

# ***The Coming Revival*** **A Prayer & Fasting Bible Study**

## **PREFACE**

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Welcome to WGBD's *Prayer & Fasting Bible Study*. This is a self-directed 7 week course. The text books are: Dr. Bill Bright's books: "***The Coming Revival***" and "***7 Basic Steps to Successful Fasting & Prayer***." Dr. Bright is the founder of Campus Crusade for Christ International. You may purchase his books through *New Life Publications* or from your local bookstore. Our three Real Audio Internet teachers are: Rev. Robert Morey a pastor in W. Virginia, and a graduate of Anderson Theological Seminary, Anderson, Indiana. Pastor Reimar Schultze of Kokomo, Indiana a graduate of Asbury Theological Seminary, and Betty Thorn who is a dynamic prayer intercessor. You may listen to these teachers by Real Audio over the Internet web site: WGBD. Click to this link for this Bible study online at: <http://www.wgbd.org/oldbiblestudy.html>

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Below is a suggested agenda that you might consider using should you use this workbook in a group setting. It is also recommended that the group meet 7 consecutive weeks to maintain and promote continuity during this Bible Study.

### **Suggested Agenda:**

Devotional Thought (15 min.)  
Time for Praise Reports (10 min.)  
Time for Corporate Prayer (30 min.)  
Time for Lesson, listening to cassette tape, and assignments (50 min.)  
Wrap up & Closing Prayer (15 min.)

### **Some other helpful hints to consider:**

- Pray that God will provide wisdom and understanding.
- Find a place to meet that is conducive to study and to prayer.
- Choose a Bible translation that you can understand.
- Review
- Come to the group prepared by having completed assignments.
- Participate in the discussion, but be careful not to dominate.
- Expect God to answer prayer.

The best preparation is prayer! You don't have to be a theologian or a Bible scholar to conduct or participate in a prayer study. It is more important that you allow the Holy Spirit to lead, guide, and direct. Whether you use this material individually, or as a group, the time required to complete each topic may not be more than a day, or may take a week depending on your schedule. It is important that you not rush through the materials, but wait upon God in prayer. This Bible study has been designed to be used with the Holy Bible (all scripture references are King James Version).

## SUGGESTED OUTLINE

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### Study 1

Devotions & Prayer

Preface & Outline

Introduction - Handout #1

What is Fasting? - Handout #2

Take a Fasting History- Handout #3

Day of Atonement - Handout #4

Weekly Guide - Handout #5

Corporate Fasting Prayer Goals - Handout #6

Assignments:

Listen to: "World Wide Revival" (Real Audio Sermon on the Internet)

Listen to: "Faith" (Real Audio Sermon on the Internet)

Read: *Steps to Successful Prayer & Fasting* by Dr. Bill Bright

Begin to read from the 56 Day Fasting Devotional Handout #7

### Study 2

Devotions & Prayer

Topic: Samuel- Handout #8

Assignments:

Listen to: "Surrender" (Real Audio Sermon on the Internet)

Listen to: "Fasting Part 1, 2, & 3" (Real Audio Sermon on the Internet)

Listen to: "Corporate Prayer" (Real Audio Sermon on the Internet)

Read: Chapters 1 *The Coming Revival* by Dr. Bill Bright

Read: Are You Praying for Revival? Handout #9

Continue reading in 56 Day Fasting Devotional Handout #7

### Study 3

Devotions & Prayer

Topic: Disciples - Handout #10

Assignments:

Listen to: "Jesus Prayed" (Real Audio Sermon on the Internet)

Read: Chapter 2 *The Coming Revival* by Dr. Bill Bright

Continue reading in 56 Day Fasting Devotional Handout #7

### Study 4

Devotions & Prayer

Topic: Elijah - Handout #11

Assignments:

Listen to: "Whole Armor" (Real Audio Sermon on the Internet)

Read Chapters 3-4 *The Coming Revival* by Dr. Bill Bright

Continue reading in 56 Day Fasting Devotional Handout #7

Read: the Book of Daniel

Elective: Corporate Fast Handout #6

## SUGGESTED OUTLINE

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### Study 5

Devotions & Prayer

Topic: Daniel - Handout #12

Assignments:

Listen to: "Whole Armor Part 2" (Real Audio Sermon on the Internet)

Listen to: "Whole Armor Part 3" (Real Audio Sermon on the Internet)

Read: Chapters 5-6 *The Coming Revival* by Dr. Bill Bright

Read: More about Fasting Handout # 13

Continue reading in 56 Day Fasting Devotional Handout # 7

### Study 6

Devotions & Prayer

Topic: Anna Handout #14

Assignments:

Listen to: "Open Wide Thy Mouth" (Real Audio Sermon on the Internet)

Listen to: "Ask & Believe" (Real Audio Sermon on the Internet)

Read Chapters 7-8 *The Coming Revival*, by Dr. Bill Bright

Continue reading in 56 Day Fasting Devotional Handout # 7

Read: The Book of Esther in your Bible

### Study 7

Devotions & Prayer

Topic: Queen Esther Handout #15

Assignments:

Listen to: "I am Poor & Needy" (Real Audio Sermon on the Internet)

Read: Chapters 9-10 *The Coming Revival*, by Dr. Bill Bright

Continue reading in 56 Day Fasting Devotional Handout #7

Read: Fasting - Handout #16

Read: Are You Dressed for Battle? - Handout #17

Assignments:

Read: Finish Appendix A-E *The Coming Revival* by Dr. Bill Bright

Finish reading in 56 Day Fasting Devotional Handout #7

## INTRODUCTION HANDOUT #1

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### **The world needs revival. The church needs revival. I need revival**

If there was ever an hour for revival, it is now! The church today lacks unction, is prayerless, powerless, and as Dr. Ravenhill said in his book: *Why Revival Tarries*: "The prayer meeting is dead or dying." The moral decay of our nation continues to rise, and the church appears to be asleep. It seems she has no awareness that she has been called to be a soldier and that this Christian walk with God is WARFARE.

Do you really pray? Are you crying out in prayer for revival? If not, why not? What is your excuse?

1. Let's consider your personal prayer life, is it better now than when you first got saved?
2. Do you get daily answers to prayer?
3. Do you attend a church prayer meeting?
4. Do you pray for revival regularly?
5. Do you fast and pray on a routine basis?

If you have answered yes to all of the above questions, praise the Lord! Continue to watch and pray. But if you failed to answer yes, consider beginning today! Put on the whole armor! Jesus speaks about fasting in Matthew 6:16-18 and 9:14-15. Jesus expects fasting to be a regular discipline to a Christian's walk with God. As you humble yourself in prayer and fasting, you are saying to God: "Forgive me," "Cleanse me," and "Help me." As you set your goal to fast and to pray, you are basically saying to God: "This problem concerns me, it overwhelms me, and I am so burdened about this need that I am willing to fast and to pray." We know from the study of the Word of God that some deliverance may only come when one fasts and prays. May Jesus help you as you begin to fast and pray. WGBD does not have any medical doctors on its staff. WGBD *Prayer & Fasting Bible Study* is a tool to help you **LEARN** about fasting.

## WHAT IS FASTING HANDOUT #2

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Fasting, abstention from food, and often also from drink, for a longer than usual period. Fasting has been practiced for centuries in connection with religious ceremonies. Fasts are observed among Christians, Jews, Muslims, Confucianists, Hindus, Taoists, Jainists, and adherents of other religious faiths. Although Buddhism stresses moderation in eating rather than fasting, Buddhists in some countries, notably Tibet, observe certain fasts.

