Fasting, Prayer, and Humiliation for Sin – Part 2

1. *Sermon 3*: "That in the days of our humiliation, besides fervent prayer and the inward afflicting of the soul, there are certain outward and bodily exercises to be used by God's people."
    a. Helps in times of extraordinary prayer
        i. Reading and preaching of God's Word (Jeremiah 36:5-7)
        ii. Singing Psalms (2 Chronicles 20:19)
        iii. Almsgiving (Acts 10:4)
        iv. Self-examination (Joshua 7)
    b. What to avoid during times of extraordinary prayer
        i. Food and drink (Esther 4:16, Jonah 3:7, Ezra 10:6)
        ii. Costliness or neatness in attire (2 Samuel 19:24)
        iii. Good things that are lawful at other times (1 Cor 7:5)
    c. Cautions
        i. Outward abstinence vs inward humiliation (Joel 2:13)
        ii. Be careful if fasting will harm your health or make you unfit for spiritual duties (Daniel 10:1-3)
    d. Reasons (Deuteronomy 10:12-13, 1 Cor 9:27, 2 Kings 22:19)
    e. Uses (1 Chronicles 15:13, Mark 2:18-20, Isaiah 22:12-14

2. *Sermon 4*: “That the chief use of a religious fast is to humble and afflict the soul with sorrow and grief, and a chief thing that makes our prayer effectual with God is the inward humiliation and sorrow of our souls from whence they do proceed.”
    a. Point #1: “The chief end of a religious fast is to humble and afflict the soul.” (Isaiah 58:5)
        i. Marks of godly sorrow (Jeremiah 13:17, Ezekiel 9:4, Psalm 38:16-17, Luke 7:37-38)
    b. Point #2: “A chief thing that makes the prayers of God’s people at a fast or at any other time most powerful and effectual with God is the humiliation and sorrow of the soul from which those prayers do proceed.”
        i. Examples from Scripture (Judges 20:26, Hosea 12:4, 1 Samuel 1:10, Hebrews 5:7)
        ii. How humiliation and sorrow for sin please God
            1. They proceed from the work of the Holy Spirit
            2. They make us more capable of every grace of God and fitter to receive it (James 4:6)
            3. They work repentance and salvation (2 Cor 7:10)
            4. They make Christ and God’s Word sweet to us (Psalm 19:10)
            5. They make us seek God more (Luke 22:44)
            6. They make us fit to walk with God (Micah 6:8, Psalm 138:6, Isaiah 57:15)

<u>References</u>

1. Arthur Hildersham – *Fasting, Prayer, and Humiliation for Sin*
2. Various Authors - *ESV Expository Commentary Series*