

Dec 28th - Jan 3rd

2020 Victory

In this lesson you will learn the importance of prayer and fasting for victory in your life.

Intro: The end of 2019 is here. Let's end this year with a faith filled vision for 2020. Prov 29:18- without a vision, people will perish. Get a vision statement for yourself. Your vision is one of the most important things about your life. A clear focus can help you get a clear vision which you can achieve with clear faith. It's time to stir up your faith for what God wants to do in this new year. Throughout the Bible, men and women took time to pray and fast before a great move of God was accomplished in their lives. Esther fasted and prayed before going to the King to save the Israelites. Daniel fasted and prayed before receiving the dream about the Israelite captivity. The followers of Jesus fasted & prayed in the upper room before the Holy Spirit came. Let's take the first 21 days of 2020 to pray and fast before God.

I. Prayer & Fasting

- A. Prayer and fasting clears the mental, emotional, and spiritual fog from your life. It helps you to respond to life situations with divine guidance instead of reacting in your own understanding. This discipline will stir a deep hunger inside you for what really satisfies your soul. Prayer & fasting insist that we quiet our hearts and wait, slowing us down to receive from God. It infuses God's vision inside us & initiates the fulfillment of the vision acting as a catalyst for our faith.

II. Prayer Connects us to God

- A. When you pray, it gets you into a closer intimate relationship with God. The more time you take to connect with God, the more time He will connect with you on a personal level (Jam 4:8). Spending time in prayer will increase your fellowship with Him. You will get to know His voice and His heart more clearly. This time in prayer will also build up your confidence and belief in His power and ability.

III. Fasting Disconnects us from the World

- A. Fasting is not punishing yourself or suffering for the Lord. Fasting is disconnecting yourself from worldly things that are robbing you of intimacy with God. You need to push those things away that are cluttering your life for a season. Fasting helps you to deny yourself and realign your perspective with God. Jesus taught fasting as a regular discipline of Christian life in Matt 6:16-18.

Discussion Questions

1. What great victory in the Bible can you trace back to prayer and fasting?
2. Is fasting a regular habit in your Christian life?
3. Will you join Pastor Paul in fasting for the first 21 days of 2020?