

## Seeing Jesus

Week 2 | Seeing Jesus Through Prayer and Fasting  
December 10 & 11, 2016

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### **Luke 2:25-38 NKJV**

*And behold, there was a man in Jerusalem whose name was Simeon, and this man was just and devout, waiting for the Consolation of Israel, and the Holy Spirit was upon him. And it had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Christ. So he came by the Spirit into the temple. And when the parents brought in the Child Jesus, to do for Him according to the custom of the law, he took Him up in his arms and blessed God and said:*

*"Lord, now You are letting Your servant depart in peace,  
According to Your word;  
For my eyes have seen Your salvation  
Which You have prepared before the face of all peoples,  
A light to bring revelation to the Gentiles,  
And the glory of Your people Israel."*

*And Joseph and His mother marveled at those things which were spoken of Him. Then Simeon blessed them, and said to Mary His mother, "Behold, this Child is destined for the fall and rising of many in Israel, and for a sign which will be spoken against (yes, a sword will pierce through your own soul also), that the thoughts of many hearts may be revealed."*

### *Anna Bears Witness to the Redeemer*

*Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age, and had lived with a husband seven years from her virginity; and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day. And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem.*

## **I. Prayer and Fasting is the Normal Christian Life**

### **Matthew 6:3, 5, 16 NKJV**

*"When you do charitable deeds..." "When you pray..." "When you fast..."*

**Matthew 9:15 NKJV**

*And Jesus said to them, "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them **and then they will fast.**"*

**II. Prayer and Fasting softens our hearts and breaks controlling influences**

**Isaiah 58:6-8a NKJV**

*"Is this not the fast that I have chosen:  
To loose the bonds of wickedness,  
To undo the heavy burdens,  
To let the oppressed go free,  
And that you break every yoke?  
Is it not to share your bread with the hungry,  
And that you bring to your house the poor who are cast out;  
When you see the naked, that you cover him,  
And not hide yourself from your own flesh?  
Then your light shall break forth like the morning,  
Your healing shall spring forth speedily..."*

**Matthew 17:21 NKJV**

*"However, this kind does not go out except by prayer and fasting"*

**III. Prayer and Fasting magnifies what God is doing and amplifies what God is saying.**

**1 Peter 4:7 NKJV**

*"But the end of all things is at hand; therefore be serious and watchful in your prayers."*