

Prayer and Fasting

Objectives

- This course will attempt to answer the following questions about prayer and fasting:
- What should occur before we stop praying about a matter?
- In what four ways should we enter into the presence of God when we pray?
- What are the four ways in which we express a desire to see God’s work, Word, and His will advanced in the world today?
- What are the three things that I am really praying for when I pray “Thy will be done in earth, as it is in Heaven”?
- What are the reasons for praying for healing today?
- In a practical way, what do we obtain by praying and fasting?
- What are the two major aspects of fasting?
- Are there good reasons to motivate us to fast?
- When praying for the will of God, what is the best way to know that you are doing it?

REASONS FOR FASTING

1. To strengthen prayer (e.g., see Ezra 8:23)

Numerous incidents in the Old Testament connect fasting to prayer, especially intercessory prayer. Fasting does not change whether God hears our prayers, but it can change our praying. As Arthur Wallis says, “Fasting is calculated to bring a note of urgency and importunity into our praying, and to give force to our pleading in the court of heaven.”²

2. To seek God’s guidance (e.g., see Judges 20:26)

As with prayer, fasting to seek God’s guidance isn’t done to change God but to make us more receptive to his guidance.

3. To express grief (e.g., see 1 Samuel 31:13)

Expressing grief is one of the primary reasons for fasting. Ever notice that when you’re moved to tears by grief you lose the urge to eat? When we grieve, our family and friends often have to plead with us to eat because our body’s appropriate response to grief is to fast. A prime example occurs in 2 Samuel 1:12, where David and his men are described as having “mourned and wept and fasted till evening” for their friends, their enemies and their nation.

4. To seek deliverance or protection (e.g., see 2 Chronicles 20:3-4)

Another common reason for fasting in the Old Testament was to seek deliverance from enemies or circumstances. In Scripture, this type of fast is generally carried out with other believers.

5. To express repentance and a return to God (e.g., see 1 Samuel 7:6)

This type of fasting helps us to express grief over our sins and shows our seriousness about returning to the path of godly obedience.

6. To humble oneself before God (e.g., see 1 Kings 21:27 – 29)

“Remember that fasting itself is not humility before God,” reminds Donald Whitney, “but should be an expression of humility.”³

7. To express concern for the work of God (e.g., see Nehemiah 1:3 – 4)

As with Nehemiah, fasting can be a tangible sign of our concern over a particular work God is doing.

8. To minister to the needs of others (e.g., see Isaiah 58:3 – 7)

We can use time we’d normally spend eating to fast and minister to others.

9. To overcome temptation and dedicate yourself to God (e.g., see Matthew 4:1 – 11)

Fasting can help us focus when we are struggling with particular temptations.

10. To express love and worship for God (e.g., see Luke 2:37)

Fasting can show, as John Piper says, that “what we hunger for most, we worship.”⁴

How should we equip ourselves when God calls us to “declare a holy fast”? Here are some things to consider as you prepare for fasting:

Pray and confess your sins

A necessary step before fasting is to humble yourself before God (see Psalms 35:13) and confess your sins (see 1 Samuel 7:6). Prayer should be our sustenance throughout the fast, but it is imperative we begin the fast with a contrite heart.

Turn to Scripture

Spend additional time meditating on God’s Word, before and during the fast.

Keep it secret

Fasting is unbiblical and even spiritually harmful when we do it to show off our spirituality (see Matthew 6:16 – 18) or when we focus more on our own fasting than on the clear needs of others (see Isaiah 58:1 – 11). Don’t boast about your fast; tell people you won’t be eating only if necessary. Fasting should not be done when imposed for false motives (see 1 Samuel 14:24-30).

Prepare your body

Fasting, especially for days or weeks, can have unexpected and even detrimental effects on your health. There is no scriptural warrant for harming yourself to undergo a fast. Be sure to consult a doctor before starting any fasting regimen to make sure you can fast in a healthy manner.

Fasting is an appropriate bodily reaction to the grievous state of our soul. If it is done correctly you can expect many results, including growing closer to God, feeling more solidarity with those who suffer, and increasing self-control.

Thoughts from Hans Hansen on fasting and prayer:

What does it mean to fast? It means: “to set aside some good thing for a limited time in order to devote spiritual or physical FOCUS to another good thing” The resources- the time, the money, the energy, etc. formerly spent on the abstained-from good thing are spent on the replacement good thing. Usually, but not always, the abstained from good thing is meals. But, it can be anything **good**, like fellowship with a spouse, fellowship with all people, fun, etc.

