



***SEEK THE LORD***



<sup>19</sup> And we have the word of the prophets made more certain, and you will do well to pay attention to it, as to a light shining in a dark place...

**2 Peter 1:19**

**The Lord is near to all  
who call on him, to all  
who call on him in  
truth.**

**Psalm 145:18**

1

**What does it mean  
to seek the Lord?**

<sup>6</sup> Seek the Lord while he may be found; call on him while he is near.

<sup>7</sup> Let the wicked forsake his way and the evil man his thoughts. Let him turn to the Lord, and he will have mercy on him, and to our God, for he will freely pardon.

**Isaiah 55:6-7**

<sup>11</sup> “But they refused to pay attention; stubbornly they turned their backs and stopped up their ears. <sup>12</sup> They made their hearts as hard as flint and would not listen to the law or to the words that the Lord Almighty had sent by his Spirit through the earlier prophets. So the Lord Almighty was very angry.

**Zechariah 7:11-12**

2

**Why should we  
seek the Lord?**

<sup>2</sup> I say to the Lord, “Thou art my Lord; I have no good apart from thee.”

**Psalm 16:2**



5 “I am the vine; you are the branches. He who abides in me and I in him, he it is that bears much fruit; for apart from me you can do nothing.

**John 15:5**

<sup>13</sup> I can do all things in him who  
strengthens me.

**Philippians 4:13**

<sup>8</sup> He will punish those who do not know God and do not obey the gospel of our Lord Jesus. <sup>9</sup> They will be punished with everlasting destruction and shut out from the presence of the Lord and from the majesty of his power

**2 Thessalonians 1:8-9**

<sup>3</sup> Now this is eternal life: that they may know you, the only true God, and Jesus Christ, whom you have sent.

**John 17:3**

<sup>12</sup> O our God, will you not judge them? For we have no power to face this vast army that is coming against us. We do not know what to do, but our eyes are upon you.”

**2 Chronicles 20:12**

<sup>11</sup> Look to the Lord and his  
strength; seek his face always.

**1 Chronicles 16:11**

**3**

**How do we  
seek the Lord?**

<sup>13</sup> You will seek me and find me  
when you seek me with all your  
heart.

**Jeremiah 29:13**



<sup>12</sup> Then you will call upon me and come and pray to me, and I will listen to you. <sup>13</sup> You will seek me and find me when you seek me with all your heart.

**Jeremiah 29:12-13**

**3**

**How do we seek the Lord?**

**A. Seek the Lord through  
praying**

<sup>11</sup> You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.

**2 Corinthians 1:11**

<sup>2</sup> Some men came and told Jehoshaphat, “A vast army is coming against you from Edom, from the other side of the Sea. It is already in Hazazon Tamar” (that is, En Gedi).

**2 Chronicles 20:2-4**

<sup>3</sup> *Alarmed*, Jehoshaphat resolved to inquire of the LORD, and he proclaimed *a fast* for all Judah. <sup>4</sup> The people of Judah came together to *seek* help from the LORD; indeed, they came from every town in Judah to *seek* him.

2 Chronicles 20:2-4

# 3

**How do we seek the Lord?**

**A. Seek the Lord through  
praying**

**B. Seek the Lord through  
praying with fasting**

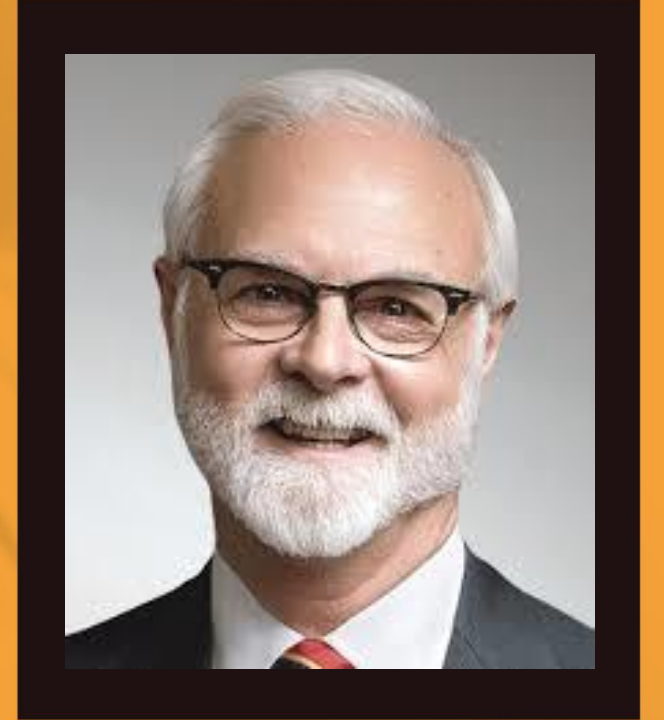
# 3

## **How do we seek the Lord?**

Seek the Lord through praying with fasting

# **Definition of fasting**

Christian fasting is a believer's voluntary abstinence from food for spiritual purposes.



