **D. Prayer of Authority**

Jesus has invested all authority in his body, which is his Church. (Ephesians 1:19-22) “and his incomparably great power for us who believe. That power is like the working of his mighty strength, <sup>20</sup>which he exerted in Christ when he raised him from the dead and seated him at his right hand in the heavenly realms,



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<sup>21</sup>far above all rule and authority, power and dominion, and every title that can be given, not only in the present age but also in the one to come. <sup>22</sup>And God placed all things under his feet and appointed him to be head over everything for the church,<sup>23</sup>which is his body, the fullness of him who fills everything in every way.”

God gave us his authority to use it accordingly, not to cry and whine about what happens around us. (Exodus 14:15-20)

Jesus said in Luke 10:19, “I have given you authority to trample on snakes and scorpions and to overcome all the power of the enemy; nothing will harm you.”

He also said in Mark 16:17 “And these signs will accompany those who believe: In my name they will drive out demons.”

Paul, also gives us insight into the authority that we have been given. 2 Cor 10:3-5 “For though we live in the world, we do not wage war as the world does. <sup>4</sup>The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. <sup>5</sup>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.”

### **E. Prayer of Thanksgiving**

This prayer is a prayer to give thanks to God for what he has done for us. In the parable of the ten lepers who were healed by Jesus, only one of them returned to give thanks to him. What that Samaritan leper did, clearly gives a good example of prayer of thanksgiving. Luke 17:15-18, “One of them, when he saw he was healed, came back, praising God in a loud voice. <sup>16</sup>He threw himself at Jesus' feet **and thanked**

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**him**—and he was a Samaritan. <sup>17</sup>Jesus asked, "Were not all ten cleansed? Where are the other nine? <sup>18</sup>Was no one found to return and give praise to God except this foreigner?"

In Psalms 103:1-5, David reminds us not to forget to give thanks.

<sup>1</sup> Praise the LORD, O my soul;  
all my inmost being, praise his holy name.  
<sup>2</sup> Praise the LORD, O my soul,  
and **forget not all his benefits-**  
<sup>3</sup> who forgives all your sins  
and heals all your diseases,  
<sup>4</sup> who redeems your life from the pit  
and crowns you with love and compassion,  
<sup>5</sup> who satisfies your desires with good things  
so that your youth is renewed like the eagle's."

### **F. Prayer of Praise and Worship**

"Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for **they are the kind of worshipers the Father seeks**. God is spirit, and **his worshipers must worship in spirit and in truth.**" John 4:23-24

This verse tells us that the Father **"Seeks"** those who worship him in spirit and truth. It is also indicating to us that true worship is only when it is done in 'spirit' and 'truth'. The word 'spirit', here refers to our spirit in collaboration with the Holy Spirit, and 'truth' means sincerely, wholeheartedly, without hypocrisy.

The prayer of "Praise & Worship" differs from prayer of "Thanks giving" because thanksgiving is giving God thanks for

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what he has done for us, whereas, “Praise & Worship” is giving him praise, honor, worship for WHO HE IS, just because he is WORTHY to be praised and worshipped.

David said in Psalms 106:1 “Praise the LORD. Give thanks to the LORD, for he is good; his love endures forever.”

Job, worshipped God after a series of catastrophes fell upon him. “At this, Job got up and tore his robe and shaved his head. Then he fell to the ground in worship ” and said: "Naked I came from my mother's womb, and naked I will depart. The LORD gave and the LORD has taken away; may the name of the LORD be praised." Job 1:20-21

After God chastised David for his sin; David did not complain or murmur, but he worshipped God. Read 2 Samuel 1:1-20

“...Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped.”

The above passage teaches us that, even when God chastises us, He is still worthy to be praised. Because, praise & worship only depend on who God is, and He never changes.

### **G. Prayer of Submission**

This prayer is to give ourselves to God unconditionally and unreservedly. When we first came to God in a prayer of repentance, we also prayed this prayer by accepting Him as our Lord and Savior.

