

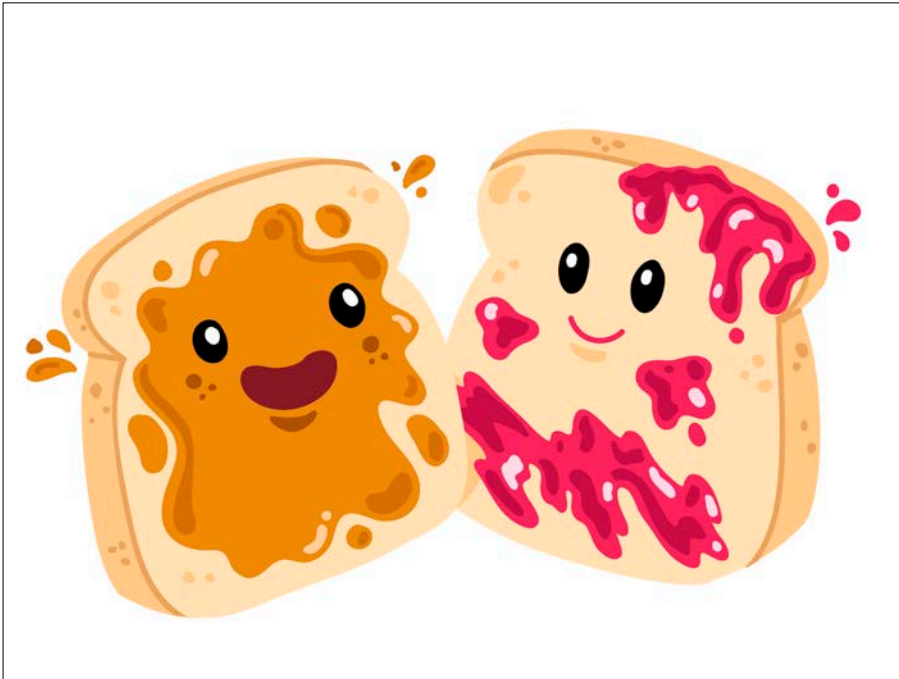
LESSON 10 OF 11

Will you turn to the power of prayer and fasting to open the windows of heaven and receive revelation?



Some things just work better together

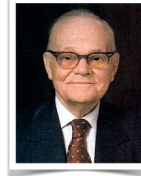




We observe that in the scriptures, fasting almost always is linked with prayer. Without prayer, fasting is not complete fasting; it's simply going hungry. If we want our fasting to be more than just going without eating, we must lift our hearts, our minds, and our voices in communion with our Heavenly Father. Fasting, coupled with mighty prayer, is powerful. **It can fill our minds with the revelations of the Spirit.** It can strengthen us against times of temptation. (Joseph B. Wirthlin, April 2001)



Fasting and prayer can help develop within us courage and confidence. It can strengthen our character and build self-restraint and discipline. **Often when we fast, our righteous prayers and petitions have greater power.** Testimonies grow. We mature spiritually and emotionally and sanctify our souls. Each time we fast, we gain a little more control over our worldly appetites and passions. Fasting and prayer can help us in our families and in our daily work. They can help us magnify our callings in the Church.
(Joseph B. Wirthlin, April 2001)



“We should all give some attention to the matter of fasting. **We haven’t really called on the Lord so that we can reach him intimately if we don’t fast occasionally, and pray often.** Many of our personal problems can be solved by so doing. Do you remember what the Savior said to his disciples who couldn’t cast out the evil spirit, after they had asked why they couldn’t do it when Jesus had done it so easily? He replied, ‘This kind goeth not out but by prayer and fasting’” (Matt. 17:21).

Marion G. Romney, Ensign, July 1982



1:28

“Howbeit this kind goeth not out but by prayer and fasting”
Matthew 17:14–21



LET’S TALK ABOUT IT
What makes praying and fasting so powerful together?

How do prayer and fasting help you spiritually?

Isaiah teaches us about fasting. Jesus Christ encouraged us to search Isaiah's words: "And now, behold, I say unto you, that ye ought to search these things. Yea, a commandment I give unto you that ye search these things diligently; **for great are the words of Isaiah**" (3 Nephi 23:1).



LET'S TALK ABOUT IT

As we read these scriptures, let's discuss the reasons and blessings for fasting and praying together. The questions are in **red**.