Note: Abstaining from a BAD thing is OBEDIENCE, not fasting!

TRUE fasting always involves doing something **else** beneficial instead of the abstained-from good thing. When fasting for spiritual reasons, the replacement good thing is usually prayer. In the case of fasting for physical reasons, the replacement good thing is usually sleep.

*Replacing a BAD thing with a GOOD thing is called repentance.

*Replacing a GOOD thing with a GOOD thing (temporarily) is called fasting.

*Here is an early church seeking God’s will using fasting.

Acts 13:1-3

Luke 2:36-37

Important: Fasting within marriage must be conducted with the knowledge of the spouse. You should not tell anyone else-that would be vain boasting-but you must tell your spouse. It is extremely important to comprehend that the value of fasting is more indirect than direct. Never fast as a means to obtain a particular “favor” from God. Be careful not to attribute to the spiritual that which can be attributed to the physical benefits of fasting. Never expect a “reward” from God or man for fasting.

****It is not what you take out, it is what you put back in!****

A person may choose to fast in order to seek God’s will concerning a certain decision, in other words, to find God’s focus on a particular issue. A person may be seeking God’s endorsement and blessing and participation in a particular endeavor such as a revival meeting, mission outreach, building project, etc., or seeking God’s will concerning the ordination of elders and preachers, including missionaries, or seeking God’s protection in a particularly dangerous or trying circumstance, or seeking God’s mercy for someone, perhaps sick or hurt or unsaved.

Beware! Fasting is not to be an excuse for disobeying God. Pay that tithe, show up for church on time, speak to your neighbor about the Savior, deal wisely and kindly with your spouse, obey your supervisor at work, etc. If anything, REAL fasting must always cause us to forsake disobedience.

Isaiah 58:5 In other words-is the **point** of the fast to give up something? Implied answer NO!!

E. M. Bounds said, “Get men to pray, and they will quit sinning.”

We should pray about a matter until one of two things happens.

1. God answers our prayer.
2. God changes our prayer.

Because God is in the heavens, we should enter His presence in what four ways?

1. We should enter His presence humbly.
2. We should enter His presence confidently.
3. We should enter His presence worshipfully.
4. We should enter His presence hopefully.

The three practical ways by which we express a desire to see His work, His Word, and His will advanced in the world today.

1. Through prayer.
2. Through submission.
3. Through witnessing.

When I pray “Thy will be done in earth, as it in Heaven,”...

1. I am praying for spiritual wisdom to learn His will.
2. I am praying for spiritual desire to do His will.
3. I am praying for spiritual strength to carry out His will.

If my greatest problem is my sin, then my greatest need is for forgiveness.

I am never more like Jesus than when I can forgive those who have offended me!

The five-fold progression of sin from James 1:14,15.

1. Desire
2. Opportunity
3. Capture or Takes hold
4. Act
5. Result

When we appropriate resources from the “whole armour of God” Eph. 6:11-18, we will be...

1. Strengthened with Truth
2. Protected by Righteousness
3. Enabled by the Preparation of the Gospel of Peace
4. Emboldened by Faith
5. Instructed by the Word of God
6. Sustained by Prayer

The secret to praying is praying in secret.

Why is it right to pray for healing today?

1. God cares about His children.
2. The general promises concerning prayer.
3. Because of the source of most sickness.
4. Because of the specific teaching of Scripture.

The six things we can obtain by prayer and fasting.

1. Help in time of trouble.
2. To find out how we have displeased God.
3. Help us experience repentance.
4. Gain victory over a particular sin.
5. Obtain heavenly wisdom.
6. Obtain Holy Spirit power.

According to Isaiah 58:1-7, along with abstaining from food, what other changes to our lives should occur when fasting? Answer: To set aside pleasures and unnecessary labor.

Christians want the power that prayer can produce without the life that prayer requires.

According to James 5, who initiates having prayer for healing for one who is sick? Answer: The one who is sick.

An O.T. Bible example of God using some “means” to heal would be Hezekiah. God told Isaiah to lay a clump of figs as a plaster on the boil (Isaiah 38:21).

Worry is the opposite of trust and faith.

