



# NEIGHBOURHOOD BIBLE STUDIES



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## 6. THE IMPORTANCE OF PRAYER AND FASTING

### 1. PART OF THE CHRISTIAN'S ARSENAL - Eph. 6:10-18:

“Finally, my brethren, be strong in the Lord, and in the power of his might. **Put on the whole armor of God**, that ye may be able to stand against the wiles of the devil. **For we wrestle not against flesh and blood, but against principalities, and powers, against the rulers of darkness of this world, against spiritual wickedness in high places.** Wherefore take unto you the whole armor of God, that ye may be able to withstand in the evil day, and having done all, to stand. Stand therefore, having your loins girt about with truth, and having a breastplate of righteousness; And your feet shod with the preparation of the

gospel of peace; Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. And take helmet of salvation, and the sword of the Spirit, which is the word of God: Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints.”

**2 Cor. 10: 4-5:** “(For the weapons of our warfare are not carnal, but mightily through God to the pulling down of strong holds;) Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bring into captivity every thought to the obedience of Christ.”

**1 Tim. 1:18-19:** “...according to the prophecies which went before on thee, that thou by them mightest war a good warfare; Holding faith, and a good conscience; which some having put away concerning faith have made shipwreck.”

**Rev. 12:11:** “And they overcame him by the blood of the Lamb, and by the word of their testimony...”

## **2. PRAYERS**

### **(a) Supplication**

#### **PRAYER IS AN EVERYDAY NECESSITY FOR GROWTH!**

Armor - (a) you put it on every day - **Eph. 4:15:**

“But speaking the truth in love may grow up into him in all things, which is the head, even Christ.”

(b) like washing your face - **Eph. 4: 15:**

(c) like eating, sleeping & breathing - **1 John 3:18:** My little children, let us not love in word, neither in tongue; but in deed and in truth.”

**Acts 17:28:** “For in him we live, and move, and have our being; as certain also of your own poets have said, for we are also his offspring.”

## **IT IS IMPERATIVE FOR THE SEPARATED LIFE.**

**2 Cor. 6:14-18:** “Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? And what communion hath light with darkness? And what concord hath Christ with Belial? Or what part hath he that believeth with an infidel? And what agreement hath the temple of the God with idols? For we are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. **Wherefore come out from among them, and be ye separated, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a father unto you, and ye shall be my sons and daughters, saith the Lord Almighty.**”

**James 4:4:** Ye adulterers and adulteresses, know ye not that friendship of the world is enmity with God?”

**1 John 2: 15-17:** “Love not the world, neither the things that are in the world. If any man loves the world, the love of the Father is not in him.”

From the world - **Rom. 12: 1-2:** “I beseech you therefore, brethren, by the mercies of God, that ye are present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God.”

Unto God - **A Servant, Called - Separated** - “Paul, a servant of Jesus Christ, called to be an apostle, separated unto the gospel of God.”

**Matt. 26:41:** “Watch and pray, that ye enter not into temptation: the spirit indeed is willing, but the flesh is weak.”

God separate Paul from his mother’s womb. **Gal. 1:15:** “But when it pleased God, who separated me from my mother’s womb, and called me by his grace.”

**Rom. 8:35:** “Who shall separate us from the love of Christ? Shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? ... For I am persuaded, that

neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, nor height, nor depth, or any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.”

#### **4. IT IS A PREREQUISITE FOR INTRODUCTION INTO THE SPIRIT-FILLED LIFE -**

**Acts 1:13-14:** “And when they were come in, they went up into an upper room...These all continued with one accord in prayer and supplication...”

**Acts 4:24-31:** “... they lifted up their voice to God with one accord, and said, Lord, thou art God, which hast made heaven, and the earth, and the sea, and all that in them is: Who by the mouth of thy servant David hast said, Why did the heathen rage, and the people imagine vain things? The kings of the earth stood up, and the rulers were gathered together against the Lord, and against his Christ...And when they had prayed, the place was shaken where they were all filled with the Holy Ghost, and they spake the word of God with boldness,”

**(a) Acts 19:1-2:** “There was a certain man in Caesarea called Cornelius, a centurion of the band called the Italian band, A devout man, and one that feared God with all his house, which gave much alms to the people, and prayed to God always.”

**Acts 10:44:** “While Peter yet spake these words the Holy Ghost fell on all them which heard the word.”

**Acts 9: 10-18:** “And there was a certain disciple at Damascus, named Ananias; and to him said the Lord in a vision, Ananias. And he said, Behold, I am here, Lord. And the Lord said unto him, Arise, and go into the street which is called Straight, and enquire in the house of Judas for one called Saul, of Tarsus: for, behold, **he prayeth...**”

**(e) James 4:8:** “Draw nigh to God, and he will draw nigh to you...”

**5. IT IS A MUST FOR A CONTINUED SPIRIT LIFE!**

**Gal. 5:16: “Walk in the spirit, and ye shall not fulfill the lusts of the flesh.”**

**Prayer, Supplication, Thanksgiving, Meditating, Communion,  
Speaking in Tongues, Rejoicing, Prevailing Prayer!**

Jacob - **Gen. 32:24-28:** “And Jacob was left alone; and there wrestled a man with him until the breaking of the day. And when he saw that he prevailed not against him, he touched the hollow of his thigh; and the hollow of Jacob’s thigh was out of joint, as he wrestled with him. And he said, let me go, for the day breaketh. And he said, I will not let thee go, except thou bless me. And he said unto him. What is thy name? And he said, Jacob. And he said, thy name shall be called no more Jacob, but Israel: for as a prince hast thou power with God and with men, and hast prevailed.”