This prayer does not stop after we become a child of God. We have to continuously submit ourselves to him because there is

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always some part of our life that is not totally submitted to him. We can see our lives as a big house with many rooms. **After the Lord knocked at the main door (our heart) and we opened it to him and accepted him as our Lord and savior, he keeps knocking at each door in our life asking, ‘May I come into this room as well and be the Lord of this part of your life?’**

This kind of prayer helps us to get rid of our excuse that says, “that’s just the way I am”, and makes us pray, **‘Lord, please be Lord in this area of my life also, I admit my weakness and submit myself to you.’**

The other prayers help us to make different kinds of offerings to God, whereas, in the prayer of submission, the offering we bring to God is ourselves.

That’s why Romans 12:1 says: **“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.”**

The Old Testament also asks us a challenging question in 1Chronicles 29:5 **“Now, who is willing to consecrate himself today to the Lord?”**

Prayer of submission is the basis for all other prayers because any prayer that is not based on a heart that is fully submitted to the Lord would not be acceptable to the Lord.

### **H. Prayer of Agreement**

This prayer is where two or more believers come together and agree in what they are asking the Lord. They don’t necessarily

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have to be physically together as long as they are in one accord and one heart.

“Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in heaven. <sup>20</sup>For where two or three come together in my name, there am I with them.” Mathew 18:19-29

“When the Day of Pentecost had fully come, **they were all with one accord** in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting.” Acts 2:1-2

“When they heard this, **they raised their voices together** in prayer to God.” Acts 4:24

### **5. Hindrances to our Prayer**

#### **a. Sin**

Sin is the major hindrance to our prayer life. Sin blocks the heavens so that our prayers don't go beyond the ceiling. More importantly, sin distances us from God and takes away the desire to pray at all, unless the Holy Spirit convicts us and wakes us up as to where we have put ourselves.

“If I regard iniquity in my heart,  
The Lord will not hear.” Psalms 66:18

“Behold, the LORD's hand is not shortened,  
That it cannot save;  
Nor His ear heavy,  
That it cannot hear.

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<sup>2</sup> But your iniquities have separated you from your God;  
And your sins have hidden *His* face from you,  
So that He will not hear.” Isaiah 59:1-2

### **b. Not praying according to His will (His Word)**

“Now, this is the confidence that we have in Him, that if we ask anything according to His will, He hears us.<sup>15</sup> And if we know that He hears us, whatever we ask, we know that we have the petitions that we have asked of Him.” 1 John 5:14-15

“You ask and do not receive, because you ask amiss, that you may spend *it* on your pleasures.” James 4:3

### **c. Lack of Faith (doubt, unbelief)**

“But let him ask in faith, with no doubting, for he who doubts is like a wave of the sea driven and tossed by the wind. <sup>7</sup> For let not that man suppose that he will receive anything from the Lord; <sup>8</sup>*he is* a double-minded man, unstable in all his ways.” James 1:6-8

“For assuredly, I say to you, whoever says to this mountain, ‘Be removed and be cast into the sea,’ and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. <sup>24</sup> Therefore I say to you, whatever things you ask when you pray, believe that you receive *them*, and you will have *them*.” Mark 11:23-24

Faith and Prayer are inseparable. All of the different kinds of prayers must be offered by ‘Faith’.

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## **Quiet Time**

“Quiet time” means time we have to take before the Lord.

It indicates two things:

1. To be quiet before the Lord
2. To listen to the Lord.

Often times, our lives are so cluttered with all kinds of noises and voices; we don’t have the inner ear to hear what the Lord is trying to speak to us. Quiet time is a spiritual discipline that quiets all noises and voices around us and puts us in a position to listen to the Holy Spirit.

“Walk prudently when you go to the house of God; and draw near to hear rather than to give the sacrifice of fools, for they do not know that they do evil. <sup>2</sup> Do not be rash with your mouth, and let not your heart utter anything hastily before God. For God *is* in heaven, and you on earth; Therefore let your words be few.” Ecclesiastes 5:1-2

Quiet time is also a time to come to God desiring him only.

