



**GREAT  
FAITH**

**MIDYEAR PRAYER AND FASTING**

**JULY 2-4, 2019**





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**VICTORY**

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# A PRACTICAL GUIDE TO FASTING

## Why Fast?

Fasting is a spiritual tool God uses to advance His kingdom, change the destiny of nations, spark revival, and bring victory in people's lives.

### Jesus fasted.

*<sup>1</sup>Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup>And after fasting forty days and forty nights, he was hungry.*

MATTHEW 4:1,2

*And Jesus returned in the power of the Spirit to Galilee, and a report about him went out through all the surrounding country.* LUKE 4:14

Jesus knew He was going to need spiritual strength to fulfill His purposes. Fasting makes us spiritually strong and prepares us to do God's work.

### Fasting is an act of humility and consecration.

*Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods.* EZRA 8:21

As we humble ourselves through prayer and fasting, we receive God's grace and have access to His heart.

### Fasting helps us become sensitive to the Holy Spirit.

*While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."* ACTS 13:2

When we deny ourselves of natural cravings and worldly distractions, we become more sensitive to God's voice. Then we are better able to focus on God and submit to His will.

## Fasting brings revival.

“... if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.” 2 CHRONICLES 7:14

Throughout history, God has brought revival and delivered nations from destruction in response to prayer and fasting. Fasting helps us prevail in prayer and intercession.

## Fasting is healthy.

Fasting cleanses your digestive system from toxins. Doctors consider fasting a cure for certain allergies and diseases. The discipline of fasting helps break unhealthy addictions in our lives.

## Planning Your Fast

Then Joshua said to the people, “Consecrate yourselves, for tomorrow the Lord will do wonders among you.” JOSHUA 3:5

**Pray**—Spend time reading the Bible before the fast. Ask the Holy Spirit for guidance in your prayers. On pages 7–9, write down your faith goals and specific prayer requests for your family, friends, church, and nation.

**Commit**—Pray about the kind of fast you will undertake and commit to it ahead of time. Record your plan on page 5. Ask God for grace to help you follow through with your decisions.

**Act**—Start eating smaller portions a few days before the fast. Avoid food high in sugar and fat. Plan to limit physical and social activities for the week of the fast. Ask someone to be your prayer partner throughout the fast and have that person sign page 7.

**NOTE:** Consult a physician, especially if you are pregnant, nursing, or taking medication. If your situation does not allow you to do a full fast, determine what will work best for you.

## While Fasting

*[Jesus] answered, "It is written, 'Man shall not live by bread alone, but by every word that comes from the mouth of God.'" MATTHEW 4:4*

**Focus**—Set aside time to work through the devotionals. Be ready to respond to God's Word and the leading of the Holy Spirit.

**Pray**—Join at least one prayer meeting in your local church. Intercede for your family, church, pastors, nation, campuses, and missions throughout the fast.

**Replenish**—During mealtime, read the Bible and pray instead. Drink plenty of water and rest as much as you can. Be ready for temporary bouts of physical weakness and mental annoyances like impatience and irritability.

## Breaking the Fast

*<sup>14</sup>And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. <sup>15</sup>And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.*

1 JOHN 5:14,15

**Eat**—Reintroduce solid food gradually. Your body will need time to adjust to a normal diet. Start with fruits, juices, and salad, then add more vegetables. Eat small portions throughout the day.

**Pray**—Don't stop praying! Trust God's faithfulness and timing. Carry your newfound passion for God throughout the year. Be in faith for God to answer your prayers.