Originally, fasting was one of a number of rites in which physical activities were reduced or suspended, resulting in a state of quiescence comparable, symbolically, to death, or to the state preceding birth. Fasts were also part of the fertility rites in primitive ceremonies. Many of these ceremonies were held at the vernal and autumnal equinoxes and survived for centuries. Some scholars connect the symbolic use of matzo, or unleavened bread, by the Jews during the spring festival of Pesach, or Passover, with these early origins. Traces of these ancient rites are found also in the fast observed by many Christians during Lent as a preparation for Easter.

Closely associated with fasts to induce fertility were fasts intended to avert catastrophe or to serve as penance for sin. Native North Americans held tribal fasts to avert threatening disasters. The Native Americans of Mexico and the Incas of Peru observed penitential fasts to appease their gods. Among the peoples of the Old World, the Assyrians and the Babylonians especially, and others to a lesser extent, observed fasts as a form of penance. Among Jews, fasting as a form of penitence and purification has been observed annually on the Day of Atonement, Yom Kippur, since its traditional designation by Moses. On this holy day neither food nor drink is permitted. The fast by day, but not after dark, observed by Muslims during the month of Ramadan also is a form of atonement.

The early Christians associated fasting with penitence and purification (see Matthew 6:16; Mark 9:29). During the first two centuries of its existence, the Christian church established fasting as a voluntary preparation for receiving the sacraments of Holy Communion and baptism and for the ordination of priests. Later, these fasts became obligatory, as did others subsequently added. In the 6th century the Lenten fast was expanded from its original 40 hours, the time spent by Christ in the grave, to 40 days, on each of which only one meal was permitted. After the Reformation, fasting was retained by most Protestant churches and was made optional in some cases. Stricter Protestants like the Puritans, however, condemned not only the festivals of the church, but its traditional fasts as well. The Orthodox church observes fasts rigorously.

Fasting has been criticized from early times. Many Old Testament prophets and early Christian writers condemned the abuse of fasting as an empty formality by persons who led immoral lives. In modern times criticism of fasting has been based principally on other grounds. Physicians and psychologists have challenged the indiscriminate practice of rigorous fasting, maintaining that it is frequently harmful. Custom, moreover, has greatly modified the manner in which fasting is observed. With marked exceptions, selective fasting rather than total abstinence is the rule today. In the Roman Catholic church fasting may involve partial abstinence from food and drink (as in the fast before partaking of Holy Communion) or total abstinence. Roman Catholic fast days now are Ash Wednesday and Good Friday. In the United States, fasting is observed chiefly by Episcopalians and Lutherans among Protestants, by Orthodox and Conservative Jews, and by Roman Catholics.

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## TAKE A FASTING HISTORY HANDOUT #3

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The following inventory should be taken before you consider fasting. If you have any questionable health problems or problems listed in question #3, you should not fast food.

Date: \_\_\_\_\_

1. How long have you been a Christian? (Years)

2. Have you attended classes on fasting?

Yes No

3. Are you free of the following health concerns or diseases, and do not have to take any daily medications: pregnancy, heart, thyroid, anemia, ulcers, cancer, blood disease, kidney problems, colon, hypoglycemia, and seizures?

Yes No

If No, list the problem:

4. Have you ever fasted before?

Yes No

5. How long was your first fast?

1 meal, 2 meals, 3 meals, 2 days, 3 days, or more

6. What type of fast was it? (Juice fast, water fast, partial fast, etc.)

7. Were you able to fast the first time without any problems?

Yes No

If no, describe the problems you experienced with your first fast:

## TAKE A FASTING HISTORY HAND OUT #3

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8. Why did you fast? (revival, for healing, for help with problems)

9. Do you prepare several days ahead of time with prayer before you fast?

Yes No

10. What type of schedule did you follow when you fasted? (AM, Noon, PM)

11. Have you ever read any books on fasting?

Yes No

If yes, what books have you read?

12. Have you read: *The Coming Revival* by Dr. Bill Bright?

Yes No

13. Have you read: *7Steps to Successful Prayer & Fasting* by Dr. Bill Bright?

Yes No

14. Are you fasting now?

Yes No If yes, how long do you plan to fast?

15. What steps do you take to end your fast?

16. Have you ever participated in an extended fast? (more than 2 days)

Yes No

If Yes, describe:

## TAKE A FASTING HISTORY HAND OUT #3

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17. Since being a Christian, how often have you fasted?

18.

Never

1 – 3 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

4 – 6 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

7 – 12 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

13 – 20 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

More than 25 times (circle one: 1 meal, 2 meals, 3 meals, 2 days, or more)

18. Do you fast weekly?

Yes No

If Yes, describe the type of fast:

20. Count your YES and NO answers:

YES =

NO =

If you have more **No** responses than **Yes**, it would be recommended that you take this Prayer & Fasting Bible Study and read Dr. Bright's books. Dr. Bright has been a Christian since 1944, and he has experienced many fasts. However, he did not undertake a 40-day fast until 1994. (p. 3 *The Coming Revival* by Bill Bright) This prayer and fasting Bible Study is to help you **LEARN** about FASTING. Fasting is a sacred tool to be used in prayer. Please be sure you have consulted a physician before undertaking a fast, especially if you have physical problems.

## DAY OF ATONEMENT HAND OUT #4

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The Day of Atonement is mentioned in the Bible in the book of Leviticus, chapter 16:29-30. God commanded that his people, the nation of Israel, fast for their sins. The Day of Atonement is known to the Jewish nation as Yom Kippur. Fasting was a normal practice for those in the Old Testament, and this practice can be also seen in the early church of the New Testament.

1. Read Leviticus chapter 16.

2. Define the word "atonement"

3. In the New Testament we read: "And not only so, but we also joy in God through our Lord Jesus Christ, by whom we have now received the atonement" (Romans 5:11). Notice that joy is one gift received, because of the gift of the Lord Jesus Christ. List below the benefits you have received because of having received the atonement for your sin.

## WEEKLY GUIDE HANDOUT # 5

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We will meet for seven weeks and for 1-½ hours. We will begin each class time with devotion and with prayer. The following is your devotional schedule. Each member of this class is expected to present to the group a devotional thought. Please use a devotional thought that is on prayer. Suggestion: Find a favorite prayer devotional from: *Streams in the Desert*, *Our Daily Bread*, *My Utmost For His Highest*, etc.

Name of Class Member and Date to Present Devotional Thought:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

### Weekly Outline for Real Audio Cassette's

Each member of the class is also expected to present an outline a cassette tape. Outlines should be either typed written or neatly hand written as they will be distributed to each class member. Please include in your outline the key scriptures used by the speaker. Be creative. Keep the outline to one page per tape. Much can be said, but keep it concise so that we can use it as a handy reference.

Name of Class Member and Date to Present Cassette Outline:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**DON'T FORGET TO PRAY WEEKLY WITH SOMEONE IN THE CLASS!**

## CORPORATE FASTING PRAYER GOALS HANDOUT # 6

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"If my people, which are called by my name shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." (2 Chronicles 7:14)

As a group, we will participate each week in corporate prayer and in between sessions, these petitions will continue to be lifted to the Throne of God. To receive answers to prayer it is good idea that we be specific. Use this handout as a prayer log, and as a reminder to God that you are expecting answers to your prayers.