“My soul thirsts for God, for the living God. When shall I come and appear before God?” Psalms 42:2

“*When You said, “Seek My face,” My heart said to You, “Your face, LORD, I will seek.”* Psalms 27:8

## **Why do we need Quiet Time?**

1. To know God and his will, guidance, protection, and counsel.

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**“Be still,** and know that I *am* God;  
I will be exalted among the nations,  
I will be exalted in the earth!” Psalms 46:10

“But whoever listens to me will dwell safely,  
And will be secure, without fear of evil.” Prov. 1:33

“Oh, that My people would listen to Me,  
That Israel would walk in My ways!  
<sup>14</sup> I would soon subdue their enemies,  
And turn My hand against their adversaries.  
<sup>15</sup> The haters of the LORD would pretend submission to Him,  
But their fate would endure forever.  
<sup>16</sup> He would have fed them also with the finest of wheat;  
And with honey from the rock I would have satisfied you.”  
Psalms 81:13-16

### **2. To receive mercy and grace.**

“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.” Heb. 4:16

### **3. To receive power from God.**

“Behold, I send the Promise of My Father upon you; but tarry in the city of Jerusalem until you are endued with power from on high.” Luke 24:49

### **4. So that our lives would be healed and blossom**

Even though, the passage in Luke 24:13-35 (read the whole passage), doesn’t seem to talk about “Quiet Time”, the whole story



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is a very good depiction of a Christian who has abandoned his/her quiet time.

The two disciples in the story were sad and headed away from Jerusalem, where Jesus would appear to his disciples, to Emmaus.

In this story we see the symptoms of a Christian without a quiet time.

- a. Full of ‘Conversing and reasoning’, instead of being led by the Spirit. “While they conversed and reasoned, that Jesus Himself drew near and went with them.” (Verse 15 NKJV)
- b. No insight or foresight. “But their eyes were restrained, so that they did not know Him.” (Verse 16)
- c. Our conversation becomes dry and hopeless. “And He said to them, “What kind of conversation is this that you have with one another as you walk and are sad?” (Verse 17)
- d. We become foolish (without understanding) and get into unbelief. “Then He said to them, “O foolish ones, and slow of heart to believe in all that the prophets have spoken!” (Verse 25)

After the two disciples had a walk and a talk with Jesus (even if they did not know him at first), we see how the life of a Christian changes when we have a good quiet time with Jesus!

- a. Our spiritual eyes open. “Then their eyes were opened...” (Verse 31)
- b. We know Christ more. “...and they knew Him” (Verse 31)
- c. Our life becomes alive and aflame. “And they said to one another, “Did not our heart burn within us

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while He talked with us on the road, and while He opened the Scriptures to us?” (Verse 32)

- d. We make a U-Turn and go back to Jerusalem (where Fellowship and Hope is). “So they rose up that very hour and returned to Jerusalem, ...” (Verse 33)
- e. We would re-establish fellowship with other disciples. “.. they found the eleven and those *who were* with them gathered together, <sup>34</sup> saying, “The Lord is risen indeed, and has appeared to Simon!” <sup>35</sup> And they told about the things *that had happened* on the road, and how He was known to them in the breaking of bread.” (Verses 34-35)

### **How can we exercise our Quiet Time?**

**1. First we have to spend few seconds, minutes or however long it takes, to settle ourselves quietly before him.**

“But the LORD is in his holy temple; let all the earth be silent before him.” Habakkuk 2:20

**2. If there is something we have to clear our conscious from, we have to start by praying the prayer of repentance.**

When we spend some time to settle quietly before him, the Holy Spirit will point to us anything that needs to be straightened out.

“Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God.” John 3:20-21

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“But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin.” 1 John 1:7

“How much more shall the blood of Christ, who through the eternal Spirit offered Himself without spot to God, cleanse your conscience from dead works to serve the living God?” Heb. 9:14

### **3. If our heart is clear we don’t necessarily have to start by repentance.**

“Beloved, if our heart does not condemn us, we have confidence toward God.” 1 John 3:21

However, like David, we can ask the Lord to cleanse us from any sin that we might not be aware of.

“Who can understand *his* errors?

Cleanse me from secret *faults*.

<sup>13</sup> Keep back Your servant also from presumptuous *sins*;

Let them not have dominion over me.

Then I shall be blameless,

And I shall be innocent of great transgression.

<sup>14</sup> Let the words of my mouth and the meditation of my heart

Be acceptable in Your sight,

O LORD, my strength and my Redeemer.” Psalm 19:12-14

### **4. We have to come to the Lord with Joy, Praise and worship.**

“Serve the LORD with gladness;

Come before His presence with singing.