# My Plan

## Day 1

### Fasting Options:

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_

### Prayer Meeting(s) to Attend:

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## Day 2

### Fasting Options:

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_

### Prayer Meeting(s) to Attend:

---

## Day 3

### Fasting Options:

- Water only
- Liquid only
- One meal only
- Other \_\_\_\_\_

### Prayer Meeting(s) to Attend:

---

# ***I am thankful to God for ...***

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## **Answered Prayers**

*List highlights, answered prayers, and lessons learned so far in 2019.*

# ***For the rest of 2019, I will continue to have great faith for ...***

## **Personal Faith Goals**

*Spiritual Healing • Physical Healing • Prosperity and Abundance • Rich Generosity*

## **My Family**

*Restoration of Relationships • Household Salvation*

## **My Education/Career**

*Excellence • Promotion*

## **My Ministry**

*Small Group Growth • Salvation of Classmates and Colleagues*

..... “... if two of you agree on earth about anything they ask, it will be done for them  
by my Father in heaven.” MATTHEW 18:19

**My Prayer Partner:** \_\_\_\_\_

**My Plan**

# **I am committing to pray for ...**

**Name**

**Requests**

# **I am committing to pray for ...**

## **My Church**

*Church Leadership • Provision • Discipleship Ministry*

## **My Community**

*Campuses and Educational Institutions • Local Government • Outreach Opportunities*

## **My Nation**

*Government Officials • Spiritual Revival • Economic Prosperity • Peace and Order*

## **My Plan**



## **INTRODUCTION: GREAT FAITH**

In January, we set apart one week of prayer, fasting, and consecration to hear from God and know His direction for us for the year. Throughout that week, we studied men and women of great faith found in the book of Hebrews. Their lives served as an example and inspiration for us to also develop great faith.

As we continue to believe God for great things, we will look at five accounts found in the Gospels of characters who exhibited faith and received what they sought Jesus for and more. Two of these encounters, with the Roman centurion and with the Canaanite woman, were even acknowledged by Jesus as moments of great faith. Through their lives and encounters with Jesus, let's see how we too can live lives of great faith in God.

# THE GREAT FAITH OF THE CANAANITE WOMAN

## Read

MATTHEW 15:21–28; MARK 7:24–30

Then Jesus answered her, “O woman, great is your faith! Be it done for you as you desire.” And her daughter was healed instantly. MATTHEW 15:28

Jesus’ encounter with the Canaanite woman is fascinating because her faith astounded Jesus. This is one of the few times Jesus acknowledged someone possessing great faith.

The Canaanite woman came to Jesus because she believed that He could heal her daughter who was severely oppressed by a demon. She desired a good thing and she looked to the right person. However, she was rejected by the disciples once and by Jesus twice. The disciples wanted Jesus to send her away. Jesus did not answer her when she initially asked Him. And upon her insistence, Jesus refused to give her what she wanted because she was a Gentile and, as Jesus told her, the Jews were His ministry priority. He was testing her faith.

The rejection she experienced was enough to cause her to give up. But what is outstanding about this woman is that she wasn’t offended or discouraged from receiving her miracle. Instead of walking away in despair, she showed humility, acknowledged that she was not worthy to receive her miracle, and in faith, asked for it to be done anyway.

Her posture of humility and tenacity was an expression of great faith. She acknowledged that although the bread did not belong to her, there were still crumbs—a spillover of the blessing that God prepared for non-Jews. Her great faith touched the heart of God because she understood that the miracle was underserved. God’s abundant grace is not limited to Jews, but He extends it to others. Truly God gives grace to the humble.

***Great faith understands that our breakthrough comes when we go to Jesus on His terms—not ours.***

# **Apply**

How is your faith built in times of desperation? Where should our faith and hope be anchored upon?

Do you have prayers that are still unanswered today? How will you approach Jesus as you ask for your miracle?



# **Pray**

## **Confession of Faith**

*Adapted from Jeremiah 30:17; John 6:29; Mark 11:22–24; Romans 10:11,12.*

Father, I thank You that You hear our prayers and know our condition. I believe that You will restore our health and heal our wounds. I am fully confident because I believe in the One You have sent—Jesus.

I will put my faith in Him, and I believe that I can move mountains because I do not doubt in my heart. Thank You because I know that whatever I ask in Jesus' name will be done for me. I will not be put to shame, for I believe in You and You are my Lord.

