



Power of Prayer Anti-Stress Guide



BIBLICAL DIABETES SOLUTION





Introduction

Do you find yourself feeling stress-out or even depressed a lot of the time? Are you hoping for a breakthrough in your life, whether spiritually, physically, financially, relationally, or more? If so, you've come to the right place. Because this guide will share with you the power of prayer and fasting and how you can overcome any odds and experience breakthrough in your life.

One thing the Bible speaks plenty on is prayer and fasting. They are spiritual disciplines that allow you to be successful. You'll also discover in this guide what secular sources are saying about prayer and attending church regularly and how individuals who do, live longer, with less disease, have faster recovery rates, and are less stressed and depressed.

If prayer has not been a big part of your life, we hope this guide will inspire you to make prayer and fasting a regular part of your day. God has much He wants to give you and much He wants you to experience and prayer and fasting is one of the ways we can connect closely with God and allow Him to strengthen us to overcome situations and circumstances.

Here's to a powerful prayer life and no more stress!

God Bless!



Fasting and Prayer



Fasting and praying is found all throughout the Bible. And is a way to bring peace and victory in your life. Fasting and praying is just as important to do in today's world than in the time of the Bible. The combination of fasting and praying is a Bible-based discipline for all believers of all ages. And something we encourage you to participate in regularly.

Surprisingly many people in church have never been taught about fasting and prayer, and therefore have never fasted and prayed. Because of this, many believers don't know why fasting and praying are important. However, the Bible teaches us exactly what we need to know about the topic. what the Bible teaches about fasting, or how to fast.

To some, fasting may sound like some overly-religious work. To others, fasting may sound incredibly challenging. You may have heard stories of people fasting for weeks, drinking only water. In fact, you see Jesus fasting for 40 days in scripture.

“Then Jesus was led by the Spirit into the wilderness to be tempted[a] by the devil. 2 After fasting forty days and forty nights, he was hungry.” - Matthew 4:1-2

Listen, in this text, we aren't going to tell you, you must fast for 40 days, not even 4 days. That can seem overwhelming and you may think to yourself fasting sounds impossible for you.

However we want to encourage you to try and fast for a full day, or maybe a half of a day. And you'll see in just a little bit that fasting is not about starving yourself. Fasting is a time for you to grow spiritually - spending time praying and reading God's Word.

A fast can be as short as one meal (deciding to pass on a meal and spend time in prayer instead). Please know fasting and praying is NOT intended for the sake of saying with a self-righteousness heart, "I have fasted and prayed about this."

This is an opportunity for you to experience something sacred with the Lord. It doesn't need to be shared or boasted about, but something between you and the Lord.

Here are some reasons to begin fasting and praying:

1. The Bible Teaches Us to Fast and Pray

The Bible says much about fasting and praying. And even gives us commands to do so. Scripture also gives us examples of people who fasted and prayed, all yielding very positive results.

A primary example is Jesus. Jesus fasted and prayed. His disciples also fasted and prayed after the Resurrection. Many of the mighty faith warriors of the Old Testament fasted and prayed as well, including King David, Moses, Elijah, Ezra, Esther, Daniel, and the apostle Paul. Followers of John the Baptist fasted and prayed also.

Many people in the early church fasted and prayed. What the Scriptures have taught us directly and by the examples of the saints is something we are to do. There's a reason these Biblical giants were well known in scripture. It's because they did things such as fasting and praying that allowed them to connect closely with the Lord.

2. Fasting and Praying Puts You into the Best Place for Experiencing a Breakthrough

A breakthrough can come in many forms. It may be a physical breakthrough, where you receive healing from a disease or other health issue. You may experience a spiritual breakthrough where you draw closer to God and reach a new level of personal relationship with Him. A breakthrough may come in the realm of emotions or personal habits. Maybe even relationships or finances.

Here's an understanding of what a "breakthrough" is in your life. What wasn't a reality before, suddenly becomes a reality. Or, what you had worked so hard for in the past with no result, has suddenly become easy. Or an unwanted situation or circumstance in your life that was present, is now gone. Are you seeing where I'm going with this?

Don't you believe that if the Bible teaches us to do something, we should? Absolutely! Everyday we want to do our best to follow the Lord's way He has laid out in scripture.

Also, if fasting and praying are way to experience breakthrough that God has in store for you, you'll want to take on those spiritual disciplines so you may experience breakthrough!

Whether it's health, finances, or relationships, it's safe to say everyone can use a breakthrough in their life. If you have any need in your life, a breakthrough from

God is all you need! Fasting and prayer can release God's presence, power, and provision in your life.

Biblical Fasting Principles

There's two main principles about prayer and fasting in the Bible.

First, biblical fasting requires the absence of food. The "fast" or "a fasting" is the word *tsom* in the Hebrew language. In the Greek language the word is *nesteia*. This means, the voluntary abstinence from food. The Hebrew translation means "not to eat." The Greek word means "no food."

Often, people refuse to fast food in today's age. Instead, they say they will fast television or movies and this is their "fast". However, this is not what the Bible calls a fast. It is a time spent without food.