<sup>3</sup> Know that the LORD, He *is* God;

*It is He who* has made us, and not we ourselves;<sup>[a]</sup>

*We are* His people and the sheep of His pasture.

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<sup>4</sup> Enter into His gates with thanksgiving,  
And into His courts with praise.  
Be thankful to Him, *and* bless His name.

<sup>5</sup> For the LORD *is* good;  
His mercy *is* everlasting,  
And His truth *endures* to all generations.” Psalm 100:2-5

When we see the last three chapters of the book of Psalms, i.e. Chapters 148-150, they tell us the following:

### Chapter 148 → Who should praise the Lord?

From the Heavens to the depths.

From Angels to children.

From Kings to all people.

Sea creatures, mountains and hills, beasts and cattle, flying fowls;

In short, **ALL CREATION!**

### Chapter 149 → Why we should praise Him?

Because he takes pleasure in his people and in their praises.

“For the LORD takes pleasure in His people;  
He will beautify the humble with salvation.” Psalms 149:4

Because, through his people’s praise, God executes his vengeance and judgment against the enemy.

“To execute vengeance on the nations,  
And punishments on the peoples;

<sup>8</sup> To bind their kings with chains,  
And their nobles with fetters of iron;

<sup>9</sup> To execute on them the written judgment—  
This honor have all His saints.” Psalms 149:7-9

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### **Chapter 150 → How shall we praise Him?**

By all means. Using all instruments.

“Praise Him with the sound of the trumpet;  
Praise Him with the lute and harp!  
<sup>4</sup> Praise Him with the timbrel and dance;  
Praise Him with stringed instruments and flutes!  
<sup>5</sup> Praise Him with loud cymbals;  
Praise Him with clashing cymbals!” Psalms 150:3-5

Most of all, with our Breath! As long as there is breath in us!

“Let everything that has breath praise the LORD.” Psalms 150:6

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## FASTING

*“But He answered and said, ‘It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”* Mat. 4:4

### What is Fasting?

The following verses don’t seem to talk about fasting but they clearly tell us what fasting is all about.

*“Jesus said to them, ‘My food is to do the will of Him who sent Me, and to finish His work.’”* John 4:34

The following verse refers to Abraham’s servant who was sent by Abraham to get a wife for Isaac. It tells us how a man with a mission talks.

*“Food was set before him to eat, but he said, ‘I will not eat until I have told about my errand’.”* Gen 24:33

### Why did God’s people fast?

They fasted during the following situations and times:

1. To receive guidance from God. (Exodus 34:28, Ezra 8:21)
2. To humble oneself before God (Ezra 8:21)
3. For our children and our belongings (Ezra 8:21)
4. Jesus fasted before he started his earthly ministry  
(Matthew 4:1-17)
5. To worship the Lord (Acts 13:2)
6. Before Paul & Barnabas were set apart for the ministry  
(Acts 13:3)

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7. During times of failure (Judges 20:24-26)
8. During national calamity and sorrow  
(2 Sam. 1:11-12, Nehemiah 1:2-4)
9. During Judgment and punishment  
(2 Sam. 12:16-23, 1 Kings 21:27-29, Jonah 3:3-10)
10. For the fulfillment of God's promise (Daniel 9:1-3)
11. To accompany our repentance  
(Neh. 9:1-2, Joel 2:12-13, 1 Sam. 7:6)
12. When the enemy is threatening God's people  
(Esther 4:1-17)
13. To cast out demons (Mat. 17:21)
14. To dedicate people to the Lord (Acts 14:23)
15. Some took prayer & fasting as their ministry (Luke 2:37)

### **What is the main purpose of fasting?**

The main purpose of fasting is to make our voice (Prayer) heard by God. (Read the whole chapter of Isaiah 58)

In verses Isaiah 58:3-4 it says, “**‘Why have we fasted,’ *they say*, ‘and You have not seen? *Why* have we afflicted our souls, and You take no notice?’** In fact, in the day of your fast you find pleasure, And exploit all your laborers. **‘** Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as *you do* this day, **To make your voice heard on high.”**

This chapter further indicates that fasting is not just abstaining from food. It includes abstaining from any kind of evil. It also includes doing good to others. Isaiah 58:6-14 says,

**“Is this not the fast that I have chosen:  
To loosen the bonds of wickedness,  
To undo the heavy burdens,  
To let the oppressed go free,**

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And that you break every yoke?

