

# Prayer & Fasting

MAKING ROOM FOR GOD'S PRESENCE

MATTHEW 6:16-18  
DR. FAVOUR IBOM

## Matthew 6:16-18 (NIV)

<sup>16</sup> “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. <sup>17</sup> But when you fast, put oil on your head and wash your face, <sup>18</sup> so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

# Introduction

Prayer  
&  
Fasting  
MATTHEW 6:16-18

# OUR VISION

To raise up anointed disciple-makers who are empowered to change their world for Christ.

**2021 IS OUR YEAR  
OF KINGDOM  
ADVANCEMENT**

## Luke 12:32 (NIV)

<sup>32</sup>“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

# Matthew 6:10 (NIV)

<sup>10</sup> Your kingdom come, your will be done, on earth as it is in heaven.

## Acts 13:2–3 (NLT)

<sup>2</sup> One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Dedicate Barnabas and Saul for the special work to which I have called them.” <sup>3</sup> So after more fasting and prayer, the men laid their hands on them and sent them on their way.



# Praying & Fasting

IS A NECESSITY

Prayer  
&  
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## Matthew 6:16 (NIV)

<sup>16</sup>“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

## Matthew 6:5 (NIV)

<sup>5</sup>“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.

## Matthew 9:14-15 (NIV)

<sup>14</sup>Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?" <sup>15</sup>Jesus answered, "How can the guests of the bridegroom mourn while he is with them? **The time will come when the bridegroom will be taken from them; then they will fast.**

# Praying & Fasting

IS A PRIVATE MATTER

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## Matthew 6:16-18 (NIV)

<sup>16</sup>“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **<sup>17</sup>But when you fast, put oil on your head and wash your face, <sup>18</sup>so that it will not be obvious to others that you are fasting,** but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

## Isaiah 58:5 (NKJV)

<sup>5</sup>Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to **bow down his head like a bulrush, And to spread out sackcloth and ashes?** **Would you call this a fast,** And an acceptable day to the Lord?

## Isaiah 58:5 (The Message)

<sup>5</sup>Do you think this is the kind of fast day I'm after: a day to show off humility? To put on a pious long face and parade around solemnly in black? Do you call that fasting, a fast day that I, God, would like?



## Zechariah 8:19 (NIV)

<sup>19</sup>This is what the Lord Almighty says: “The fasts of the fourth, fifth, seventh and tenth months will become joyful and glad occasions and happy festivals for Judah. Therefore love truth and peace.”

## Matthew 6:5-6 (NIV)

<sup>5</sup>“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full.

<sup>6</sup>But **when you pray, go into your room, close the door and pray to your Father, who is unseen.** Then your Father, who sees what is done in secret, will reward you.

# Praying & Fasting

IS A POWERFUL WEAPON

Prayer  
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## James 5:16b–18 (ESV)

<sup>16</sup> ..The prayer of a righteous person has great power as it is working. <sup>17</sup> Elijah was a man with a nature like ours, and he prayed fervently that it might not rain, and for three years and six months it did not rain on the earth. <sup>18</sup> Then he prayed again, and heaven gave rain, and the earth bore its fruit.

# 1 Kings 17:1 (NIV)

<sup>1</sup>Now Elijah the Tishbite, from Tishbe in Gilead, said to Ahab, “As the Lord, the God of Israel, lives, whom I serve, **there will be neither dew nor rain in the next few years except at my word.**”

# 1 Kings 18:41–46 (NIV)

<sup>41</sup>And Elijah said to Ahab, “**Go, eat and drink, for there is the sound of a heavy rain.**” <sup>42</sup>So Ahab went off to eat and drink, but Elijah climbed to the top of Carmel, bent down to the ground and put his face between his knees. <sup>43</sup>“Go and look toward the sea,” he told his servant. And he went up and looked. “There is nothing there,” he said. Seven times Elijah said, “Go back.”

# 1 Kings 18:41–46 (NIV)

<sup>44</sup>The seventh time the servant reported, “A cloud as small as a man’s hand is rising from the sea.” So Elijah said, “Go and tell Ahab, ‘Hitch up your chariot and go down before the rain stops you.’” <sup>45</sup>Meanwhile, the sky grew black with clouds, the wind rose, a heavy rain started falling and Ahab rode off to Jezreel. <sup>46</sup>The power of the Lord came on Elijah and, tucking his cloak into his belt, he ran ahead of Ahab all the way to Jezreel.

# Conclusion

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## Jude 20 (NIV)

<sup>20</sup> But you, dear friends, by building yourselves up in your most holy faith and praying in the Holy Spirit,

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