This prayer group will focus on 3 prayer needs of our church for the next seven weeks. Corporate prayer will be made in each session for our petitions listed below. Since we are reading about revival we will include revival as our first goal. List below other prayer goals: (Suggestions: salvation of souls, Pastor's ministry, Youth Ministry, etc.) One time during this course we will have an elective corporate fast. This corporate fast will pray over these 6 prayer goals selected below:

1. Example: Revival

2.

3.

List what you would like to see happen for each ministry listed above? What are your petitions?

1. Example: To see revival our own hearts, and in the hearts of our fellow believers.

2

3

What Scriptures do you plan to use in prayer to reinforce the petitions?

1. Example: Psalms 20:6, 2 Chronicles 7:14, Isaiah 66:8, 2 Peter 3:9, James 5:16

2

3

**56 DAY FASTING DEVOTIONAL  
HAND OUT # 7**

<p>Day 1</p> <p>And this shall be a statute forever unto you: that in the seventh month, on the tenth day of the month, on the tenth day of the month, ye shall afflict your souls, and do no work at all, whether it be one of your own country, or a stranger that sojourneth among you: For on that day shall the priest make an atonement for you, to cleanse you, that ye may be clean from all your sins before the Lord. Leviticus 16:29-30</p>	<p>Do you sense the holiness of this day? A day when all focus is upon God and the atonement for sin. On this special day the Israel's priest made atonement for the sins of her people. Yes, the Old Testament is a shadow of the coming priesthood of Jesus Christ whose death and resurrection brings to the atonement for sin. Praise the Lord for "...thou shalt call his name Jesus: for he shall save his people from their sins" (Matthew 1:21).</p>
<p>Day 2</p> <p>And he was there with the Lord forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments. Exodus 34:28</p> <p>And I fell down before the Lord, as at the first, forty days and forty nights; I did neither eat bread, nor drink water, because of all Your sins which ye sinned in doing wickedly in the sight of The Lord, to provoke him to anger. Deuteronomy 9:18</p>	<p>Moses a great leader of Israel is found fasting 40 days and 40 nights's which precedes The Ten Commandments. Later in this passage we find Moses fasting again for Israel. Sin once again had made its mark, and God was grieved. God was angry with His people Israel. Sin is a violation of God's will. Sin is the missing of the mark. Moses fasted, prayed, and interceded for this nation Israel and this changed the heart of God!</p>
<p>Day 3</p> <p>Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the Lord, and fasted that day until even, and offered burnt offerings and peace offerings before the Lord. Judges 20:26</p>	<p>It says here that ALL the children of Israel and ALL the people went up and came before the house of the God. Unity is powerful. It was a unified speech of tears, fasting, and sacrificial giving. Oh that ALL people might have a heart of contrition, and of a humble spirit.</p>
<p>Day 4</p> <p>And as he did so year by year, when she went up to the house of the Lord, so she provoked her; therefore she wept, and did not eat. 1 Samuel 1:7</p>	<p>She was barren - she was without child - she was in great sorrow. She was provoked to tears and to fasting. Only God could understand - only God cared - and only God could answer. Indeed, God answered Hannah's prayer with the birth of Samuel who became a great prophet for Israel.</p>
<p>Day 5</p> <p>And they gathered together to Mizpeh, and drew water, and poured it out before the Lord, and fasted on that day, and said there, We have sinned against the Lord. And Samuel judged the children of Israel in Mizpeh. 1 Samuel 7:6</p>	<p>The Ark of the Covenant had not been with Israel for 20 years. 20 years she had been without this treasure which was a symbol of God's presence. Israel once again turned their hearts towards God, and they put away their strange gods. This obedience subdued the Philistines and they came no more against Israel all the days of Samuel (1</p>

Samuel 1:13).

**56 DAY FASTING DEVOTIONAL  
HAND OUT # 7**

<p>Day 6</p> <p>And they took their bones and buried them under a tree at Jabesh, and fasted seven days. 1 Samuel 31:13</p>	<p>How do you handle death? How can you respond to loss? In this particular time they fasted and prayed for seven days.</p>
<p>Day 7</p> <p>And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the Lord, and for the house of Israel; because they were fallen by the sword. 2 Samuel 1:12</p>	<p>Israel's leaders were dead, and the sword of death had taken the lives of Saul and Jonathan. Prayer and fasting was their solace in time of grief.</p>
<p>Day 8</p> <p>David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth. 2 Samuel 12:16</p> <p>Then said his servants unto him, What thing is this that thou hast done? thou didst fast and weep for the child, while it was alive; but when the child was dead, thou didst rise and eat bread. 2 Samuel 12:21</p> <p>But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he shall not return to me. 2 Samuel 12:23</p>	<p>David prayed and fasted with tears to God that God might spare the life of his child. Even though the child died we see here that David's faith grew stronger from this experience for he says: "I shall go to him, but he shall not return to me." David knew that his child was in the loving care of his Redeemer. David found renewed strength in the face of death. David's faith changed, he received forgiveness, and he began to walk with God.</p>
<p>Day 9</p> <p>And she wrote in the letters saying, Proclaim a fast, and set Naboth on high among the people. 1 Kings 21:9</p>	<p>Note a heathen queen Jezebel proclaims a fast; however this was not in the spirit of a true fast. "The heart is deceitful above all things, and desperately wicked: who can know it? (Jeremiah 17:9)</p>
<p>Day 10</p> <p>And he came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly. 1 Kings 21:27</p>	<p>Ahab is an evil king with evil intentions, and yet we find him fasting and praying. God is not interested in hypocritical prayers and fasts. God looks at the heart of man.</p>
<p>Day 11</p> <p>And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. 2 Chronicles 20:3</p>	<p>Jeshoshaphat was a king that feared God. This holy fear set him to seek God, and to proclaim a fast. All of Judah responded and God listened.</p>

**56 DAY FASTING DEVOTIONAL  
HAND OUT # 7**

<p>Day 12</p> <p>Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance. Ezra 8:21</p>	<p>In chapter 8 Ezra and Israel make plans to return to Jerusalem. They fasted and prayed at the river of Ahava for protection. Not only were they carrying personal belongings, but millions of dollars of silver and gold. God protected them, and delivered them from the hand of the enemy.</p>
<p>Day 13</p> <p>So we fasted and besought our God for this: and he was intreated of us. Ezra 8:23</p>	<p>They knew traveling this long distance of hundreds of miles was dangerous, With wisdom they fasted and prayed for guidance before they began.</p>
<p>Day 14</p> <p>And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven. Nehemiah 1:4</p>	<p>Nehemiah was a man of faith. When he heard of the destruction of Jerusalem he sat down, wept, mourned, fasted, and prayed. It is sad that at this beginning he was the only one who carried the burden. Praise God that God had one servant He could count on to pray for this holy city Jerusalem. God still speaks today: "Pray for the peace of Jerusalem: they shall prosper that love thee" (Psalms 122:6).</p>
<p>Day 15</p> <p>Now in the twenty and fourth day of this month the children of Israel were assembled with fasting, and with sackclothes, and earth upon them. Nehemiah 9:1</p>	<p>Only later did the assembly of Israel seem to wake up to the call to cry aloud to God for help. Isn't it a shame that it takes tragedy to bring people to prayer and to fasting?</p>
<p>Day 16</p> <p>And in every province, whithersoever the king's commandment and his decree came, there was great mourning among the Jews, and fasting, and weeping, and wailing; and many lay in sackcloth and ashes. Esther 4:3</p>	<p>Esther had the vision for prayer and for fasting and all the people rallied to her vision. Historically speaking this was the first attempted holocaust set against the Jewish people. The Jewish people humbled themselves, fasted, and prayed and God gave the victory.</p>
<p>Day 17</p> <p>Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish. Esther 4:16</p>	<p>Esther knew that her life was in danger to approach the king. She was willing to go forward, but only after she had prayed and fasted. She approached the Throne of God with fear, honor, and reverence.</p>

