

## Growth and Dying through Prayer and Fasting

Week 2 of our fast (Dan. 1:12-16)

Last week- the power of the tongue!

- Prayer and fasting reveals us.
- 2 Chron. 7:14-15

Today, how prayer and fasting develop our character traits of

## “Humility and Love”

### Humility

Protection and direction

**Example 1: Ezra 8:21-23** proclaimed a fast to seek Him!

**Example 2: 2 Chron. 20:1-20** feared and sought the Lord!

- Ps. 147:6
- Is. 57:15
- James 4:6
- Acts

Pride is– selfishness, always thinking you’re right, criticism of others

Fasting requires humility, and it fosters it. **Are you willing?**

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### God’s love

**Aspect 1: Fasting helps us understand God’s love for us!**

- a. He just loves us!
  - Jer. 31:3, Rom. 5:8, Jn. 3:16
- b. an everlasting love!
  - Ps. 103:17
- c. an unchanging love!
  - Rom. 8:35-39, Heb. 12:6
- d. a limitless love!
  - Eph. 3:17-18
- e. a grace-filled love!
  - Rom. 5:20

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**Aspect 2: Fasting helps us to love others with God's love.**

- Eph. 3:14-4:3
- Our love for others is in direct correlation with our own understanding of God's love.
- 1 Cor. 13:4-8
- 1 Jn. 4:1-21

**Are you ready to embrace His love for you and subsequently love others?**

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