

Fasting guide

day 7. fervent prayer

James 5:16b: The effective, fervent prayer of a righteous man avails much.

Fervency speaks of our level of intensity, passion and persistence. Many times, we can lose our passion in prayer or stop praying for certain things altogether because we lose heart or give up. But God invites us to keep them before Him and trust Him for an answer in His time. (Matthew 7:7-11)

The Old Testament prophet, Elijah, practiced a lifestyle of fervent, intense prayer and he witnessed incredible miracles in his lifetime as a result. In 1 Kings 17:17-24, we read of a woman whose only son became ill and died. When Elijah heard the news he quickly took action and did what he knew best – he fervently cried out to God. Elijah fully believed that God could bring the boy back to life, and he didn't pray just once. It is recorded that he prayed three times for the boy's soul to return to him. He prayed fervently, repeatedly and he wasn't going to give up. Verse 22 reads, "then the Lord heard the voice of Elijah; and the soul of the child came back to him, and he revived." God honored Elijah's obedience and fervent prayers and brought the boy to life. God hears your prayers as well and will bring an answer in His perfect timing. But don't be discouraged or disheartened if the answer is not exactly what you expected. Commit to praying to God with passion and persistence, trusting the answer will come in God's perfect way and in His perfect timing.

As we close out this first week, continue to pray fervently for the main areas of concern in your life. Trust God to bring an answer as you journal your thoughts and inspirations through this time.

additional reading:

Matthew 7:7-11: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. "Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

Matthew 6:9-13: 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."

Ezra 8:23: So we fasted and petitioned our God about this, and he answered our prayer.

Psalms 141:2: May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

Matthew 21:22: If you believe, you will receive whatever you ask for in prayer."

Acts 2:42: They devoted themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer.

Romans 12:12: Be joyful in hope, patient in affliction, faithful in prayer.

Ephesians 6:18: And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people.

Philippians 4:6: Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Colossians 4:2: Devote yourselves to prayer, being watchful and thankful.

1 Peter 3:12a: For the eyes of the Lord are on the righteous and his ears are attentive to their prayer.

Fasting guide

prayer:

Lord, teach me to pray. You have given me the gift of partnering with You in prayer. Stir my heart to prayer and give me ears to listen as You speak to me in the quiet places of my heart. Increase my faith as I trust You for the answers to my prayers. Thank You for hearing me. I seek Your face and humbly, persistently ask that You will do a mighty work in my life. Use my prayers to bless and encourage others. Teach me to praise You in my prayers. You are worthy of my praise.