We pray feeble prayers because we live feeble lives.

What about our weekly prayer list should cause us concern about our prayer life? Answer: That most of the requests are there week after week and remain unanswered.

Why are “circumstances” not the best way to discern the will of God?

1. Every open door is not a sign from God.
2. Satan can also close doors.

Why do Christians often choose to settle for a life that is “good”, instead of God’s best.

1. Lack of concern.
2. Loss of compass.
3. Leery of the cost.

What four conclusions should be observed when faced with a decision with no good options?

1. Eliminate choices that violate Bible principles.
2. Always seek God’s glory.
3. Entrust yourself to God’s care.
4. Learn to be satisfied with God’s presence.

Truths tell us what the facts are; principles tell us how to live.

The **best** way to discern the will of God is by...

1. Scriptural commands.
2. Biblical principles.
3. Peace of God.

Promise and Prayers

The **promises** of God, when believed, **should elicit** prayer from God's people. Let's look at some of the past promises and the prayers connected to them. Then we will look at promises for you and me that are written in God's word. What should our prayer be if we **really** believe His promises to be true? **We are not to sit around and wait for His promises** to come true, but to actively pray in agreement with those promises.

ONE

Promise: 1 Kings 18:1 And it came to pass *after* many days, that the word of the LORD came to Elijah in the third year, saying, Go, shew thyself unto Ahab; **and I will send rain** upon the earth.

Solomon's Prayer 2 Chronicles 6:26-27 God: 2 Chron. 7:12-14

Prayer: 1 Kings 18: 42 So Ahab went up to eat and to drink. And Elijah went up to the top of Carmel; and he cast himself down upon the earth, and put his face between his knees, 43 And said to his servant, Go up now, look toward the sea. And he went up, and looked, and said, *There is* nothing. And he said, Go again seven times. 44 And it came to pass at the seventh time, that he said, Behold, there ariseth a little cloud out of the sea, like a man's hand. And he said, Go up, say unto Ahab, Prepare *thy chariot*, and get thee down, that **the rain stop thee not**.

TWO

Promise: Acts 26: 15 And I said, Who art thou, Lord? And he said, I am Jesus whom thou persecutest. 16 But rise, and stand upon thy feet: for I have appeared unto thee for this purpose, to make thee a minister and a witness both of these things which thou hast seen, and of those things in the which I will appear unto thee; 17 **Delivering thee** from the people, and *from* the Gentiles, unto whom now I send thee,

Prayer: Romans 15:30 Now I beseech you, brethren, for the Lord Jesus Christ's sake, and for the love of the Spirit, that ye strive together with me in *your* prayers to God for me; 31 That **I may be delivered** from them that do not believe in Judaea; and that my service which *I have* for Jerusalem may be accepted of the saints;

THREE

Promise: Psalms 119:9 BETH. Wherewithal shall a young man cleanse his way? by taking heed *thereto* according to thy word.

Prayer: Lord, help me to hide your word, your precepts, your promises because I don't want to sin against you. I want my way to be clean. Help me realize when I am stealing time away from prayer by indulging myself in the things of this world.

Then, once we have done it, we can pray:

Psalms 119:11 Thy word have I hid in mine heart, that I might not sin against thee.

FOUR

Promise: Jeremiah 33:3 Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.

Prayer: Lord, shew yourself great and mighty on our behalf.

Psalms 86:17 Shew me **a token for good**; that they which hate me may see *it*, and be ashamed: because thou, LORD, hast holpen me, and comforted me.

FIVE

Promise: 1 John 4:4 Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world.

Prayer: Lord, grant that I might yield myself to your spirit and He that is in me will be greater than the temptation of the world, the flesh, the devil.

SIX

Promise: James 5:16 Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

Prayer: Lord, help me to be righteous and be fervent in prayer. Keep me close to your word so that you will hear my prayers.

SEVEN

Promise: Psalms 119:165 Great peace have they which love thy law: and nothing shall offend them. Proverbs 3:1 ¶ My son, forget not my law; but let thine heart keep my commandments: 2 For length of days, and long life, and peace, shall they add to thee.

Prayer: Lord, help me to love thy law, so that I may not only have great peace, but show forth great peace. Help me not to be offended Lord since it is so easy to be.

The rest of the story is this. If everything offends you, why is that so? The problem is your lack of love for God's law, His Word.

