



# GARDEN CITY C H U R C H

## **Home Church Guide 3.19.2023**

### **Antioch Series Part 4 Corporate Prayer and Fasting**

#### **Acts 13:1-3**

Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." 3 Then, having **fasted** and **prayed**, and laid hands on them, they sent *them* away.

**Prayer:** Is worship, supplication (request) to God. It is communion and conversation, agreement and alignment with the Father, through the Son, by the power of the Spirit

**Different types of prayer include:** intercession, contemplative/meditative prayer, imaginative prayer, prophetic prayer, confession/repentance prayer, adoration (singing/worshipful) prayer, supplication/requests, and more.

**In Antioch, they were praying together. Corporate prayer is a reflection of the eternal prayer meeting that has been going on between the Father, Son, and Holy Spirit.**

**It was a corporate prayer meeting that birthed the Church (Acts 2) on the Day of Pentecost. If we want the fruit of the church of Acts/Antioch, we must be willing to carry out their methods.**

**DISCUSSION QUESTION:** What has your journey/history with prayer looked like? Share a testimony of how you have seen God move powerfully through corporate prayer.

***When we agree with God in prayer, we come into alignment with Him and we come under His authority.***

**Why should we pray the scripture? (Hebrews 4:12-13, Psalm 132:8)** Our words, our will, out of alignment with God's word and God's will have no authority. When we pray the word of God back to God, we are acknowledging the authority, the power, and the effectiveness that is rooted in His words, over and above our own.

**Why should I pray in the Spirit? (Romans 8:26, 1 Corinthians 14, Jude 1:20-21)**

We are not being asked to pray according to our own understanding, our own knowledge, or our own strength. We are being invited to pray from a place and posture of dependency, faith, trust, humility, intimacy and yieldedness.

**Why should I wait on the Lord through stillness and silence in prayer? (Psalm 37:7, Psalm 46:10, Habakkuk 2:20)**

Being still and silent in prayer exposes what voices/noises we have truly been meditating on/giving our attention to as well as what we are avoiding within our own souls. It reveals anxieties, fears, lies, unbelief/doubt that would remain hidden otherwise.

Being still and silent in prayer demonstrates that we prioritize hearing from the Lord as much as we prioritize speaking to the Lord. Being still and silent in prayer demonstrates that we actually have an expectation for Him to speak/respond to us.

**DISCUSSION QUESTION:** Which of the three prayer tools above do you use the most? Which one are you excited to start using or begin to use more?

**Fast (hebrew- *tsuwm*):** to abstain from food, fast, to cover over (the mouth). Abstain: restrain oneself from doing or enjoying something.

-Corporate fast (**Nehemiah 9:1**)

-Jesus modeled fasting by fasting 40 days and 40 nights (**Matthew 4**)

-Fasting is a spiritual discipline Jesus expects all of his disciples to do (**Matthew 6:16**)

-Prayer with fasting drives out unbelief and doubt (**Matthew 17:19-21**)

-Fasting is an expression of longing and desire for Jesus to return as our Bridegroom King (**Mark 2:18-20**)

- Fasting is an act of worship because it is obedience and obedience is worship.
- Fasting is an intentional way of emptying ourselves of desires, perspectives, ambitions, motivations that are not yielded to the Lord. In turn you get filled up with the perspective, desire, will and ways of the Lord. Fasting forces our flesh in submission and helps us come into spiritual alignment and increases our sensitivity to the Spirit.
- Fasting increases our hunger for the word of God and the presence of God. Fasting resets our appetites spiritually and physically.
- Fasting is an accelerant and catalyst for deliverance and inner healing. It exposes strongholds, lies and demonic influences and thought processes while simultaneously empowering us to break agreement with those and replace them with truth. Fasting forces us to slow down and be more intentional about leaning on God, His understanding and His purpose for our lives.
- Fasting brings us into deeper intimacy and fellowship with the Holy Spirit, the friendship of the Holy Spirit, the leadership of the Holy Spirit.
- Fasting will always bring us into greater revelation of Jesus, of the Gospel, of our identity in Christ, the love of the Father and the inheritance that we have received in Christ!

**DISCUSSION QUESTION:** What have your rhythms of fasting looked like throughout your faith journey? In what ways have you experienced the power of fasting corporately?

**END PRAYING FOR OUR CHURCH COMMUNITY AND FOR ONE ANOTHER, THAT THE GRACE FOR CORPORATE PRAYER AND FASTING WOULD INCREASE!**