- Personal Prayer** (page 7)
- Prayer Requests** (page 8)
- My Church** (page 9)
- My Community** (page 9)
- My Nation** (page 9)

# Memorize

*<sup>14</sup>And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. <sup>15</sup>And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.*

1 JOHN 5:14,15

**“FAITH IS A LIVING, DARING  
CONFIDENCE IN GOD’S  
GRACE, SO SURE AND  
CERTAIN THAT A MAN  
COULD STAKE HIS LIFE ON  
IT A THOUSAND TIMES.”**

—Martin Luther, Theologian and Leader of the Protestant Reformation

# THE GREAT FAITH OF BARTIMAEUS

# 1

## Read

MARK 10:46–52; LUKE 18:35–43

*And Jesus said to him, “Go your way; your faith has made you well.” And immediately he recovered his sight and followed him on the way. MARK 10:52*

Bartimaeus was a blind man, and this condition confined him to a life of begging. There was no means available for him to escape this fate. So when he found out that Jesus would be passing by, he shouted with all his might to be heard by Jesus. Despite being shushed by the crowd, he cried out to Jesus all the more, until Jesus stopped and called for him.

Bartimaeus had one goal—to be able to see. But it is interesting that Jesus asked Bartimaeus what he wanted. Jesus did not need to ask, since the blindness should have been obvious. But Jesus had Bartimaeus utter what was buried deep in his heart.

In the same way, there are things buried deep in our hearts that we find too impossible to utter unto God. He is never too busy to listen to our prayers, and He invites us to ask, knowing the hopelessness of our circumstances. When we cry out to God, we speak to One who is greater than our reality.

Even though Bartimaeus was blind physically, his spiritual eyes were open and he recognized God in his midst. This strengthened his faith to believe for his miracle. His faith was anchored on a great God, allowing him to see beyond the physical and declare the impossible.

***Great faith calls on Jesus and perseveres for the impossible.***

# **Apply**

What does James 1:17 say about God? Why can we believe God even for the impossible things in our lives?

Do you have prayers that you've forgotten about? Are there prayers buried deep in your heart that you haven't asked God for? Write them down and commit to pray about them throughout the fast. Believe that God will answer you.

# **Pray**

## **Confession of Faith**

*Adapted from John 6:69; 1 Corinthians 2:5; Matthew 21:22; Jeremiah 33:6; Psalm 89:6,8.*

I have come to believe and know that You are the Holy One of God. There is no one else I will turn or run to. I put my faith not in the wisdom of men, but in Your power, knowing that You can do the impossible.

I know and believe that whatever I ask for in prayer, I receive by faith in You. In You will I find healing, abundance, prosperity, and security. There is no one like You in all the earth; no one compares to You and Your faithfulness, our great God. Therefore, I will hold on to You.

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# Memorize

⋮ ... for we walk by faith, not by sight. 2 CORINTHIANS 5:7

**“FAITH SEES THE  
INVISIBLE, BELIEVES  
THE UNBELIEVABLE,  
AND RECEIVES THE  
IMPOSSIBLE.”**

—Corrie Ten Boom, War Hero and Author

# THE GREAT FAITH OF THE UNCLEAN WOMAN

# 2

## Read

MATTHEW 9:20–22; MARK 5:24–34; LUKE 8:43–48

*And he said to her, “Daughter, your faith has made you well; go in peace.”*

LUKE 8:48

A woman in great distress wanted to come near to Jesus to be healed. She was ceremonially unclean because she had a discharge of blood for twelve years (Leviticus 15:25–27). She was desperate because she had spent all her money on doctors, with no improvements to her condition. Upon hearing reports about Jesus and what He had done, she knew that her only chance at healing was to touch Jesus.

But there were many obstacles in her way. Because she was ceremonially unclean, anything she touched would become unclean. She was an outcast, and there were crowds around Jesus. She could not simply come near Him.

