

21 DAY FAST AND PRAY

January 11, 2021

"A revival of real praying would produce a spiritual revolution." - E. M. Bounds

Heavenly Homework.

1. In the book, "God, Please Help Me Pray!" answer the 12 questions on page 70.
2. Continue to fast somehow each day as God directs you.

While there is no prescribed formula for prayer, there are ways *to* and *not to* pray.

Last evening, we listed three keys to effective prayer: pray simply, specifically and in unity. Today, we will provide things to avoid.

1. **Don't use prayer as a last resort.** Corrie Ten Boom, a survivor of the Holocaust asked, "Is prayer your steering wheel or your spare tire?" Many Christians never pray until there is a crisis then they run to God asking for a favor. To keep God in a cage until you need Him is an insult. We need God for every beat of our hearts and every breath we take. We should see Him as such and talk to Him as such.
2. **Don't use empty repetition.** It is ok to keep asking God for the answer to a certain prayer until the answer comes. That's not vain or empty repetition. Vain repetition is repeating memorized phrases, babbling meaningless words, chanting prescribed prayers over and over. Your prayer should be fresh, from a trusting and focused heart and never thoughtless or routine. "...when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words." - Matthew 6:7 NKJV **Don't assume a long prayer is a better prayer.** The shortest prayer in the Bible kept a man from drowning. Tell God what is on your heart and move on. "Lord, save me!" - Matthew 14:30 God is very concerned about your needs. He's listening.
3. **Don't test God or try to control Him.** The right to God to God in prayer is not the right to tell Him what He should or should not do. We should not by human logic say, for example: "I believe God, I asked Him in faith and therefore, God is required to answer." To demand something we think God should do for us and then to complain when God says "No" is to place our will ahead of His. Even Jesus prayed in the garden, "Not my will, but Thy will be done."

Here are some things that we can pray simply, specifically and in unity tonight.

Pray for deliverance for people who are in bondage

Pray for healing for those who are sick

Pray for salvation for those who are lost

Pray for strength of those who are weak and weary