

# 21 DAY FAST AND PRAY

January 9, 2021

*“Prayer is God’s plan to supply man’s great and continuous need with God’s great and continuous abundance.” – E. M. Bounds*

## Heavenly Homework.

1. In the book, “God, Please Help Me Pray!” in writing, answer the questions on pages 55 – 60. Read Appendix N on page 197.
2. Fast somehow each day as God directs you.

**There is so much to be learned by studying the prayers, prayer habits and prayer patterns of believers in the book of Acts.** We can see that they:

- Prayed regularly together in unity
- Prayed and fasted for those who labored in the work of the Lord
- Prayed according to the will of God
- Prayed in the midst of great danger and hardship
- Prayed constantly
- Prayed for the lost
- Prayed for the sick
- Prayed for all things

Prayer was an identifying characteristic of the New Testament church. Jesus prayed, the apostles prayed, and the church was given birth in a time of prayer. Immediately following our Lord’s ascension, a small band of Jesus’ followers traveled on foot to Jerusalem and then Luke records, *“And when they had entered (Jerusalem), they went up into the upper room where they were staying: Peter, James, John, and Andrew; Philip and Thomas; Bartholomew and Matthew; James the son of Alphaeus and Simon the Zealot; and Judas the son of James.”*<sup>14</sup> *These all continued with one accord in prayer and supplication, with the women and Mary the mother of Jesus, and with His brothers.*

## Wouldn’t you love to have been in the room that day to hear them praying?

I think it is amazing that they went to pray. Jesus had been with them 40 days after resurrection and before ascension. He gave them their assignment and went to heaven. There were so many things they could have done like move to a new town; install a security system; go back to their old jobs or find a new career. Instead, they turned their faces toward the harvest and marched like soldiers to the upper room and when they got there, they set themselves to pray! All of them! The eleven disciples (all except Judas Iscariot), the women, *Mary the mother of Jesus, and with His brothers.* Amazing!

Jesus had by word and by example instilled in each of them the importance, the place, and the power of prayer.

**Things to pray about tonight:**

Pray for discernment

Pray for wisdom and understanding

Pray for courage

Pray for the desire, time, and ability to pray. "Oh God, help me pray!"

*"Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working." – James 5:16 ESV*

*"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you." - I Thessalonians 5:16-18 ESV*

*"Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints..." - Ephesians 6:18 ESV*

*"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." – Philippians 4:6 ESV*

*"First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people," - I Timothy 2:1 ESV*

***"God, far more than having prayer meeting,  
help us become a praying church."***