And is replaced with prayer. For example, if you are to fast lunch everyday of the week, you will want to replace that time with prayer and reading the Bible. You may even consider journaling.

The second biblical fasting principle is closely connected with seasons of fervent prayer. The more seriously we approach prayer and fasting, the more serious the results we will experience.

Again, giving up chocolate or soda is not fasting. Instead, you are to cut out meals, whether one or many in a row. Also, spiritual fasting is not an excuse for weight loss.

Although you will lose weight, your primary goal should be hearing from the Lord and drawing closer to Him. To have weight loss as your goal just makes fasting a weight loss effort, not something to experience your breakthrough.

I will say however, if your goal is to control your eating habits then this is an okay reason to fast. The purpose of this type of fast is not about weight loss but rather, trusting God to help you regain control over food during a fast and experience an emotional and mental breakthrough to overcome a dependence on food.

Jesus said, "The spirit is . . . willing, but the flesh is weak" (Matt. 26:41). Fasting is a means of bringing the flesh into submission to the Lord. He is faithful to strengthen us as we overcome the control food may have on our life.

God's promise is to help us as we overcome the flesh and put all temptations into under submission.

Resisting The Temptation of Food And Becoming A Master of Your Flesh

Food was the original temptation the devil used to cause Adam and Eve to sin in the Garden of Eden. In Genesis 2 God told Adam and Eve they could eat from any tree in the Garden of Eden except for one.

"but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die." (Gen. 2:17).

God had given Adam and Eve dominion over everything He created.

"every herb bearing seed, which is upon the face of all the earth, and every tree, in which is the fruit of a tree yielding seed; to you it shall be for meat" (Gen. 1:29).

But why did God set apart this one tree and its fruit? God was giving Adam and Eve free will and the ability to make choices and decisions. After all, free will isn't free will unless we have a choice to make. Thankfully, our choices do not dictate the sin of the world like Adam and Eve's did. However, our choices do effect us and even our loved ones. We have the free will to choose to control our eating habits. Yet to be successful, we must rely on God to do so with us. Which is where praying and fasting becomes incredibly important.

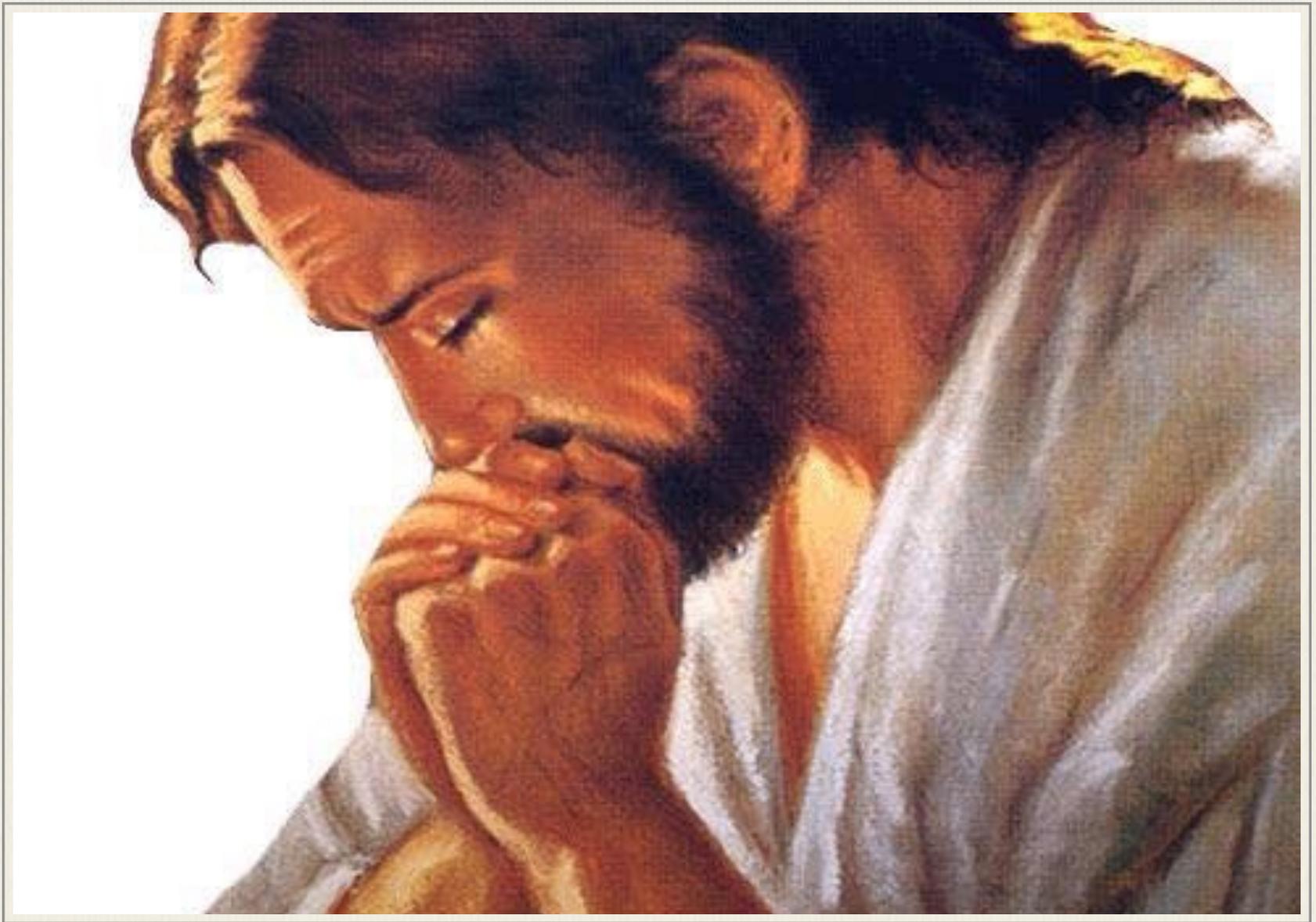
Fasting calls us to turn away from food and place our attention back to the things of God and His commandments. Fasting empowers us to keep from all things harmful for us, and in most cases, from all food for a period of time.