Despite these obstacles, she demonstrated great faith and pressed on to reach Jesus. She recognized Jesus’ power and thought, *“If I touch even his garments, I will be made well”* (Mark 5:28). Even though the woman touched Jesus, He did not become unclean. Rather, she received His power, which healed her immediately.

The crowd also touched Jesus, but what moved Jesus was the persistent faith of this woman. Faith is a bridge that connects the power of God to man. In faith, we must overcome any obstacles and know that God is the source of power and of the breakthroughs we are believing for.

***Great faith presses on toward our breakthrough in Jesus despite many obstacles.***

# **Apply**

Have you experienced a situation where you turned to all the experts but were faced with a dead end? What does Isaiah 40:31 say about hope? How should we face our hopeless situation?

Do you consider God as your first option when you are faced with difficult situations? How can you make sure that from now on you will turn to God first before anything else?



# **Pray**

## **Confession of Faith**

*Adapted from Psalm 103:2,3; Luke 1:37; 1 John 5:3–5; Romans 15:13.*

I will bless You, Lord, with all my heart, soul, and strength. I will not forget You or Your promises. I thank You for You have forgiven all my sins and healed my diseases. I know and declare that nothing is impossible with You.

I know that because I have been born of God, I can overcome the world. And this is the victory that overcomes the world—my faith. In faith and because of Your love, I will obey and keep Your commandments.

As I live by Your Spirit, You will fill my life with all joy and peace, so that I may abound in all hope.

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# Memorize

<sup>20</sup>Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, <sup>21</sup>to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

EPHESIANS 3:20,21

**“NO FAITH IS SO PRECIOUS AS THAT WHICH LIVES AND TRIUMPHS THROUGH ADVERSITY. TESTED FAITH BRINGS EXPERIENCE. YOU WOULD NEVER HAVE BELIEVED YOUR OWN WEAKNESS HAD YOU NOT NEEDED TO PASS THROUGH TRIALS. AND YOU WOULD NEVER HAVE KNOWN GOD’S STRENGTH HAD HIS STRENGTH NOT BEEN NEEDED TO CARRY YOU THROUGH.”**

—Charles Spurgeon, Preacher

# THE GREAT FAITH OF THE CENTURION

# 3

## Read

MATTHEW 8:5-13; LUKE 7:1-10

*When Jesus heard these things, he marveled at him, and turning to the crowd that followed him, said, "I tell you, not even in Israel have I found such faith."*

LUKE 7:9

A centurion is the commander of the smallest unit of a Roman legion, in charge of about a hundred men. Centurions are influential, powerful, and highly skilled when it comes to battle. At that time, Israel and Judah were under Roman rule. Naturally, the Jews were not friendly toward the Romans. But a certain centurion asked Jesus to heal his slave.

The Roman centurion wasn't sure that Jesus would be willing to heal his slave. So he sent Jewish elders to go to Jesus, hoping that Jesus would listen to them. The centurion even knew that he was not worthy for Christ to come into his home because of who he was and what he did. But still he asked Jesus for a miracle. The centurion understood and recognized the authority of Jesus—that at His word miracles happen.

Jesus marveled at the faith of the centurion and commended him, saying, *"I tell you, not even in Israel have I found such faith."*

Sometimes we wonder if we are worthy for Him to answer our prayers. Other times, we may ask this question at the back of our minds: "Is Jesus willing to come into my situation and minister to me?" Such questions can hinder us from moving in faith. We stop praying to and seeking God because we feel unworthy or doubt if He is willing to answer. But our faith should not be based on our worth, but on Jesus and the authority of His word. As we submit to and believe in Christ's authority, we acknowledge that He knows best.

We must recognize that God's Word carries power that is ready to be released as we exercise our faith. No matter how bleak your situation may be, trust His word and authority for His will to be fulfilled.

***Great faith recognizes Jesus' authority over our reality.***

# **Apply**

Do you sometimes feel that you are unworthy to receive what you're praying for? Do you still doubt God's willingness to answer your prayers? What does 2 Corinthians 1:20 say about God's promises? How can you respond to this?

