

Title: Back to the Basics
"Prayer and Fasting"

Definition of Prayer:

The most basic definition of prayer is "talking to God." Prayer is not meditation or passive reflection; it is direct address to God. It is the communication of the human soul with the Lord who created the soul. Prayer is the primary way for the believer in Jesus Christ to communicate his emotions and desires with God and to fellowship with God.

Prayer is the Christian's way of communicating with God. We pray to praise God and thank Him and tell Him how much we love Him. We pray to enjoy His presence and tell Him what is going on in our lives. We pray to [make requests](#) and seek guidance and ask for wisdom. God loves this exchange with His children, just as we love the exchange we have with our children. Fellowship with God is the heart of prayer. Too often we lose sight of how simple prayer is really supposed to be.

Definition of Fasting:

Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him. Fasting helps us gain a new perspective and a renewed reliance upon God.

Scripture does not command Christians to fast. God does not require or demand it of Christians. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions ([Acts 13:2](#); [14:23](#)). Fasting and prayer are often linked together ([Luke 2:37](#); [5:33](#)). Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God.

Matthew 6:1-18
Jesus Teaching

Jesus Modeling:
Matthew 4:1-2

Practical Application:
Disciples in Matthew 17:15-20

Jesus gives the disciples full authority over unclean spirits in Mark 6:7

Jesus indicates that a determined enemy must be met with an equally determined faith.

Ephesians 6:18—pray in the Spirit always

1. Remember the power in in Jesus
2. Undivided heart