



SUNDAY SCHOOL LESSON

Sunday, January 5, 2025

Series Title: Consecrating Ourselves to God

Lesson Title: The Power of Prayer and Fasting

Key Scripture: Mark 9:29

Introduction

We need to know that there is power in prayer and fasting! Jesus brought this to light when His disciples were unable to cast a demon out of a boy. Mark 9:28-29 says,

“And when he was come into the house, his disciples asked him privately, Why could not we cast him out? And he said unto them, This kind can come forth by nothing, but by prayer and fasting.”

Prayer alone is a powerful weapon against the enemy, but when coupled with fasting, our prayers have even greater impact! We are doing the 21 Days of Consecration because we are taking time to be intentional about connecting with God and seeing Him work in our lives and in our church. Our last Consecration opened doors and set things in motion for our new worship center and the sale of our current facility!

What is Prayer?

Prayer is simply talking to God who can provide supernatural help. You don't have to use big fancy words. There are no right and wrong words. Just be yourself.

Give thanks to the Lord daily for your salvation. Pray for others in need. Pray for direction. Pray for the Lord to fill you daily with His Holy Spirit. There is no limit

to prayer. You can pray with your eyes closed or open, while sitting or standing, kneeling or lying on your bed, anywhere, anytime. So, begin today to make prayer a part of your daily routine.

The Importance of Prayer

Prayer is important because it is our lifeline – our direct connection to God. We don't have to go through any intermediary, we can speak directly to the same God who created the universe! Prayer helps to relieve stress as we cast our cares on the Lord – He carries our burdens. Prayer helps us to be loving – if you are genuinely praying for someone, it would be hard to hold a grudge against them or mistreat them. Prayer changes things!

How to Pray

The disciples recognized the power of prayer and they wanted to pray in a way that would get results. Jesus taught them what we call “The Lord’s Prayer”. (Matthew 6:9-13)

Overall, the Lord's Prayer is a comprehensive model for Christian prayer, encompassing elements of praise, submission, petition, forgiveness, and spiritual protection. It serves as a guide for believers to approach God with humility, reverence, and trust, while also expressing their deepest spiritual needs and desires.

Here is a helpful acronym that you can use during your prayer time: P-R-A-Y.

1. P – PRAISE

“Our Father which art in heaven, Hallowed be thy name.”

Praise God for who He is and recognize Him as our Father.

Acknowledge that He is God and praise Him for what He has done.

Thank God in advance for His continued blessings.

2. R – REPENT

“And forgive us our debts, as we forgive our debtors.”

Ask God to forgive you for anything that you may have done that was not right and ask Him to help you, so you do not continue to sin.

Ask God to help you forgive others.

3. A – ASK

“Give us this day our daily bread...and lead us not into temptation, but deliver us from evil.”

Ask God to meet your physical needs and to give you wisdom, healing and deliverance. Don't forget to pray for others like your family and friends, your leaders and even your enemies.

4. Y – YIELD

“Thy Kingdom come, thy will be done on earth as it is in Heaven. For Thine is the Kingdom, and the Power, and the Glory. Forever.”

Surrender to God's plan and God's Will. Yield to Him in every area of life.

What is Fasting?

Fasting is a powerful spiritual discipline. Through fasting and prayer, the Holy Spirit can transform your life. And the practice of fasting has strong roots in the Bible. Jesus himself spent time in fasting and prayer during His life on earth, and He expected His followers to fast as well. Most commonly, fasting is when you abstain from food or a certain type of food for a period of time. However, there are multiple ways to fast, all with the potential to help you grow spiritually.

Fasting and prayer can also bring about more than just personal transformation. When God's people practice fasting and prayer, God hears from heaven and can heal our lives, our churches, our communities, our nations, and our world. Fasting and prayer can even bring about revival.

The Importance of Fasting

It is important for Christians to fast periodically. Sometimes we fast corporately, as we do during our 21 Days of Consecration, and sometimes you may choose to fast individually because you want to draw closer to God, or because of a need in your life.

We see examples of biblical fasting in the lives of figures like Jesus, Moses, Esther and King David. Fasting and prayer can restore or strengthen your intimacy with God. Many longtime Christians find that fasting helps them rediscover their “first love” for God again.

Fasting is a way to humble yourself in the sight of God. (Ezra 8:21 (NIV)). King David said, “I humbled my soul with fasting” (Psalm 35:13). You may find yourself relying on God more fully for strength when you fast.

Fasting and prayer can help us hear God more clearly. As you spend more time with God fasting and praying, your spirit will become stronger and you will become more sensitive to hearing His voice. Together, fasting and prayer can transform your prayer life into a richer and more personal experience of God.

Fasting enables you to see more clearly the areas of your life where you need to yield to the Holy Spirit, repent and grow.

How to Fast

There are several types of fasts, but the ones we’ll talk about today are the absolute fast, regular fast and the partial fast.

On the **absolute fast** you consume no food or water for a period of time. When Esther found out about Haman’s plan to destroy her people, she put the entire nation on a 3-day absolute fast before she went in to see King Ahasuerus and ask for his mercy. (Esther 4:16)

On the **regular fast**, you abstain from all food, both solid and liquid, except for water.

On the **partial fast**, you abstain from certain foods for a period of time. Our [21 Days of Consecration](#) falls into this category. Make sure you refer to the guidelines before and during the fast so that we can all be on one accord.

Name: _____

**SUNDAY SCHOOL HOMEWORK ASSIGNMENT
SUNDAY, JANUARY 5, 2025**

Introduction

1. **Write the scripture** – Mark 9:29 (use the King James Version)

2. **True or False (circle one)** – We are doing the 21 Days of Consecration because we are taking time to be intentional about connecting with God and seeing Him work in our lives and in our church.

- a. True
b. False

What is Prayer?

3. **True or False (circle one)** – According to the lesson, prayer is simply talking to God who can provide supernatural help.

- a. True
b. False

The Importance of Prayer

4. **Fill in the blanks.**

According to the lesson, prayer is important because it is our

_____ – our _____ to God.

5. **Circle the correct answer** – According to the lesson, what is a model for Christian prayer that Jesus taught the disciples?
- a. The Sermon on the Mount
 - b. The Beatitudes
 - c. The Lord’s Prayer
 - d. None of the above
6. **Circle the correct answer** – What is the helpful acronym provided in the lesson?
- a. A-R-P-Y
 - b. P-R-A-Y
 - c. R-Y-P-A
 - d. None of the above
7. **Circle the correct answer** – What does the “Y” stand for in the P-R-A-Y acronym?
- a. Yellow
 - b. Yield
 - c. Yogurt
 - d. Yeah

What is Fasting?

8. **True or False (circle one)** – Fasting is not a powerful spiritual discipline.
- a. True
 - b. False
9. **True or False (circle one)** – When God’s people practice fasting and prayer, God hears from heaven and can heal our lives, our churches, our communities, our nations, and our world.
- a. True
 - b. False

The Importance of Fasting

10. **Circle the correct answer** – According to the lesson, who said, “I humbled my soul with fasting.”?
- a. King Saul
 - b. Paul
 - c. King David
 - d. Jonah
11. **Circle the correct answer** – According to the lesson, fasting and prayer can help us _____ more clearly.
- a. hear God
 - b. find God
 - c. see God
 - d. None of the above
12. **True or False (circle one):** Together, fasting and prayer can transform your prayer life into a richer and more personal experience of God.
- a. True
 - b. False

How to Fast

13. **Circle the correct answer** – What type of fast is our 21 Days of Consecration?
- a. Absolute
 - b. Slow
 - c. Regular
 - d. Partial