Illustrate: Paddling a canoe: Doctrine of glide, scrape, stop. As long as YOU are filled with the Holy Spirit, you glide over the rocks. As you lose the filling, the 'canoe' gets closer to the rocks instead of gliding over them.

EIGHT

Promise: 1 John 3:22 And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.

Prayer: Lord, help me keep your commandments. Help me to know the things I should ask for. Help me to do those things that are pleasing in your sight even if they don't seem pleasing in my sight.

James 4:3 Ye ask, and receive not, because ye ask amiss, that ye may consume it upon your lusts.

James 1:6 But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed. 7 For let not that man think that he shall receive any thing of the Lord.

Psalms 66:18 If I regard iniquity in my heart, the Lord will not hear me:

*How often do we hinder our own prayers?

1 John 5:14 ¶ And this is the confidence that we have in him, that, if we ask any thing **according to his will**, he heareth us:

NINE

Promise: John 15:7 **If** ye abide in me, **and** my words abide in you, ye shall ask what ye will, and it shall be done unto you.

How do we abide in Him?

Aware of Promptings, Follow promptings equals under Holy Spirit control.

How do His words abide in us?

We are to be knowledgeable of God's Word and principles.

1 John 5:14 And this is the confidence that we have in him, that, if we ask any thing **according to his will**, he heareth us:

If it is 'according to his will', then it is not a matter of 'if' He hears our prayer, but 'when' He will answer it.

Prayer: What should be our prayer? Help me to abide in you and your word abide in me. Help me to be open to your will for MY life so that I will be ready to do it when you prompt me.

TEN

Promise: Philippians 4: 19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Prayer: This is what we believe is our need. Fulfill your promise to supply all of it.

Don't be surprised if He prompts others to supply your need.

Lord, help me to be sensitive to the 'how' you will supply all my need. HE may send you an extra job, or overtime hours so that He can supply the need by you working for it.

ELEVEN

Promise: John 14:12 Verily, verily, I say unto you, He that believeth on me, the works that I do shall he do also; and **greater works** than these shall he do; because I go unto my Father.

Prayer: What should be our prayer? Lord, help me to trust in you!

Help me not to be content with mediocrity in my Christian life.

Matthew 21:21 Jesus answered and said unto them, Verily I say unto you, If ye have faith, and doubt not, ye shall not only do this which is done to the fig tree, but also if ye shall say unto this mountain, Be thou removed, and be thou cast into the sea; it shall be done.

Praying Obediently

Text: 1 Thessalonians 5:17 Pray without ceasing.

I. In the will of God.

Key to recognize: Our tendency is to pray for **our** will

Luke 22:42 Saying, Father, if **thou** be willing, remove this cup from me: nevertheless not my will, but thine, be done.

Prayer: If I am praying in agreement with your will, please answer my prayer. But, if I am not praying in agreement with your will, I desire YOUR will to be done rather than mine. I recognize that my prayer makes perfect sense to **me**, but may be completely outside of your will, at least, for now. Whatever you know is best in this situation, please; allow it to be.

II. In the purposes of God.

Key to recognize: Tendency is to pray for our own purposes.

James 4: 3 Ye ask, and receive not, because ye ask amiss, that ye may consume *it* upon your lusts.

1 Timothy 2: 1 ¶ I **exhort therefore**, that, first of all, supplications, **prayers**, intercessions, *and* giving of thanks, be made for **all** men; 2 For **kings**, and *for* all that are in authority; (in order) **that** we may lead a quiet and peaceable life in all **godliness** and **honesty**. (Another benefit from God for which we may ask of HIM)

Key: If we, as Christians, right now, have not been living the quiet and peaceable life in all **godliness** and **honesty**, why should the Lord continue to give us a quiet and peaceable life? And, perhaps, it may be one of the contributing reasons to why we have been separated from our quiet and peaceable life.

Here is God's purpose as the passage continues:

Verse 3 For this (**that** we may lead a quiet and peaceable life in all **godliness** and **honesty**) is good and acceptable in the sight of God our Saviour; 4 Who will have all men to be saved, and to come unto the knowledge of the truth.

Key: The thought is that our living in godliness and honesty is to assist all men to be saved, and to come unto the knowledge of the truth.

