
PRAYER AND FASTING
REV. JOSH DESCH
SUNDAY, OCTOBER 20, 2024

Sermon Title: Grabbing Hold of the Altar with Both Hands

Scripture text: Daniel 9:3, Joel 2:12, and Acts 13:2-3.

Outline:

1. The Right Hand: Prayer
2. The Left Hand: Fasting

Questions:

1. **Ice Breaker Question** — Have you ever fasted before for spiritual (not physical) purposes? What was your experience like?
2. **Transition Question** — Do you think fasting has any relevance for us today? Isn't that just an OT thing?
3. **Observation Question** — Why do we see people fasting in the Bible?
4. **Reflection Question** — What are some barriers that you feel toward the practice of fasting?
5. **Reflection Question** — Will you participate in NEPC's week of prayer and fasting? Why yes or why no?
6. **Application Question** — What are your expectations for this week of prayer and fasting? Will you believe that God can do a special work of grace in your heart as you cling to the Altar of His grace with both hands?