**56 DAY FASTING DEVOTIONAL  
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<p>Day 18</p> <p>But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom. Psalms 35:13</p>	<p>This psalm of David is a repentant cry for forgiveness. He prays, cries, and fasts unto God to receive forgiveness of sin.</p>
<p>Day 19</p> <p>When I wept, and chastened my soul with fasting, and was to my reproach. Psalms 69:10</p>	<p>Do you fast and pray for your sins?</p>
<p>Day 20</p> <p>My knees are weak through fasting; and my flesh faileth of fatness. Psalms 109:24</p>	<p>David was sick of his sin. John the Baptist said when he saw Jesus: "Behold the Lamb of God, which taketh away the sin of the world" (John 1:29).</p>
<p>Day 21</p> <p>Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. Isaiah 58:3</p>	<p>Fasting is not for show, or for outward demonstration of personal piety. What is your reason for fasting?</p>
<p>Day 22</p> <p>Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice to be heard on high. Isaiah 58:4</p>	<p>Don't be a hypocrite by fasting and praying one day and sinning over and over again. Jesus said to the woman caught in the act of adultery "... go, and sin no more" (John 8:11).</p>
<p>Day 23</p> <p>It is such a fast that I have chosen? a day for a man to afflict his soul? Is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him? wilt thou call this a fast, and an acceptable day to the Lord? Isaiah 58:5</p>	<p>A true fast is a humble prayer before God and God alone.</p>
<p>Day 24</p> <p>Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Isaiah 58:6</p>	<p>A true fast will loose the bands of wickedness, undo heavy burdens, set the oppressed free, and break every yoke. Jesus said: "...He hath anointed me...he hath sent me to heal the brokenhearted, to preach deliverance to the captives, and recovering of sight to the blind, to set at liberty them that are bruised, to preach the acceptable year of the Lord" (Luke 4:18-19).</p>

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<p>Day 25</p> <p>Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? Isaiah 58:7</p>	<p>A true fast is not for personal gain, but to find and to do the will of God.</p>
<p>Day 26</p> <p>When they fast, I will not hear their cry; and when they offer burnt offering and an oblation, I will not accept them: but I will consume them by the sword, and by the famine, and by the pestilence. Jeremiah 14:12</p>	<p>God is not obligated to answer our prayers unless we live obedient lives. John the Apostle who was with Jesus during His earthly ministry said this about prayer: "And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight" (1 John 3:22). Are you living pleasing to Jesus? Are you obedient to His commands?</p>
<p>Day 27</p> <p>And it came to pass in the fifth year of Jehoiakim the son of Josiah king of Judah, in the ninth month, that they proclaimed a fast before the Lord to all the people in Jerusalem, and to all the people that came from the cities of Judah unto Jerusalem. Jeremiah 36:9</p>	<p>One can find many proclamations and fasts in the Old Testament, but so many of these were accomplished through ritual rather than from faithful love to God.</p>
<p>Day 28</p> <p>Then the king went to his palace, and passed the night fasting: neither were instruments of musick brought before him: and his sleep went from him. Daniel 6:18</p>	<p>The king was deeply worried about Daniel's safety. The king spent the night fasting for Daniel. Do you suppose the king held a key to the shutting of the lion's mouths?</p>
<p>Day 29</p> <p>And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: Daniel 9:3</p>	<p>Daniel was a godly man and is seen in the book of Daniel fasting and praying. To learn more about Daniel and his prayer life read the book of Daniel.</p>
<p>Day 30</p> <p>Sanctify ye a fast, call a solemn assembly, gather the elders and all the inhabitants of the land into the house of the Lord your God, and cry unto the Lord. Joel 1:14</p>	<p>Joel is crying for the people to return to a solemn assembly to gather the elders and to cry unto the Lord. It was a time of weeping for the people were not doing God's will.</p>
<p>Day 31</p> <p>Therefore also now, saith the Lord, Turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: Joel 2:12</p>	<p>Weep, fast, mourn to God for you sin.</p>

**56 DAY FASTING DEVOTIONAL  
HAND OUT # 7**

<p>Day 32</p> <p>Blow the trumpet in Zion, sanctify a fast, call a solemn assembly: Joel 2:15</p>	<p>Blow the trumpet - let the people know that it is time to fast, to pray, and to turn from their wicked ways.</p>
<p>Day 33</p> <p>So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. Jonah 3:5</p>	<p>Nineveh was a heathen city. Yet, when the prophet cried aloud the people responded in sackcloth. Note not only did the people fast, but the animals too. God spared the city from destruction.</p>
<p>Day 34</p> <p>Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh month, even those seventy years, did ye at all fast unto me, even to me? Zechariah 7:5</p>	<p>God asked: "...Did ye at all fast unto me"? Are you obedient to God, or are you playing church?</p>
<p>Day 35</p> <p>Thus saith the Lord of hosts; The fast of the fourth month, and the fast of the fifth, and the fast of the seventh, and the fast of the tenth, shall be to the house of Judah joy and gladness, and cheerful feasts; therefore love the truth and peace. Zechariah 8:19</p>	<p>There are times when a fast needs to be a fast of blessing and a fast of thanksgiving.</p>
<p>Day 36</p> <p>And when he had fasted forty days and forty nights, he was afterward and hungered. Matthew 4:2</p>	<p>Jesus began the ministry with prayer and fasting. He entered a time alone with His father in the wilderness. There he met the devil, and faced severe temptation. Perhaps we should do likewise when we face severe trials, and before we enter the ministry.</p>
<p>Day 37</p> <p>Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. Matthew 6:16</p>	<p>Don't be a hypocrite. A fast is a humble, private, and personal prayer to God.</p>
<p>Day 38</p> <p>Be thou, when thou fastest, anoint thine head, and wash thy face. Matthew 6:17</p>	<p>Prepare your soul, prepare your heart, and prepare your body before the Lord.</p>