<sup>7</sup>*Is it* not to share your bread with the hungry,  
And that you bring to your house the poor who are cast out;  
When you see the naked, that you cover him,  
And not hide yourself from your own flesh?

<sup>8</sup> Then your light shall break forth like the morning,  
Your healing shall spring forth speedily,  
And your righteousness shall go before you;  
The glory of the LORD shall be your rear guard.

<sup>9</sup> Then you shall call, and the LORD will answer;  
You shall cry, and He will say, ‘Here I *am*.’

“If you take away the yoke from your midst,  
The pointing of the finger, and speaking wickedness,

<sup>10</sup>*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.

<sup>11</sup> 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.

<sup>12</sup> Those from among you  
Shall build the old waste places;  
You shall raise up the foundations of many generations;  
And you shall be called the Repairer of the Breach,  
The Restorer of Streets to Dwell In.

<sup>13</sup> “ If you turn away your foot from the Sabbath,  
*From* doing your pleasure on My holy day,  
And call the Sabbath a delight,  
The holy *day* of the LORD honorable,  
And shall honor Him, not doing your own ways,  
Nor finding your own pleasure,  
Nor speaking *your own* words,



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**“Then you shall delight yourself in the LORD;  
And I will cause you to ride on the high hills of the earth,  
And feed you with the heritage of Jacob your father.  
The mouth of the LORD has spoken.”**

**Things we should be mindful of during fasting.**

### **1. Let us not fast beyond our strength.**

Let's start by taking baby steps, like skipping our breakfast. Then we can go on as the Spirit of God directs and allows us. Let us not copy so and so and try to fast as many days as they claimed to fast. The purpose of fasting as mentioned above is to get our voice heard by God, not torturing our flesh.

### **2. Let us not fast to fulfill some tradition or a set of religious rules.**

Just because we read in the Bible that some people fasted for so many days, we don't have to copy them. **What we have to ask is ‘why they fasted’, and when the same kind of situation comes to our life then we can imitate them.** Still we have to do it within the perimeter of what is mentioned in #1 above.

If we fast just to follow tradition and a set of rules, this is what the Bible tells us:

**“These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are but rules taught by men.” (Matthew 15:8-9)**

**“God is spirit, and his worshipers must worship in spirit and in truth.”  
John 4:24**

### **3. If we decide to fast, let us make a firm decision to fast.**

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Otherwise, every temptation to eat will put a stop to it.

### **4. Let us not fast to show off how spiritual we are.**

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full. “But when you fast, put oil on your head and wash your face, “so that it will not be obvious to men 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.” Mat. 6:16-18

### **5. Fasting should always be accompanied with prayer**

because the main purpose is to have our prayers heard by God. Otherwise, it would only be good for losing weight.

**May the Lord bless our Prayer Life**

# ***GLOBAL GOOD NEWS LITERATURE***

## **Lesson 3 – PRAYER - Quiz**

(Please give your answers on a separate piece of paper)

Student ID #: \_\_\_\_\_

Student Name: \_\_\_\_\_

Address: \_\_\_\_\_

1. The Bible tells us to pray without ceasing. Why is prayer so important?
2. What is the difference between ‘Prayer of thanksgiving’ and ‘prayer of praise & worship’?
3. What is the difference between ‘Prayer of supplication or Petition’ and ‘Prayer of intercession’?
4. What are some of the hindrances to prayer? Which one of these is your #1 problem and how do you plan to overcome it?
5. What is a ‘Quiet time’
6. What are the symptoms of a Christian life without a quiet time?
7. If you have a regular ‘quiet time’, what difference did it make to you? If you don’t, what plans do you have to have a regular ‘quiet time’?
8. What is the main purpose of fasting?
9. What are some of the reasons God’s people fasted in the Bible?
10. What are some of the things you have to be mindful of when you fast?