



# BIBLE STUDY NOTES

## Prayer Conference – Part 2

**Reference Scriptures:** II Peter 1:3; Matthew 6:9-13; Jeremiah 33:3; Romans 8:36

- How do we approach God?

1. Humble yourself
  - a. Approach God humble. “Jesus humbled Himself.”
2. Have faith and confidence in Him.
  - a. Heb 11:6 – It is impossible to please God without faith. He that cometh to God must come in faith.
  - b. 1 John 15:14-15; Mark 11:22
3. Have boldness
  - a. We stand as a redeemed child of God and take authority in the name of Jesus.
4. Forgive and release debts.
5. An attitude of gratitude.
  - a. Thanking God for all that He has done.
  - b. Psalm 51: 1-14

- Prayer is communication with God. God desires every man to pray.

- a. Our conversation has changed. God recognizes the change I us – He sees His Son in us.

- We don't realize that the language we speak in prayer is changed. When it gets to heaven.

- a. God is spiritual – when you talk to Him we have to talk in the spirit. That makes our conversation different.
- b. God gets excited when He sees His word coming back to Him.

- We have every right to go into prayer. We shouldn't be afraid or doubt.

- Jesus taught His disciples to pray

- Fasting

- a. Purpose – to honor God; to humble ourselves before God; mourn over personal sin/failure.
- b. Fasting is afflicting your body for the glory of God to come out.
- c. Fasting gives power to our prayers.
- d. Fasting gives us spiritual revelation from God.
- e. Fast for family relationships.
- f. Fasting to show repentance
  - To gain an outpouring of the Holy Spirit.
- g. Fasting for Christ's return to the earth. Fasting helps you to lose spiritual pounds

- Types of Fasts

- a. Normal fast – abstain from food or solids but not liquids.
- b. Absolute fast – abstain from food and water. (Moses & Elijah) – not recommended for more than 3 days at a time.
- c. Partial fast – abstain from certain foods. Restriction in certain parts of your diet.

- Travailing – 1 Samuel 1:5-18; Gal 4:19

- a. Travailing means you are in agony. A certain need you want breakthrough for which you are willing to be punished.
- b. Travailing takes you into the wilderness where Jesus faced the devil. All alone and He came out victorious and the devil had to leave.
  - Matt 4:1-11; Mark 1:9-13, Luke 4:1-14

*“Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth.” 2 Tim 2:15*

– 2/16/11