**56 DAY FASTING DEVOTIONAL  
HAND OUT # 7**

<p>Day 39</p> <p>That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly. Matthew 6:18</p>	<p>God sees your heart and knows the inner most secrets. Prayer and fasting in secret will be rewarded openly. 21 "...for he knoweth the secrets of the heart" (Psalms 44:21).</p>
<p>Day 40</p> <p>Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not? Matthew 9:14</p>	<p>Pharisees always had a question and always analyzed what Jesus and his disciples did or did not do. They missed it, they lost out of knowing Jesus, because of their hypocritical analytical lifestyle.</p>
<p>Day 41</p> <p>And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken from them, and then shall they fast. Matthew 9:15</p>	<p>Why mourn when you have Jesus with you?</p>
<p>Day 42</p> <p>And he said unto them, Howbeit this kind goeth not out buy by prayer and fasting. Matthew 17:21</p>	<p>Jesus shares that certain things require intense prayer and fasting.</p>
<p>Day 43</p> <p>But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days. Mark 2:20</p>	<p>There are no recorded prayers of the disciples praying. Only once do they ask Jesus: "teach us to pray." However, after Ascension Day we find the early church praying and fasting.</p>
<p>Day 44</p> <p>And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Aser: she was of a great age, and had lived with an husband seven years from her virginity; And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day. Luke 2:36-37</p>	<p>Anna was a saint of great age who was vigilant to pray and to fast for the coming Messiah. Today we say "Jesus is coming soon," but do we pray and fast as Anna did to usher in His return? Where are the Anna's of today?</p>
<p>Day 45</p> <p>Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered. Luke 4:2</p>	<p>God His Father gave Him the victory, and over the devil.</p>
<p>Day 46</p> <p>I fast twice in the week, I give tithes of all that I possess. Luke 18:12</p>	<p>Is this a true fast?</p>

**56 DAY FASTING DEVOTIONAL  
HAND OUT # 7**

<p>Day 47</p> <p>And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and , behold, a man stood before me in bright clothing. Acts 10:30</p>	<p>Cornelius was prepared to receive a vision and revelation because he lived obediently. His heart of purity and love for God led the way for this vision.</p>
<p>Day 48</p> <p>As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. Acts 13:2</p>	<p>As they ministered to who? The Lord As they ministered in prayer the Holy Ghost spoke. This particular prayer and fasting meeting changed the course of church history by opening the door for evangelism. Did they realize how important it was that they met to pray?</p>
<p>Day 49</p> <p>And when they had fasted and prayed, and laid their hands on them, they sent them away. Acts 13:3</p>	<p>Before they went out on this journey they prayed and fasted. They wanted the assurance of God's presence and protection.</p>
<p>Day 50</p> <p>And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed. Acts 14:23</p>	<p>Ordination took on a different meaning with prayer and fasting. This ceremony was to God and to God alone.</p>
<p>Day 51</p> <p>Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished them. Acts 27:9</p>	<p>There is a time for prayer and fasting, and a time for faith. Faith grows when time is spent alone with God. Are you too busy for God?</p>
<p>Day 52</p> <p>And while the day was coming on, Paul besought them all to take meat, saying, This day is the fourteenth day that ye have tarried and continued fasting, having taken nothing. Acts 27:33</p>	<p>Continual fasts are not needed once faith believes and receives the victory. Paul had the faith, and he had to encourage and exhort those on ship to break their fast and eat.</p>
<p>Day 53</p> <p>Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency. 1 Corinthians 7:5</p>	<p>What preparation do you take when you fast?</p>

**56 DAY FASTING DEVOTIONAL  
HAND OUT # 7**

<p>Day 54</p> <p>In stripes, in imprisonment's, in tumults, in labours, in watchings, in fastings, 2 Corinthians 6:5</p>	<p>Paul suffered much as this verse indicates, but while suffering he prayed and he fasted. He didn't seek any counsel, but only the counsel of the Lord. The Lord was His faithful guide.</p>
<p>Day 55</p> <p>In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. 2 Corinthians 11:27</p>	<p>Even though Paul had very little of this worlds goods he continued to "... press toward the mark for the prize of the high calling of God in Christ Jesus" (Philippians 3:14). Because he pressed in all kinds of situations the world is blessed with several Pauline epistles.</p>
<p>Day 56</p> <p>What is your favorite verse and why?</p>	

## **SAMUEL HANDOUT #8**

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Before Samuel's birth, the atmosphere was: "In those days there was no king in Israel: every man did that which was right in his own eyes." (Judges 21:25)

### **Birth of Samuel:**

Hannah, the wife of Elkanah, was barren and was provoked by his other wife who had children. Every year they went up to the house of the Lord and it says in 1 Samuel 1:7: "...therefore she wept and did not eat." She fasted and prayed for a man child. (1:11) While praying, God spoke through Eli these words: Go in peace: and the God of Israel grant thee thy petition that thou hast asked of him."(1:17) Hannah gave birth to a son and named him Samuel and after he was weaned, she gave him to Eli as she had vowed and "Samuel ministered before the Lord." (3:1)

### **Samuel as Judge:**

1 Samuel 7:2 "... it came to pass, while the ark abode in Kirjath-jearim, that the time was long; for it was twenty years and all the house of Israel lamented after the Lord." Finally, after many years, the people became so "oppressed" that they lamented before the Lord. They began to cry out to the Lord for help. Samuel spake: "If ye do return unto the Lord...put away the strange gods...prepare your hearts...and serve him only: and he will deliver you out of the hand of the Philistines" (7:3). The children of Israel obeyed, put away the strange gods and served the Lord only. (7:4)

Then Samuel called for an assembly to Mizpeh. (7:5) "And they gathered together to Mizpeh, and drew water, and poured it out before the Lord, and fasted on that day, and said there, We have sinned against the Lord." (7:6) The people confessed their sins before the Lord.

The Philistines continued to gather against Israel and in 1 Samuel 7:8, the children of Israel said: "Cease not to cry unto the Lord our God for us, that he will save us out of the hand of the Philistines." "...The Lord thundered with a great thunder on that day upon the Philistines, and discomfited them; and they were smitten before Israel. "(1 Samuel 7:10) "So the Philistines were subdued, and they came no more into the coast of Israel: and the hand of the Lord was against the Philistines all the days of Samuel." (1 Samuel 7:13)

### **Summary:**

When the nation obeyed and put away their idols and strange gods then God heard their cries and answered their prayers. Yes, many people pray, but far too many are not obeying God's commandments and doing everything that pleases the Lord God absolutely has no obligation to answer prayers from disobedient people. When the nation of Israel lamented, put away their gods and prepared their hearts then God delivered. The people confessed their sins. The people prayed and fasted before the Lord and the Lord "thundered with a great thunder on that day upon the Philistines, and discomfited them; and they were smitten before Israel." (1 Samuel 7:10) If we confess our sins, obey God and do that which is pleasing in His sight we too can expect God to help us in our daily Christian walk. The Psalmist says: "Search me, O God, and know my heart...And see if there be any wicked way in me." (139:23-24) May God cleanse us of our wicked ways and purify us for the days ahead.

## **ARE YOU PRAYING FOR REVIVAL? HANDOUT #9**

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### **ARE YOU PRAYING FOR REVIVAL?**

We have said the only hope for America and the world is revival. Our churches have so little life. Why is there no real conviction of sin? What are we doing about it? Revival will not come by wishing, sighing, or whining? Are you willing to respond in prayer? Are you willing to personally seek God for revival? It is time to pray!

"Sow to yourselves in righteousness, reap in mercy; break up your fallow ground: for it is time to seek the Lord, till he come and rain righteousness upon you. (Hosea 10:12) If you mean to break up the fallow ground of your heart, you must begin by looking closely at your own life. Examine and note the state of your walk with God. Don't play games.

Do not be in a hurry. Begin to take inventory. Write down on a sheet of paper those sins that so easily beset you from running the race. Then seek God in prayer and believe for a cleansing. Let the Holy Spirit begin to do a work in your heart. Remember, God's voice is a "still small voice," and is not the nagging, scolding, badgering, and accusations which one receives from the devil.

