

Lesson 12 – Prayer & Fasting Lifestyle

Introduction

Discipleship is not just about knowing the Word but living in continual fellowship with God. Prayer and fasting are vital disciplines that deepen intimacy, cultivate dependence, and release spiritual power. Prayer connects us to the heart of the Father, while fasting aligns our desires with His. Together, they are not rituals but lifelines for a Spirit-filled disciple. This lesson explores how prayer and fasting become a lifestyle, not just occasional practices.

Teaching Session

1. Always Pray, Do Not Faint

Luke 18:1 (NIV)

Then Jesus told his disciples a parable to show them that they should always pray and not give up.

- Prayer is not seasonal but continual.
 - Perseverance in prayer builds resilience in faith.
 - Giving up in prayer is giving up on the source of strength.
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2. The Model of Prayer

Matthew 6:9–13 (NIV)

*“This, then, is how you should pray:
‘Our Father in heaven, hallowed be your name,
your kingdom come, your will be done,
on earth as it is in heaven.
Give us today our daily bread.
And forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from the evil one.’*

- Jesus teaches prayer as relationship (“Our Father”), worship, surrender, petition, forgiveness, and spiritual protection.
- Prayer aligns us with God’s kingdom, not just personal needs.
- Forgiveness in prayer keeps hearts free from bitterness.

3. The Power of Fasting

Isaiah 58:6–7 (NIV)

“Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter, when you see the naked, to clothe them, and not to turn away from your own flesh and blood?”

- Biblical fasting is not about ritual deprivation but spiritual transformation.
 - Fasting loosens bondage and increases compassion.
 - True fasting produces justice, generosity, and freedom.
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4. Prayer as Intimacy, Not Ritual

Jeremiah 33:3 (NIV)

‘Call to me and I will answer you and tell you great and unsearchable things you do not know.’

- Prayer is conversation, not performance.
 - God invites us into revelation through intimacy.
 - Prayer changes us as much as it changes situations.
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5. Prayer + Fasting = Spiritual Power

Mark 9:29 (NIV)

He replied, “This kind can come out only by prayer.” (Some manuscripts: “by prayer and fasting”)

- Some spiritual breakthroughs require prayer plus fasting.
 - Fasting sharpens sensitivity to God and weakens fleshly desires.
 - Together, they unleash kingdom authority and power.
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Study & Discussion Questions

1. What does Luke 18:1 teach us about the consistency of prayer?
2. How does the Lord’s Prayer shape your understanding of what prayer should include?
3. According to Isaiah 58, how is fasting more than just abstaining from food?
4. In what ways have you experienced prayer as intimacy with God, not ritual?
5. Why do you think some breakthroughs require both prayer and fasting?

Application & Reflection

- **Memory Verse:** *“Then Jesus told his disciples a parable to show them that they should always pray and not give up.”* (Luke 18:1, NIV)
 - **Personal Reflection:** Set aside one intentional time this week to fast (a meal, a day, or an activity such as social media). Use the time to pray and reflect on Scripture. Journal how it affects your intimacy with God.
 - **Group Activity:** Plan a group prayer and fasting day. Begin with worship, spend time interceding for one another, and close by sharing insights from the fast.
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