

Pray First

Romans 12:12 NIV Be joyful in hope, patient in affliction, faithful in prayer.

*Mt 17:14-18 When they came to the crowd, a man approached Jesus and knelt before him. **15** "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. **16** I brought him to your disciples, but they could not heal him." **17** "You **unbelieving** and **perverse** generation," Jesus replied, "how long shall I stay with you? How long shall I put up with you? Bring the boy here to me." **18** Jesus rebuked the demon, and it came out of the boy, and he was healed at that moment.*

THE PROBLEM ---- We have a connection problem

Mt 17:14-18 Unbelieving and Perverse generation

- 1) **Unbelieving**: not connected with God.
- 2) **Perverse**: too connected to the world.

THE SOLUTION – Prayer and Fasting

*Mt 17:19-21 NKJV Then the disciples came to Jesus privately and said, "Why could we not cast it out?" **20** So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. **21** However, this kind does not go out except by **prayer** and **fasting**."*

Problem: Unbelieving and Perverse

Solution: Prayer and Fasting

- 1) Prayer Connects us the God.
- 2) Fasting Disconnects Us from the World.
 - a) What is fasting? Disconnecting from the world.
 - b) Fasting does something powerful **IN** us and not **FOR** us.

We have 3 Parts: Body, Soul and Spirit

*1 Thess 5:23 NIV May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be **kept blameless** at the coming of our Lord Jesus Christ.*

- Body - connects us to ourselves.
- Soul - connects us to others.
- Spirit - connects us to God.

PREPARATION FOR 21 DAYS OF PRAYER AND FASTING

Set Your Objectives

- 1) Declare your dependence on God.
- 2) Ask for forgiveness.
- 3) Refocus on the eternal.
- 4) Invite the presence of God in our lives.
- 5) Believe God for some specific needs.

Decide what type of fast you will do.

Expect Results

*Isa 58:8,9 Then your light will break forth like the dawn, and **your healing** will quickly appear; **then your righteousness** will go before you, and the glory of the Lord will be your rear guard. 9 Then you will call, and the Lord will answer; you will cry for help, and he will say: Here am I.*

- Then you will find Healing
- Then you will find Holiness
- Then you will find Help