#### Sins of Omission

1. Unthankfulness - How many blessings from God have you received which you have not thanked Him for?
2. Love for God has grown cold - Think of how you would feel if your loved ones never had any affection for you.
3. Neglect of Scriptures - Do you read the Bible daily? Is the daily newspaper, TV, and others things keeping you from reading His Word each day?
4. Unbelief - Have you charged God with not caring?
5. Neglect of prayer - Think of the times you have neglected secret prayer, family prayer, and prayer meeting?
6. Neglect of church attendance - Do you attend church faithfully?
7. Coldness in service - Have you allowed yourself to grow weary in well doing? Is your service to Christ a duty or do you serve with love?
8. Soul Burden - How compassionate are you for the lost? Do you pray daily for souls to be saved? When is the last time you witnessed to someone about Jesus?
9. Devotional life - Do you talk to God each day in prayer and meditate upon His Word?
10. Neglect of fellowship with the godly - Are you more interested in the fellowship of the world? Do TV, ball games, and activities come before church and prayer meetings?
11. Neglect of self-denial - Is the Kingdom of God more important than anything or anyone else?

## ARE YOU PRAYING FOR REVIVAL? HANDOUT #9

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### Sins of Commission

1. Worldly Minded - 1 John 2:15 "Love not the world, neither the things that are in the world. If any man loves the world, the love of the Father is not in him."
2. Pride - 1 John 2:16 "For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world."
3. Envy - Proverbs 27:4 "Wrath is cruel, and anger is outrageous, but who is able to stand before envy?"
4. Lust - Matthew 5:28 "But I say unto you. That whosoever looketh on a woman to lust after her hath committed adultery with her already in his heart."
5. Judgments - Matthew 7:1-2 "Judge not, that ye be not judged. For with what judgment ye judge, ye shall be judged: and with what measure ye mete, it shall be measured to you again."
6. Criticism - Philippians 2:14 "Do all things without murmuring and disputings."
7. Joking - Ephesians 6:4 "Neither filthiness, nor foolish talking, nor jesting, which are not convenient but rather giving of thanks."
8. Lying - Colossians 3:9 "Lie not one to another, seeing that ye have put off the old man with his deeds."
9. Cheating - 1 Thessalonians 4:6 "That no man go beyond and defraud his brother in any matter: because that the Lord is the avenger of all such, as we also have forewarned you and testified."
10. Hypocrisy - Luke 6:42 "Either how canst thou say to thy brother, Brother, let me pull out the mote that is in thine eye, when thou thyself beholdest not the beam that is in thine own eye? Thou hypocrite, cast out first the beam out of thine own eye, and then shalt thou see clearly to pull out the mote that is in thy brother's eye."
11. Robbing God - Malachi 3:8 "Will a man rob God? Yet ye have robbed me. But ye say, wherein have we robbed thee? In tithes and offerings."
12. Anger- Ephesians 4:31 "Let all bitterness, and wrath, and anger, and clamour, and evil speaking, be put away from you, with all malice."
13. Hindering Others From Being Useful - Luke 11:52 "Woe unto you, lawyers! for ye have taken away the key of knowledge: ye entered not in yourselves, and them that were entering in ye hindered."
14. Unforgiveness - Mark 11:26" But if ye do not forgive, neither will you Father which is in heaven forgive your trespasses."

Revival is nothing else than a new beginning of obedience to God. The steps include: repentance, breaking of hardness of heart, humbling of self, and forsaking all. "Wilt thou not revive us again: that thy people may rejoice in thee?" (Psalms 85:6)

## **DISCIPLES HAND OUT #10**

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### **What is a disciple?**

According to Webster it is a disciple is a person who subscribes to the teachings of a master and assists in spreading those teachings. There are several Scriptures in the Bible which describe discipleship and they are:

"If any man will come after me, and let him deny himself, and take up his cross, and follow me." (Matthew 16:24)

"So likewise, whosoever he be of you that forsaketh not all that he hath, he cannot be my disciple." (Luke 14:33)

"Then said Jesus to those Jews which believed on him, if ye continue in my word, then are ye my disciples indeed..." (John 8:31)

"Herein is my Father glorified, that ye bear much fruit; so shall ye be my disciples." (John 15:8)

We know from the Bible that great multitudes followed Jesus, however not all those who followed Jesus became disciples. Not every believer is a true disciple, but we can be sure that every disciple is a true believer. Are you a disciple?

### **Did the disciples fast?**

"Then came to him disciples of John saying, Why do we and the Pharisees fast oft, but thy disciples fast not?" (Matthew 9:14)

"And Jesus said unto them, Can the children of the bride chamber fast, while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast." (Mark 2:19)

Because the disciples did not fast, they were unable to cast out a demon from a young boy. The disciples said in Matthew 17:19: "...Why could not we cast him out?"

Jesus said: "Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. Howbeit this kind goeth not out but by prayer and fasting." (Matthew 17:20-21)

When the Bridegroom departed, we see the disciples beginning to pray and to fast. The early church begins to pray and to fast and to ministered unto the Lord. "As they ministered to the Lord, and fasted, the Holy Ghost said, "Separate to me Barnabas and Saul for the work whereunto I have called them. And when they had fasted and prayed, and laid their hands on them, they sent them away." (Acts 13:2-3)

"Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, and said, 'Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.'" (Acts 10: 30-31) This man's obedience opened doors for the gospel to be brought by Peter from Joppa (Acts 10:32) and the result was the outpouring of the Holy Ghost upon Cornelius and his household. (Acts 10:44-45)

The Apostle Paul fasted: "In weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness." (2 Corinthians 11:27) "In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings... (2 Corinthians 6:5) Paul's ministry evolved around prayer and fasting. Do You

Pray and Fast? The early church prayed and fasted! May you be challenged not to be just a believer, but a true disciple, and a disciple that prays and fasts.

## **ELIJAH HAND OUT #11**

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The Bible records seven miracles by Elijah.

### **Miracles:**

Drought (1 Kings 17:1)  
Meal & Oil Multiplied (1 Kings 17:14)  
Child Restored To Life and Health (1 Kings 17:22)  
Sacrifice Consumed By Fire (1 Kings 18:37-38)  
End of Drought (1 Kings 18:41)  
Captains/Men Slain By Fire (2 Kings 1:10)  
Waters of Jordan Divided (2 Kings 2:8)

### **Who was Elijah?**

Elijah was a prophet and a man of prayer.

Elijah prayed for life to be restored to the widow's son.

Do you believe that your prayers can bring the spiritually dead back to life? Jesus said: "I am the way, the truth, and THE LIFE." (John 14:6) "I am the God of Abraham, and the God of Isaac, and the God of Jacob? God is not the God of the dead, but of the living." (Matthew 22:32) "...I am come that they might have life, and that they might have it more abundantly." (John 10:10) "I am the resurrection, and the life: he that believeth in me, though he were dead, yet shall he live." (John 11:25)

### **Elijah prayed:**

Elijah prayed and the fire fell and consumed the sacrifice. The Bible says we can believe for a cleansing: "He shall baptize you with the Holy Ghost and with fire." (Luke 3:16) Isaiah the prophet said: "Woe is me! for I am undone; because I am a man of unclean lips..." Then flew one of the seraphim's unto me, having a live coal in his hand, which he had taken with the tongs from off the altar: and he laid it upon my mouth, and said, Lo, this hath touched thy lips; and thine iniquity is taken away, and thy sin purged." (Isaiah 6:5-7) Pray for the sanctifying fires to fall, to cleanse, to purify our hearts.

