

Prayer Sheet 227: God Hears Fasting Prayers

Prepare Heart (Enter the Prayer Room 15 minutes prior, wait on God in praise and worship music)

I. Praise (12-15 minutes): Praise God for who He is, His attributes, His name, or His character (use short prayers with God's word, no intercessory requests during this time).

Attribute: God Hears Fasting Prayers

Declaration: The Almighty Lord is the God who hears prayers. He accepts our pleas and cries during fasting. May all glory be to Him.

Scriptures (ESV):

- [Nehemiah 1:3-4] And they said to me, "The survivors who are left from the captivity in the province are in great distress and reproach. The wall of Jerusalem is broken down, and its gates are burned with fire." So it was, when I heard these words, that I sat down and wept, and mourned for days; and I continued fasting and praying before the God of heaven.
- [Esther 4:15-16] Then Esther told them to reply to Mordecai, "Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish."
- [Daniel 9:2-4] I, Daniel, perceived in the books the number of years that, according to the word of the Lord to Jeremiah the prophet, must pass before the end of the desolations of Jerusalem, namely, seventy years. Then I turned my face to the Lord God, seeking Him by prayer and pleas for mercy with fasting and sackcloth and ashes. I prayed to the Lord my God and made confession.
- [Jonah 3:5-10] And the people of Nineveh believed God. They called for a fast and put on sackcloth, from the greatest of them to the least of them... When God saw what they did, how they turned from their evil way, God relented of the disaster that He had said He would do to them, and He did not do it.
- [Matthew 6:17-18] (Jesus said) But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.
- [Luke 2:36-37] And there was a prophetess, Anna... She was advanced in years... and then as a widow until she was eighty-four. She did not depart from the temple, worshiping with fasting and prayer night and day.
- [Acts 13:2-3] 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." Then after fasting and praying, they laid their hands on them and sent them off.

II. Confession (2-3 minutes): Confess and repent. "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." 1 John 1:9 (NKJV)

III. Thanksgiving (8-12 minutes): Thank God for what He has done; also thank God for adversities, submitting to God's sovereignty. No intercessory requests during this time. "In everything give thanks; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18 (NKJV)

IV. Intercession (30-40 minutes): According to the theme of the day, first pray the scriptures then pray for specific matters. Group 2-3 intercessors together.

Intercessory Scriptures:

For believers, choose a1 or a2

a1. Dear Heavenly Father, please grant ____ the heart to fast, so that ____ may fast, weep, and mourn before You, returning to You with all devotion. May You show grace and mercy to ____.

work in ____'s life, and manifest Your glory. (Reference: [Joel 2:12-13])
a2. Dear Heavenly Father, please help ____ to experience Your great power through fasting and prayer. May Your will be done in ____'s life, and may ____ enjoy abundant grace and blessings from You. (Reference: [Nehemiah 1:4])

For unbelievers

Heavenly Father, please give to ____ the spirit of wisdom and revelation so that ____ may know You. Open the eyes of ____ , turn ____ from darkness to light, from the power of Satan to God, so that ____ may receive forgiveness of sins and a place among those who are sanctified by faith in Jesus Christ. (Ephesians 1:17; Acts 26:18)

Pray for schools/workplaces: (5-10 minutes) Use scriptures "a" or "b" to pray for principals, teachers/bosses, employees; pray for spiritual awakening and revival, protection, etc.

V. Pray for Nations, Churches/Organizations, and All People (5 minutes): Pray freely for the following points as the Holy Spirit leads. **1. Nations:** nations and governments, those in authority, peace, justice, the spread of the Gospel, and the salvation of people; **2. Churches/Organizations:** churches, ministries, missions, and their leaders; unity, holiness, wisdom, strength, protection, and faithfulness in fulfilling God's calling; **3. All People:** families, children, young people, and those in need. (Note: Keep the content of intercession in the prayer room, do not spread it out!)