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

Isaiah 58:6

What does it mean to loose the bands of wickedness?
How does fasting undo your heavy burdens?
How does fasting help the oppressed go free?

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Isaiah 58:7

What blessings do you receive by paying a fast offering?

Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rearward.

Isaiah 58:8

What does it mean that your light breaks forth as morning?

How does fasting help your physical body?

How does fasting make you more righteous?

How does fasting invite the Lord to have your back?

Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

Isaiah 58:9

Why is the Lord more inclined to hear you when you fast?

And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:

Isaiah 58:10

What kind of “darkness” is replaced by light?

And the Lord shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

Isaiah 58:11

Why is the Lord eager to guide you when you fast?
How does going without food make your bones fat?
Why is fasting compared to a watered garden?
How is fasting like a spring of water with unlimited water?

And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

Isaiah 58:12

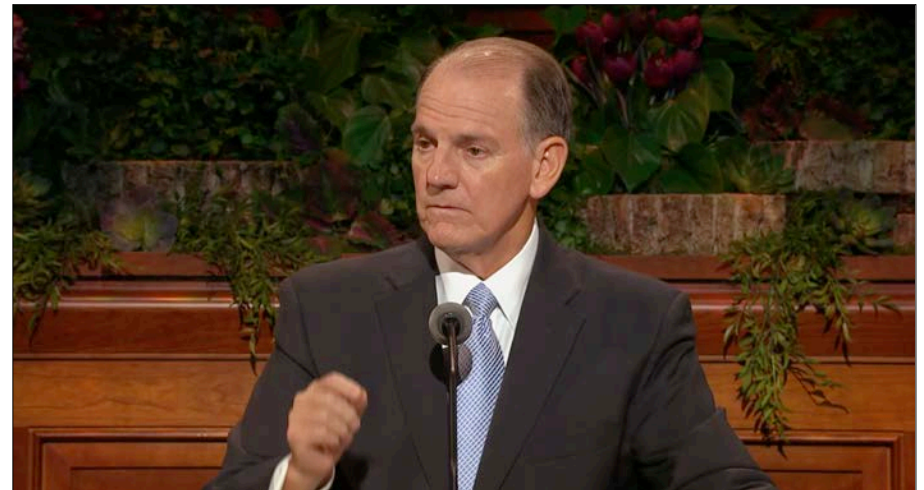
How does fasting give you a new life?



I fast and pray for

Revelation

I know that fasting increases my spiritual sensitivity. When I fast, I am inviting divine help.



For the sons of Mosiah, “this is not all; they had given themselves to much prayer, and fasting; therefore they had the spirit of prophecy, and the spirit of revelation.” **Prayer and fasting will allow us to be susceptible to spiritual promptings.** Communicating with Heavenly Father while purposefully abstaining from food and drink allows us to “loose the bands of wickedness [and] to undo the heavy burdens.” **Prayer, combined with fasting, will provide so that when we “call, ... the Lord shall answer; ... [and when we] cry, ... he shall say, Here I am.”** (James B. Martino, Oct. 2015)



LET'S TALK ABOUT IT

How has fasting and prayer increased personal revelation in your life?



I fast and pray for

Self-control

I know that fast brings power over temptation and increases the power I have over myself.