James says Elijah was: "...a man subject to like passions as we are, and he prayed earnestly that it might not rain: and it rained not on the earth by the space of three years and six months." (James 5:7) He was a man with like passions as we are, but when he prayed God answered!

**Do not underestimate the power of prayer. Pray, believe and wield the sword.**

God wants revival. He promises rain, not just a few raindrops or sprinkles. He wills an ingathering which we know to be the latter rain (James 5:7). Jesus said: "...and the fields, they are already white to harvest." (John 4:35) "Sow to yourselves in righteousness, reap in mercy; break up your fallow ground: for it is time to seek the Lord, till he come and rain righteousness upon you." (Hosea 10:12)

## DANIEL HANDOUT #12

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Do you dream about the kingdom of God? What are your dreams and visions?

What would you like to see happen in your church? What do you think Jesus would like to see happen in your church?

Daniel received dreams and visions from God, and God wills that you have dreams and visions too!

"...and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions." (Joel 2:28)

Take some time now and list your dreams and visions that you have for your church:

- 1.
- 2.
- 3.
- 4.

Now take this list that you just drafted and begin to pray over it. Begin to petition the Throne of God so that these dreams might become reality.

### **History:**

Daniel and his friends (Shadrach, Meshach and Abednego) were taken into captivity by the Babylonians. (Daniel 1:1-2) Daniel and his friends were brought before King Nebuchadnezzar and trained in the Chaldean language and sciences. (Daniel 1:3-4)

Daniel purposed in his heart that he would not defile himself with the king's meat and wine. (Daniel 1:8) Daniel made a commitment and set a goal before God and before man.

### **Daniel's fast:**

Daniel's fast was vegetables and water for a ten day period.

Daniel's Results: "Their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat." (Daniel 1:15) "As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams." (Daniel 1:17)

"...He (the king) found them ten times better than all the magicians and astrologers that were in all his realm." (Daniel 1:20)

In Daniel 9:2, God gave Daniel a revelation that he would restore Israel. Notice again, Daniel sets his purpose and begins to fast and to pray. "I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes..." (Daniel 9:3)."

While yet making supplication and pleading his cause before God, the angel Gabriel was commanded by God to go to Daniel with instruction and revelation. (Daniel 9:21-27)

As soon as Daniel began to make supplication and plead his cause before God, God began to send the answer. We are to "enter boldly before the throne?" (Hebrews 4:16)

**DARE TO BE A DANIEL!  
MORE ABOUT FASTING  
HANDOUT # 13**

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Do you want more help from God to overcome sin? Would you like to have joyful victory in your heart, and power in your prayers? Would you like to do something that will tune your heart to the voice of the Holy Spirit, help you obey Jesus quickly, and hand Satan defeat after defeat? Then consider the ancient practice of 'fasting.' Many great Christians of the past and of today have included this habit in their godly lifestyle.

Moses fasted prior to receiving the Ten Commandments. The nation of Israel fasted and prayed and broke a long period of oppression by their enemies. Daniel fasted and received great revelation about the future. Jesus, through fasting, resisted and overcame the devil in the wilderness. Paul turned from destroying the church to planting churches, and his life was marked by fasting and praying.

What is it about fasting that brings about this change and this power? Leviticus 16: 29 and 31 equate fasting with 'afflicting the soul' (KJV) or with 'denying oneself' (NIV). In Psalm 35:13, fasting is also equated with 'humbling oneself.' It is one of the ways that God ordained for turning to Him with all of your heart. (Joel 1:14)

Through these verses, we learn that fasting is one form of self-denial; it is the temporary denial of our physical appetite for food. Jesus said that self-denial is the great link to becoming a victorious Christian. (Mk. 8:34) Therefore, fasting, as one expression of it, is a powerful instrument.

It is a powerful tool of repentance. We repent by turning from sin, worldliness, spiritual laziness, and indifference to Jesus, to the fruit of the Spirit, to sensitive discernment, and to the athletic pursuit of God. In this self-denial, we surrender to Jesus more deeply so He can work His will in us more completely.

You may need a deeper work of God in your heart. Perhaps, you need insight into the will of God in some decision you have to make. Sometimes, you feel helpless to help someone or feel helpless in the face of some satanic attack against your soul. In such cases, a deeper repentance, humbling, and brokenness is required to give you the faith to obtain the particular blessing that you need. Fasting and praying is one way to help us to get to that faith and blessing. Personal fasting should be done in secret. Jesus told us not to draw attention to ourselves.

Fasting is not only a time of grieving over our sins or over worldliness, but it is also a time of turning to Jesus. Therefore, fasting should include within it a lot of rejoicing! We are turning to Jesus who lifts our burdens and transforms our hearts. We enter His courts with praise even as we deny our self-life.

Of course, some people have health limitations that prevent them from a total fast of a meal or for a day or a number of days. For them, fasting like that could damage their bodies. In such cases, they should fast selectively as Daniel did. (Daniel. 10:3) He denied himself certain foods, not all food. Such people should be sure to eliminate enough kinds of foods that self-denial occurs.

Finally, we are not fasting to look good. We are not fasting to impress people with our spirituality, nor to manipulate God to do something for us. We are fasting for God to change something, either in us or in someone we are praying for. Fasting is not good if we do not have the attitude, willingness, and desire to change. And then God will change our lives and help us to conform more to His will. According to Isaiah 58, a true fast results in people getting help, either in their own hearts or other people's lives. To break the yokes of bondage and to loosen the chains of injustice, fasting produces change, and brings us to the final glorious result, freedom in Christ Jesus!

## ANNA HANDOUT #14

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### Who was Anna?

Anna was a prophetess, daughter of Phanuel, and a widow. She came from the tribe of Asher, "and there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher: she was of a great age, and had lived with an husband seven years from her virginity; And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day." (Luke 2:36-37)

The tribe of Asher can be found in the 300 of Gideon's army (Judges 6:35 & Judges 7:23) This tribe of Asher was faithful and kept the Passover that was called by Hezekiah. (2 Chronicles 30:10-11)

Anna "...served God with fastings and prayers night and day."

She persevered.

She was steadfast.

She had purpose.

She had an objective.

She was a minority.

She had faith.

She did not quit.

She kept the vision.

She humbled herself.

She was patient.

She believed in God.

## ESTHER HANDOUT #15

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Most everyone is familiar with the book of Esther. Prayer and fasting saved the nation of Israel from destruction. Let me repeat: the prayers and fasting of Esther and her people saved the nation of Israel.

Esther said to her people: "Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish." (Esther 5:16)

We see a similar situation in the book of Jonah. The entire city of Nineveh was spared from destruction when they all prayed and fasted. (Jonah 3:7-9) **All** the people of Nineveh including the animals fasted! Now that is unity – they were in one accord. This is the greatest revival recorded in the Bible. Imagine an entire city confessing their sins with humble and penitent hearts before the Almighty God! Yes, God saw a people who were humble and He spared them from destruction.

Are you in sin?

Are you confused?

Are you in a spiritual storm?

