

What Happens When God's People Fast

MIRACLES: Read 1 Samuel 1:1-21.

Why did Hannah fast?

How did God respond to her fasting and prayer?

We can fast for _____!

OPEN DOORS & FREEDOM FROM STRONGHOLDS: Read Acts 12:1-19

God's disciples, Peter's friends, were fervently praying. This was during 'the time of unleavened bread,' or Passover. Therefore, it's understood that they were doing a partial fast, according to the Passover custom.

Name 5 things that happened as a result of their fasting and prayer:

- 1.
- 2.
- 3.
- 4.
- 5.

We can fast and pray for _____!

DELIVERANCE: Read Matthew 17:14-21

Write verse 21 here:

What are some 'kinds' in your life right now, that you'd like Jesus to make 'come out' of you as you fast and pray?

FAVOR & PROTECTION: Read Esther 4:1-17

Briefly peruse chapter 5 and write what happened after all the people fasted and prayed.

PROTECTION & PROVISION: Read Ezra 8:21-23.

What did Ezra do when he needed help?

What does it mean to humble ourselves before God?

Did God move mightily in response to the fasting and prayer?

How do you need God to move mightily in your life? Write a prayer in cursive and with full sentences below.

HEALING: Read Isaiah 58.

List five things that happen when we fast God's way and for His purposes:

- 1.
- 2.
- 3.
- 4.
- 5.

REPENTANCE: Read Joel 2:12-14

Write 3 characteristics of God mentioned in these verses:

- 1.
- 2.
- 3.

Which one is especially important to you today?

Tell God that you need Him, and you choose to repent from sin.

Is there a specific sin you see is a pattern in your life right now?

Read through Joel 2:12-14 again, and tell God you repent from that sin.

WISDOM: Read Daniel 1:1-17.

What happened after Daniel and his friends fasted from the king's delicacies?

List 3 things God blessed Daniel with:

- 1.
- 2.
- 3.

Would you like God to bless you with these things? Just ask as you fast and pray!