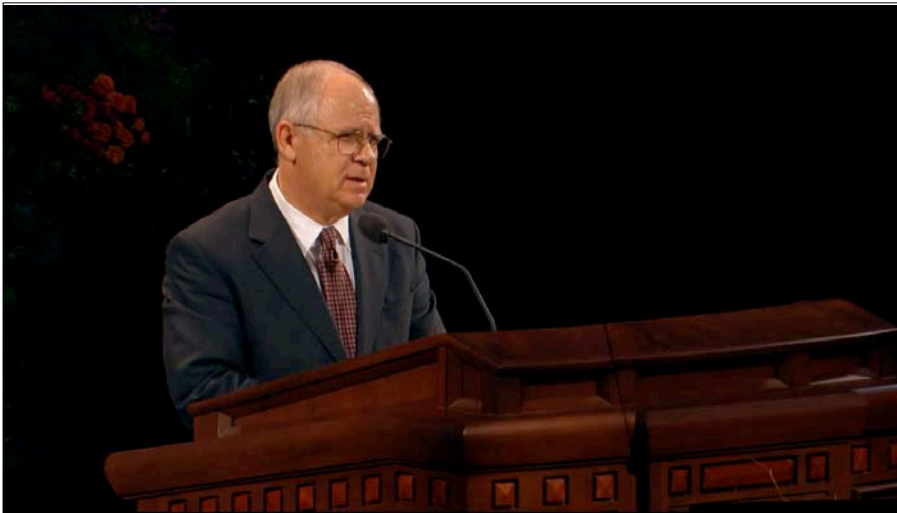


Russell M. Nelson has explained that as you fast, “through your spirit, **you develop personal power** over your body’s drives of hunger and thirst. Fasting **gives you confidence** to know that your spirit can master appetite. ... Fasting **fortifies discipline** over appetite and **helps to protect** against later uncontrolled cravings and gnawing habits.”

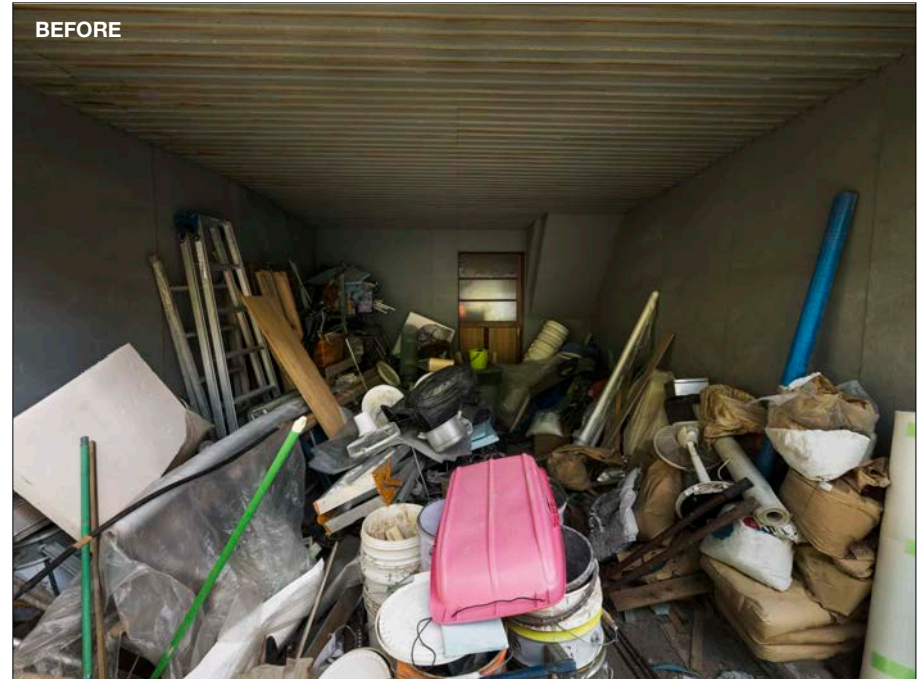
Russell M. Nelson, “Self-Mastery,” Ensign, Nov. 1985, 30–31



The purpose of our fast may be a very personal one. Fasting can help us overcome personal flaws and sins. It can help us overcome our weaknesses—help them become strengths. Fasting can help us become more humble, less prideful, less selfish, and more concerned about the needs of others. (Carl B. Pratt, Oct. 2004)



It can help us see more clearly our own mistakes and weaknesses and help us be less prone to criticize others. Or our fast may have a focus on a family challenge. A family fast might help increase love and appreciation among family members and reduce the amount of contention in the family, or we might fast as a couple to strengthen our marriage bonds. (Carl B. Pratt, Oct. 2004)



LET'S TALK ABOUT IT
How has fasting and praying helped you gain greater control over yourself?



I fast and pray for Others

Fasting helps me develop charity for others

“Nevertheless the children of God were commanded that they should gather themselves together oft, and join in **fasting and mighty prayer** in behalf of the welfare of the souls of those who knew not God” (Alma 6:6).

“And he caused that the priests should assemble themselves together; and they began to **fast, and to pray** to the Lord their God that he would open the mouth of Alma, that he might speak, and also that his limbs might receive their strength — that the eyes of the people might be opened to see and know of the goodness and glory of God (Mosiah 27:22).

“And it came to pass after they had **fasted and prayed** for the space of two days and two nights, the limbs of Alma received their strength, and he stood up and began to speak unto them, bidding them to be of good comfort:

“For, said he, I have repented of my sins, and have been redeemed of the Lord; behold I am born of the Spirit” (Mosiah 27:23–24)



LET'S TALK ABOUT IT

How has fasting and praying helped others?