III. In the Conditions of God

1 Timothy 2:8 I will therefore that men pray every where, lifting up holy hands, without wrath and doubting (first, 'holy hands' are symbols of righteous, obedient lives; second, it must be possible to lift up holy hands or he would not have stated that we should do it.)

Examples:

- Genesis 6:22 - Thus did Noah; according to all that God commanded him, so did he.
- Exodus 40:16 - Thus did Moses; according to all that God commanded him, so did he.
- John 15:14 - Ye are my friends, if ye do whatsoever I command you.
- 1 John 5:3 For this is the love of God, that we keep his commandments: and his commandments are not grievous.

IV. In the order of God.

Key to the order:

1) Genuine Love for God is followed by obedience to the Word of God (If you love me, keep my commandments), and

2) Obedience to God's Word is followed by prayer to the God of the Word.

Take care of sin

Isaiah 59:1-2 - Behold, the LORD'S hand is not shortened, that it cannot save; neither his ear heavy, that it cannot hear: But your **iniquities** have separated between you and your God, and your sins have hid *his* face from you, that he **will not hear**.

Psalms 66:18 - If I regard **iniquity** in my heart, the Lord will not hear *me*:

Key: If you have an earnest desire to pray well, you must learn how to obey well.

Conclude: Thoughts from E.M. Bounds

1) Only those who obey have the right to pray.

2) Disobedient living produces poor praying.

3)No man can pray, really pray, who does not obey.

4)The Christian soldier, **if he fights to win**, must pray much.

**** Prayer Still Changes Things ****

Importunity - **adj. 1.** Troublesomely urgent or persistent in requesting; pressingly entreating: *an importunate job seeker.*

Luke 18:1-8 – And he spake a parable unto them *to this end*, that men ought always to pray, and not to faint; 2 Saying, There was in a city a judge, which feared not God, neither regarded man: 3 And there was a widow in that city; and she came unto him, saying, Avenge me of mine adversary. 4 And he would not for a while: but afterward he said within himself, Though I fear not God, nor regard man; 5 Yet because this widow **troubleth** me, I will avenge her, lest by her continual coming she weary me. 6 And the Lord said, Hear what the unjust judge saith. 7 **And shall not God avenge his own elect, which cry day and night unto him, though he bear long with them?** 8 I tell you that he will avenge them speedily. Nevertheless when the Son of man cometh, shall he find faith on the earth?

Certainly, the Lord was encouraging us not to be fainthearted in prayer. He was telling us to be persistent. We have the attitude of, "What good is it going to do to pray? I prayed and nothing happened." That is a problem in our, "Have it your way, no waiting" society. Everyone thinks God is to be waiting at our beck and call, answering immediately our requests to Him. When He does not answer immediately, our faith fails. No wonder the Lord asked the question, "when the Son of man cometh, shall he find faith on the earth?"

Importunity is the ability to hold on, press on, and wait.

It is a passion of soul.

It is not a want, half-needed, but a necessity.

Importunity is seen in the repeated intercessions of Abraham for Sodom and Gomorrah.

Jacob wrestling all night with the angel shows perseverance pays.

Elijah repeated his prayer seven times before a cloud the size of a man's hand appeared showing his prayer was finally answered.

Daniel prayed three weeks before the answer was known to him. It had been answered three weeks before he knew it had been. The answer to your prayer may already be on its way.

In Gethsemane, the Lord spoke three times with the same prayer. The Lord was denied His request.

Matthew 15:21-28 – Then Jesus went thence, and departed into the coasts of Tyre and Sidon. 22 And, behold, a woman of Canaan came out of the same coasts, and cried unto him, saying, Have mercy on me, O Lord, *thou* Son of David; my daughter is grievously vexed with a devil. 23 But he answered her not a word. And his disciples came and besought him, saying, Send her away; for she crieth after us. 24 But he answered and said, I am not sent but unto the lost sheep of the house of Israel. 25 Then came she and worshipped him, saying, Lord,

help me. 26 But he answered and said, It is not meet to take the **children's** bread, and to cast *it* to dogs. 27 And she said, Truth, Lord: yet the dogs eat of the crumbs which fall from their masters' table. 28 Then Jesus answered and said unto her, O woman, great *is* thy faith: be it unto thee even as thou wilt. And her daughter was made whole from that very hour.

(Mark 7:29 - And he said unto her, For this saying go thy way; the devil is gone out of thy daughter.)

