

RANDRICK CHANCE

PRAYERS THAT MOVE HEAVEN

**HOW TO GET YOUR PRAYERS
ANSWERED 100% OF THE TIME**



BONUS

PRINCIPLES OF FASTING

Principles of Fasting

Occasions mentioned in Scripture include:

- Before receiving the Decalogue on Sinai – Exodus 34:28; Deuteronomy 9:9.
- On the Day of Atonement (cleansing) – Leviticus 16:29, 31.
- Upon the death of a friend or family – 1 Samuel 31:11-13.
- During times of sickness/afflictions – 2 Samuel 12:15-23.
- During times of grief/deep emotions – 1 Samuel 1:7; 2 Samuel 2:16; Dan. 6:18-20.
- Times of impending danger and fear – 2 Chronicles 20:2-13; Esther 4:16.
- Sad News – Nehemiah 1:4.
- For ordination into the gospel ministry – Acts 13:13; 14:23.
- During times of national repentance – 1 Samuel 7:5, 6; Jonah 3:5-10.
- During periods of sustained intercession – Daniel 9:34; Acts 9:9, 11, 19.

For How Long Should Christians Fast?

Various lengths mentioned in the Bible. How long should be based on the need at the given moment and the degree of conflict one is experiencing.

- All night (Daniel 6:18; 2 Samuel 12:16)
- Three days (Esther 4:16)
- For [certain] days (Nehemiah 1:4)
- Two times per week (Luke 18:12)
- For seven days (1 Samuel 31:13; 2 Samuel 12: 16-18)
- Forty days (Exodus 34:28; Matthew 4: 1-2)

What's Involved in Fasting?

- Much prayer – Luke 2:37; Ezra 8:23; Daniel 9:3.
- Intimate, contrite confession of all sins – Nehemiah 9:1, 2 [whole chapter].
- Mourning (sorrow of heart) – Joel 2:12; Esther 4:3.
- Humiliation (deep soul searching) – Ezra 8:21; Deuteronomy 9:9, 18, Psalm 35:13.
- Fast with God in mind and do right – Zechariah 7:5-14; Matthew 6:18.
- Cleanse the soul temple – Psalm 69:10, 11a; 1 Samuel 7:6.
- Fast with true motives (consider the meaning) – Isaiah 58: 3-14.
- ❖ Avoid display and vanity – Matthew 6:16-18).

What Will Fasting Accomplish?

- Divine Guidance – Judges 20:26-28.
- Answers to petitions – Esther, Nehemiah, and Daniel 6:18; 9:3.
- Victory over temptations – Matthew 4: 1-11.
- Promised blessings (present and future) – Joel 2:18-32.
- Pardon [forgiveness and mercy] from God – Jonah 3:9, 10.

The Certainty of God's Promises:

- 1. God always keeps promises (He can't lie).** Num. 23:19; Psa. 89:34; Titus 1:2; Heb. 6:18.
- 2. God has Power to do what He has promised.** Jeremiah 1:12; Romans 4:17, 2; Ephesians 3:20; Psalm 33:6, 9; 148:5-6; Isaiah 46:9-11; 55; 2 Corinthians 1:20.

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