I fast and pray for my Testimony

Fasting strengthens my relationship with God



“When we give to the bishop an offering to relieve the suffering of others, we not only do something sublime for others, but we do something wonderful for ourselves as well. King Benjamin taught that as we give of our substance to the poor, **we retain ‘a remission of [our] sins from day to day’** (Mosiah 4:26)”

Joseph B. Wirthlin “The Law of the Fast,” Ensign, May 2001, 74

“And this is not all. Do ye not suppose that I know of these things myself? Behold, I testify unto you that I do know that these things whereof I have spoken are true. **And how do ye suppose that I know of their surety?** (Alma 5:45).

“Behold, I say unto you they are made known unto me by the Holy Spirit of God. Behold, I have **fasted and prayed** many days that I might know these things of myself. And now I do know of myself that they are true; for the Lord God hath made them manifest unto me by his Holy Spirit; and **this is the spirit of revelation** which is in me” (Alma 5:46).

“And now, my beloved brethren, I would that ye should come unto Christ, who is the Holy One of Israel, and partake of his salvation, and the power of his redemption. Yea, come unto him, and offer your whole souls as an offering unto him, and continue in **fasting and praying**, and endure to the end; and as the Lord liveth **ye will be saved**” (Omni 1:26).

Best practices for prayer and fasting

Fasting: Young Single Adult Ward, Amanda
Amanda, a young single adult attending a YSA ward in Los Angeles,
talks about how fasting plays a part in her life.

<https://www.churchofjesuschrist.org/media/video/2016-02-0001-fasting-young-single-adult-ward-amanda?lang=eng>

Amanda said several important things:

- I fasted with an actual purpose.
- Fasting is a spiritual principle.
- When I've fasted with a purpose, I feel like I've had even more energy, and my mind is clearer. Maybe things that didn't make sense before are making sense.

- There's always been a sense of peace that comes along with that.

- I think that fasting works in people's lives because it's just another way for us to show Heavenly Father how much we care about something by making a sacrifice.

- [Fasting] really turns your heart to whatever the subject matter is that you're praying for, that you're fasting for.



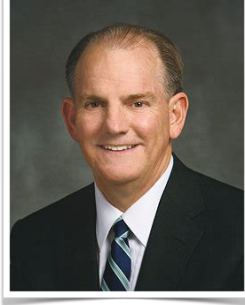
LET'S TALK ABOUT IT

What are the “best practices” of fasting and praying?



TO DO

HOMEWORK ASSIGNMENTS



“Turn to Him and answer will come”
James B. Martino
October 2015



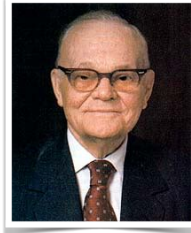
“Is not this the fast I have chosen?”
Henry B. Eyring
April 2015



“The Blessings of a Proper Fast”
Carl B. Pratt
October 2004



“The Law of the Fast”
By Joseph B. Wirthlin
April 2001



“The Blessings of the Fast”
Marion G. Romney
July 1982

NEXT CLASS
March 27



CLASS 11 OF 11:
Will you exercise greater patience
and do everything in your power to
receive revelation, even when it
seems God is not answering you?

**Additional
Learning
Materials**

**How does
fasting help
your
physical
body?**



Fasting lowers blood sugar levels

Fasting improves insulin sensitivity, reducing the risk of type 2 diabetes.



Fasting supports heart health

Fasting lowers blood pressure, cholesterol, triglycerides, and inflammation—all of which are risk factors for heart disease.



Fasting enhances brain function

Fasting reduces neurodegeneration and increases brain-derived neurotrophic factor (BDNF), which helps protect against Alzheimer's and Parkinson's.



Fasting promotes weight loss

Fasting boosts metabolism by increasing norepinephrine, leading to higher fat burning.



Fasting reduces inflammation

Fasting supports joint health and reduces chronic inflammation which is linked to arthritis, heart disease, and diabetes.



Fasting boosts your immune system

Fasting triggers cellular repair, a process where the body removes damaged cells and regenerates new ones.



Fasting supports digestive health

Fasting gives your gut a break, reducing bloating and promoting healthy gut bacteria.