What Scripture is God leading you to claim over your situation? Write it down and record your insights about it. Commit to pray that verse over your life every day for at least one week.

# **Pray**

## **Confession of Faith**

*Adapted from Hebrews 11:6; Psalm 34:17,18; Exodus 23:25; Matthew 19:26.*

I will move in faith every day because I know that without faith, it is impossible to please You. As I draw near to You, I will believe that You exist and that You will reward those who seek You.

I know that when I cry out for help, You hear me and will deliver me out of all my troubles. You are near to the brokenhearted and You save the crushed in spirit. In You, I will have hope.

I will serve only You, and You will bless me. I know that even though things are impossible with man, all things are possible with You.

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# Memorize

So faith comes from hearing, and hearing through the word of Christ.

ROMANS 10:17

**“NOTHING IS A SURPRISE TO GOD; NOTHING IS A SETBACK TO HIS PLANS; NOTHING CAN THWART HIS PURPOSES; AND NOTHING IS BEYOND HIS CONTROL. HIS SOVEREIGNTY IS ABSOLUTE.”**

—Joni Eareckson Tada, Author and Quadriplegic

# THE GREAT FAITH OF THE FOUR MEN

## Read

MATTHEW 9:1-8; MARK 2:1-12

<sup>5</sup>And when Jesus saw their faith, he said to the paralytic, "Son, your sins are forgiven." . . . <sup>12</sup>And he rose and immediately picked up his bed and went out before them all, so that they were all amazed and glorified God, saying, "We never saw anything like this!" MARK 2:5,12

Jesus had been healing the sick since early in His ministry. As a result, *many gathered* when they heard that He was in a certain place. There was no room for more to come, not even at the door.

Four men arrived, carrying their paralytic friend. However, they could not get near to Jesus because of the crowds. In fact, they could not even get close enough to the door—the gateway to connect to Christ! At this point, many people would stop or surrender to their circumstances. But these four friends then did the unthinkable, carrying their friend through the streets, up the stairs, all the way to the roof of the house, and boring a hole through the roof to lower their friend to where Jesus was. *When Jesus saw their faith*, He forgave the sins of the paralytic and healed him.

Instead of allowing the circumstances to determine the outcome of their friend's situation, these four men displayed great faith by the lengths they went to so their friend could come near to Jesus. They were persistent in believing there was a way for their friend to be healed. They did not give up when faced with the odds.

Their faith did not just allow their friend to be healed. Many people also saw the power of God in Jesus and glorified Him. Our faith does not only lead to a personal breakthrough. It is also a testimony to others about God's power and glory.

***Great faith overcomes circumstances and makes a way for others to receive their breakthrough.***

# **Apply**

Who is standing with you in faith for your breakthrough? How has another person's faith built up your faith?

Why is it important to move in faith for other people? Who is your *paralytic*? How are you moving in faith for him or her?



# **Pray**

## **Confession of Faith**

*Adapted from Jeremiah 32:27; 1 Timothy 6:12; Ephesians 3:14–17.*

I believe that You are the Lord, God of all creation. Nothing is too hard for You. I will fight the good fight of faith and take hold of the eternal life You give. I want my life to be a witness of how good You are.

For this reason, I bow my knees before You. I ask that according to the riches of Your glory, may You grant me to be strengthened with power through Your Spirit in me.

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# **Memorize**

*<sup>19</sup>And my God will supply every need of yours according to his riches in glory in Christ Jesus. <sup>20</sup>To our God and Father be glory forever and ever. Amen.*

PHILIPPIANS 4:19,20

**“OUR ATTITUDE TOWARD  
OTHERS REVEALS OUR  
GENUINE ATTITUDE  
TOWARD GOD.”**

—David Jeremiah, Author and Preacher



*And without faith it is impossible to please him,  
for whoever would draw near to God must believe that  
he exists and that he rewards those who seek him.*

**HEBREWS 11:6**



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Honor God. Make Disciples.



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