The Lord wanted to be alone; she broke into His privacy. She knew He was capable and she was willing to beg on her child's behalf.

First, He pays no attention to her agony.

Verse 23 goes on to say the disciples were offended and interceded for her.

The Saviour tells them she is outside of His purpose and ministry. Verse 24.

James 5:16 Confess *your* faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

It is never out of place to pray God to beget within us, and to keep alive the spirit of effectual prayer. Effectual simply means, "sufficient to produce a desired effect;"

Importunity says, "If this is the Lord's will, I will pray sufficiently for the desired effect to be realized. If it is not the Lord's will, I will pray until I know that it is not the Lord's will. I will not give up"

Two More Reasons for Prayer

I. Necessity

A. Luke 18:1 And he spake a parable unto them *to this end*, that men **ought** always to pray, and not to faint;

B. Ought- "it is necessary, there **is need** of, it behooves, is right and proper"

You perhaps have heard people say, "Pray for me. I **need** the prayers and you **need** the practice." Both of those statements are true. We need each other's prayers and we all need the practice. Amen!

C. Romans 12:12 Rejoicing in hope; patient in tribulation; continuing **instant** in prayer; (Continuing instant means **persevering** in prayer)

D. Because we have **continuing** need, we should be **continuing** in prayer. But, do we really **sense** a continuing need?

Every time we read the prayer requests, have you ever thought, "Can't we have just **one** Wednesday night when **someone** isn't sick or dying?"

E. "Give us **this day** our daily bread" gives us the impression that we are to be praying **each day** for the bread we need for **each day**. Because we have a **week's** worth of bread in the house, and the **raw** materials to make a **month's** worth; it is hard to imagine it to **be** necessary to pray for it **every** day.

F. **Illustrate**: I remember to this day, as a young boy, looking into the refrigerator and seeing only a pitcher of water. In **today's** abundance, some people get **annoyed** when they have to move **so many things** around in the refrigerator to get to what we are **looking** for.

G. Today, it is difficult for many to pray out of a **sense** of real physical need.

H. Philippians 4:19 But my God **shall** supply all your need according to his riches in glory by Christ Jesus.

God **does** supply all our need, **so well**, that we forget to pray for God to **continue** giving it to us and we forget to be **genuinely** thankful that he does.

II. Obedience

A. Philippians 4: 6 Be **careful** for **nothing**; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Colossians 3:15a And **let** the peace of God rule in your hearts,

Galatians 5:22a But the **fruit** (effect, result) of the Spirit is love, joy, **peace**,

B. **First**, we are commanded not to be anxious. Why should we be anxious when we are commanded to let peace rule in our heart and are told that peace is to be the result of the Holy Spirit in our life?

What an exhibition of **lack** of faith it is to be **anxious** about anything. What would the lost neighbors think if they knew that some Christians worry just as much as the lost, who have a **reason** to worry?

Don't we believe there is a God that rules and reigns in His universe?

Don't we believe that Romans 8:28 is really true?

Don't all things, good and bad, work together for good to them that love God?

C. **Philippians 4:6** is the verse from which was taken the saying, "Why worry when you can pray?"

D. "but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God."

E. **Second**, "Let your requests (petition) be made known unto God" is a **command**.

F. **KEY: The reason we have a tendency to worry is because we know we can't handle the situation by ourselves.**

We must petition a higher authority than we have in ourselves.

God is the highest power or authority. **Literally, if God can't do it, nobody can.**

G. One reason we don't obey the command to pray is because we don't **really** believe. God knows that so He gives us some verses to encourage us to pray.

Luke 1:37 For **with God** nothing shall be impossible.

Luke 18:27 And he said, The things which **are** impossible with men **are** possible with God.

Genesis 18:14 Is **any** thing too hard for the LORD?

Jeremiah 32:27 Behold, I *am* the LORD, the God of all flesh: is **there any thing** too hard for me?

Numbers 11:23 And the LORD said unto Moses, Is the **LORD'S** hand (strength, power) waxed short?

Mark 10:27 And Jesus looking upon them saith, With men *it is* impossible, but **not with God**: for with God all things are possible.

It is a win-win when we obey and pray. We **need** to pray, we **get** to pray and we are **commanded** to pray.

Jeremiah 33:3 Call unto me, and I will answer thee, and shew thee great and mighty things, which thou knowest not.