Do you need an answer to a problem?

Are you facing life-threatening situations?

Do you need a miracle?

Do you need a healing from God?

Do not underestimate the power of prayer and especially the power of a fasting prayer.  
Ask God to help you to begin a consistent life of prayer today!

## **FASTING IS BETTER THAN FEASTING HANDOUT #16**

By Pastor Reimar Schultze

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"Fasting is better than feasting, as obedience is better than sacrifice."

BELOVED OF GOD! I have decided to start fasting. I have in fact started. In past times I have fasted on occasions, but not very often. I have preached on it a few times, but the subject has never truly moved my soul. NOW IT HAS. I have become a faster. I am now convinced that we M U S T fast.

We must fast, as much as we must obey, or must tithe and give beyond, and must pray. I cannot live another week without fasting as much as I cannot live another week without God! I do no longer wait on the Lord to tell me to fast before I do it; just as I don't wait on the Lord to tell me to obey before I do that.

Once Jesus was asked why his disciples did not fast and here is his response: "Can the children of the bridegroom mourn as long as the bridegroom is with them? but the days will come, when The bridegroom shall be taken from them, and THEN SHALL THEY FAST." (Matthew. 9:15)

The bridegroom is taken from us so we MUST fast. The early church began fasting immediately following the ascension! Tradition tells us that the early disciples FASTED EACH WEDNESDAY AND FRIDAY UP TO 3 PM! Hear, hear.

**FASTING ENABLES GOD TO DO WHAT HE COULD OR WOULD NOT DO OTHERWISE!**

Well, there are so many things that I want God to do: I want to see certain souls saved, others sanctified, I want to see the tide turn for God in Africa, I want to see the powers of communism confounded to name just a few. God will do through fasting what otherwise He would not do! Remember that. In many of these situations, God would indeed work mightily if I would only add fasting to my prayers.

In Matthew 17, the disciples ran up against a difficult situation. They could not cure a lunatic. They were embarrassed. The father of the lunatic took his case to Jesus and the boy was cured at once. Then Jesus said to his disciples: "Howbeit this kind goeth not out but by prayer and fasting."

There it is. Here we learn that first of all JESUS was a faster, secondly that some things can ONLY be accomplished with fasting, and thirdly that there is more POWER when fasting is added to prayer. The professing church of today clamors for more and more power, why does she not start fasting? What would the early church have accomplished without her regular and additional fasts? What would the Book of Acts have read like without the fastings of the early Christians?

Now let us look at some biblical examples to see what God did through fasting which he otherwise would NOT have done:

### **MOSES**

After Israel had made the golden calf, God prepared to destroy disobedient Israel. He told Moses "Let me alone." But Moses would not. He FASTED forty days! God hearkened; God spared all the people, turned them back into the desert and finally led the young people into the Promised Land. Moses' method to acquire from God what God would not otherwise do was FASTING.

## **FASTING IS BETTER THAN FEASTING HANDOUT #16**

By Pastor Reimar Schultze

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### **EZRA**

This man of God led forty thousand men, women and children to Jerusalem. The king of Babylon loaded them down with wealth as they began their journey. What a target for the bandits and robbers in the unbroken wilderness. Israel was UNARMED. How could she get protection. Israel used the time proven method of FASTING. They made it through unarmed and unharmed. GLORY! Our churches today are armed to the teeth with programs, boards and committees, — but they are continually robbed by the enemy. Why not begin a FAST?

### **NEHEMIAH**

This dear servant heard how the walls of Jerusalem were broken down and its gates were burned with fire. He sat down. He wept, mourned, FASTED, and prayed — and, of course, God heard him. The king supplied the materials. Nehemiah had fasted.

### **ESTHER**

When crisis hit the Jewish people in Persia, a crisis that was headed for a genocide program of all Jews, Esther said, "Gather together all the Jews that are present at Shushan, and fast for me, and neither eat nor drink three days... I also and my maidens will fast likewise." What was the result of this fast? The genocide program was called off, the wrong man, Haman, got out of the palace and the right man, Mordecai, got in. Fasting puts something into the hands of God that will give him a will to do what otherwise remains undone.

### **DANIEL**

For three weeks Daniel tasted no pleasant food. During this period he gave himself to extended prayer for the future of God's people. As a result he was visited by an angel who gave him marvelous insights into the future. Oh, dear ones, just look at the VARIETY of things acquired through fasting!

### **JOEL**

Joel 2:12 reads "Turn ye even to me with all your heart, and with FASTING..." God DEMANDED fasting. At another occasion Joel reads, "Blow the trumpet in Zion, set apart a fast, call a solemn assembly." Notice that there are times when we must fast together.

### **JONAH**

In my opinion, the hero of the book of Jonah is the pagan king of Nineveh. He declared the greatest fast recorded in history. This fast was not only for people, but for cats and dogs, sheep and oxen, horses and goats. He was a PAGAN king! I never heard of a preacher declaring that kind of fast for his people, a fast for revival or for a city to be convicted.

ALL OUR CITIES HAVE THE SAME SENTENCE OF DAMNATION AS NINEVEH HAD — YET, INSTEAD OF DECLARING FASTS, WE DECLARE FEASTS: potluck suppers, prayer breakfasts, and missions banquets.

## **FASTING IS BETTER THAN FEASTING HANDOUT #16**

By Pastor Reimar Schultze

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Jesus said, "when the bridegroom is taken from them, then shall they fast." Who is "they"? It is God's people. The fasters are God's people; the feasters are Jezebel's people, the ones who have always killed the prophets.

Jesus also said that in the last days people will be eating and drinking! What people? The world has always been eating and drinking. Jesus means the church, Jezebel's church. The false church will be eating and drinking instead of fasting: prayer breakfasts, potluck suppers, picnics, mission's banquets, and fishfries. No fasting, but feasting.

### **OTHER EXAMPLES OF FASTING**

Study the book of Acts, consider all its references to fasting. The early church was NOT feasting, it was fasting and as long as she fasted she had POWER! Look at all the references Paul makes to fasting, none to feasting!

Francis of Assisi was a faster. Thousands were converted under the ministry of this barefooted, singing preacher as he traversed up and down Italy. The fasting of Savonarola brought a mighty awakening to Florence. Luther, Calvin and Knox were fasters. John Wesley followed the example of the disciples in fasting twice a week. Jonathan Edwards fasted so frequently that he had to hold on to his pulpit on Sundays. Charles Finney often fasted three days in succession. These were men of spiritual power.

DEAR ONES, are you ready to start? But remember, fasting is useless until your life is first F U L L Y consecrated to God.

## **DRESSED FOR BATTLE HANDOUT #17**

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### **THIS IS WARFARE - ARE YOU DRESSED FOR BATTLE?**

Our Christian Armor: Ephesians 6:10-18

**Helmet of Salvation**

**Shield of Faith**

**Belt of Truth**

**Breastplate of Righteousness**

**Gospel Shoes**

**Sword of the Spirit**

"For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places." (Ephesians 6:12)

One cannot wrestle in prayer unless you have put off the old man and have put on the new man. The new man in Christ will not only put on the whole armor of God, but will use the armor.

Be renewed in your mind and put on the new man.

Our battles begin with the flesh and we conquer the flesh through prayer, self-denial, the Word of God, and obedience.

The saints are those who put on the whole armor and have put off the old man and have put on the new man.

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