When we fast, we are suddenly aware of what is good and what is evil. It's like our senses have been heightened to God's goodness and of God's commandments. And they have also been heightened to the evil that surrounds us.

Those who fast often experience greater discernment of good and evil. When we fast, God gives us the opportunity to view our lives and habits with a different lens. And we are greater able to discern what is good and what is evil.



Prayer and Stress



When you're stressed, who or what do you turn to? Aside from being a part of the Bible, to cast our cares on the Lord for He cares for us, there is secular evidence that is growing which is supporting prayer as one of the absolute best stress busters.

In research performed by Dr. Roberta Lee, she writes: "Research shows that people who are more religious or spiritual use their spirituality to cope with life.

They're better able to cope with stress, they heal faster from illness, and they experience increased benefits to their health and wellbeing.”

The research she also cites followed 126,000 people who frequently attended church services increased their odds of living by 29 percent.

Another study supported by the *National Institute for Health Care Research* (NIHR) shows college students who were connected to their campus ministries visited doctors less often and were less stressed during difficult times compared to other students.

The students who had strong religious correlations also had higher positive feelings, lower levels of depression, and were better equipped at handling stress.

Research from Harold Koenig, M.D., associate professor of medicine and psychiatry at Duke University, proved in more than a thousand studies done of the effects of prayer on health that:

- Hospitalized people who never attended church have an average stay of three times longer than people who attend church regularly.
- Elderly people who never or rarely went to church had double the stroke rate compared to those who attended church regularly.
- People who are more religious are less depressed. When they do become depressed, they recover quickly.

You see, prayer and attending church is not something we claim is good simply because we are Christians. No. Secular studies show that prayer and going to church yield overall better health, less stress, limited depression, and a longer life. Isn't it amazing when science catches up to the truths of the Bible?

So how can you pray? Spend time alone, just as Jesus did when praying to God. And have a conversation with God. As for forgiveness of your sins. Thank Him for the good things in your life and for His love. Bring your requests to the Lord for your needs. And just spend time lifting your anxieties and stresses to Him.

“Cast all your anxiety on him because he cares for you.” - 1 Peter 5:7

You can find comfort today knowing God wants to hear from you and wants you to spend time speaking with Him. Don't hold anything back. Give all of your needs to the Lord and grow in relationship with Him.

For some of you, it may be the first time you've prayed. If that's you, here's an outline you can follow as you grow in your prayer life and eventually allowing the Holy Spirit to guide your prayer life above this outline.

How To Pray

1) Find A Place To Pray

First, find a good place to pray. Whether in your bedroom. In your kitchen. Maybe even your closet or backyard. Find a place where you can get away from the distractions of life and pray to God.

2) Praise

Start your prayer by giving praise to Jesus. Thank Him for what He has done in your life. Thank Him for His death and resurrection on the cross. Thank Him for His love, grace, and mercy. Spend the beginning of your prayer life from a place of gratitude and worship.

3) Confess

If there are any sins in your life you'd like to bring to the Lord and ask for forgiveness, now is a great time. As a Christian you can boldly approach God in prayer, through His Son Jesus and ask for forgiveness. And not just forgiveness, but ask Him for strength and grace to allow you to overcome sinful struggles, lusts, and desires.

4) Requests

The Bible says, "ask and you shall receive." Do you truly believe God will and can provide for all of your needs? If you do then you will ask Him. Sure, He already knows, however He wants us to ask Him for healing, provisions, friendships, courage, and more. Bring your requests shamelessly before Jesus and watch as He provides for your needs and requests.

5) Thanksgiving

Spend this time thanking Him for His goodness and provisions. Even thank Him for future provisions He will provide for the requests you asked Him for. God is good all the time and all the time God is good. So no matter what your current situation or circumstances, give Him thanks.

6) Bible Reading / Journaling

After prayer, you can spend the next few minutes journaling, reading the Bible, or even listening to worship music.

This is a basic outline of how you can pray and what to pray for. However, as you grow in your prayer life, you'll see how the Holy Spirit begins to guide you in your prayer life everyday.

Allow the Lord to take your stress and turn it into courage. And turn your sorrows into joy. The way to do that is spend more time with Him every day.