



**THE BENEFITS OF FASTING**  
*(WHY PRAY?)*  
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**SECOND EBENEZER CHURCH**

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# WHY PRAY?

- **Peace of Mind**

**1 Thessalonians 5:17**

**<sup>17</sup> Pray without ceasing.**

# WHY PRAY?

## Philippians 4:6-7

- 6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.
  
- 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

# WHY PRAY?

## **Psalm 55:22**

**22** Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.

# WHY PRAY?

- **Comfort and Strength when facing trials**

## **II Corinthians 1:3-4**

- <sup>3</sup> Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort;
- <sup>4</sup> Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.

# WHY PRAY?

## **Luke 22:41-43**

- 41 And he was withdrawn from them about a stone's cast, and kneeled down, and prayed,
- 42 Saying, Father, if thou be willing, remove this cup from me: nevertheless not my will, but thine, be done.
- 43 And there appeared an angel unto him from heaven, strengthening him.

# WHY PRAY?

## ■ Wisdom and Clarity

### James 1:5

- 5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.

# WHY PRAY?

## **Luke 6:12-13**

- <sup>12</sup> And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God.
- <sup>13</sup> And when it was day, he called unto him his disciples: and of them he chose twelve, whom also he named apostles;



# WHY PRAY?

- **Encouragement when prayers are answered**

## **1 Chronicles 4:10**

<sup>10</sup> And Jabez called on the God of Israel, saying, Oh that thou wouldest bless me indeed, and enlarge my coast, and that thine hand might be with me, and that thou wouldest keep me from evil, that it may not grieve me! And God granted him that which he requested.