Whitney, D. S. (2014). *Spiritual Disciplines for the Christian Life (Revised and Updated, p. 192)*. NavPress; Tyndale House Publishers, Inc.



**3**

**How do we seek the Lord?**

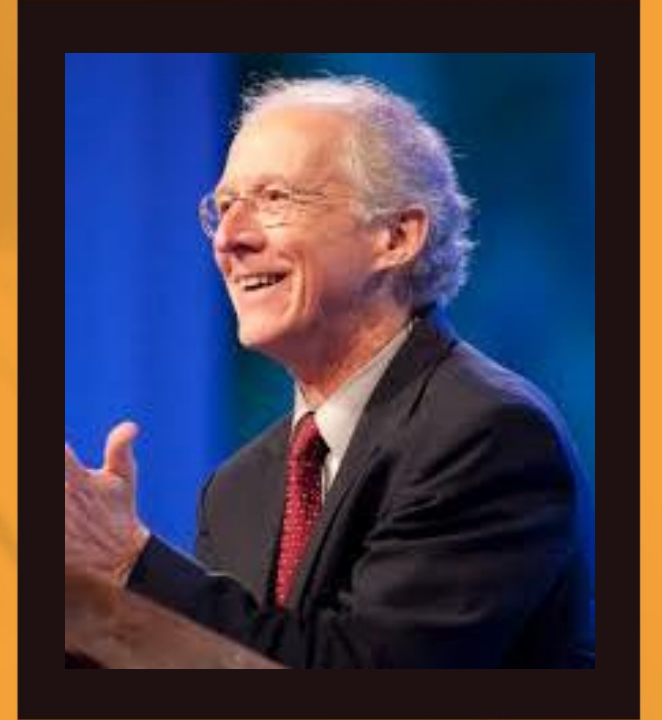
Seek the Lord through praying with fasting

**Purpose of fasting**

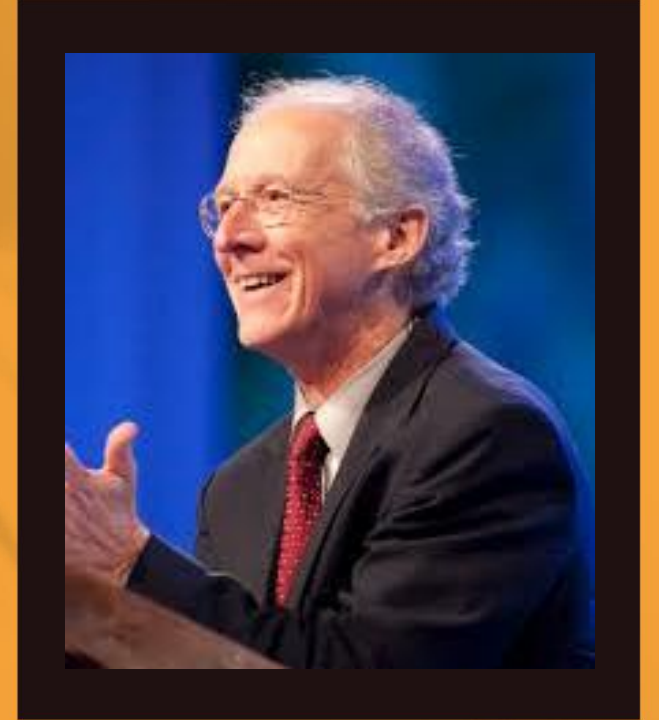
“a means of God’s grace to strengthen and sharpen Godward affections...”



Might God not ordain that his fullest blessings will come to the church when we prevail in prayer with the intensity of fasting? That kind of intensification of prayer is what fasting is...



It's a physical exclamation point at the end of the sentence, "We hunger for you, O God, to come in power." It's a cry with our body, not just our soul: "I really mean it, Lord! This much, I hunger for you. I want the manifestation of you yourself more than I want food."



“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full.<sup>17</sup> But when you fast, put oil on your head and wash your face...”

Matthew 6:16-17

<sup>14</sup> Then John's disciples came and asked him, "How is it that we and the Pharisees fast, but your disciples do not fast?"

<sup>15</sup> Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then *they will fast.*

**Matthew 9:14-15**

<sup>1</sup> In the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul.

**Acts 13:1-3**

<sup>2</sup> While they were worshiping the Lord *and fasting*, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” <sup>3</sup> So after they had *fasted* and prayed, they placed their hands on them and sent them off.

Acts 13:1-3



23 Paul and Barnabas appointed elders for them in each church and, with prayer *and fasting*, committed them to the Lord, in whom they had put their trust.

**Acts 14:23**

**4**

# **Our specific application**

# Month of October

- Fasting and praying for one day each week (Fri-Sat)

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- Fasting and praying for one day each week (Fri-Sat)

# **Saturday, November 2nd**

- Meet together at WBC for a half-day of prayer