



dba
New
Covenant
Church

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Sunday School Lesson

March 8, 2026

Fasting, like Giving and Prayer was a normal part of Christian life

Scripture Reading Before Invocational prayer: St. Matthew 5: 6, Psalm 42: 1 – 2

Scripture Lesson: St. Matthew 6: 1 – 18

THE THREE DUTIES OF EVERY CHRISTIAN ARE GIVING, PRAYER AND FASTING

Text: Ecclesiastes 4: 12 “a three fold cord” giving, prayer and fasting

Introduction: St. Matthew 17: 14 – 21 this kind goeth not out but by prayer and fasting.
See St. Matthew 10: 1, St. Mark 16: 15 – 18

Introduction

Do you ever wonder what blessings are not being released to you? What answers to prayer are not getting through? What bondages and strongholds are not being broken; because we fail to fast?

1. St. Mark 4: 10 – 20 some thirty fold, some sixty and some an hundred.
2. St. Mark 2: 18 – 22 “no man putteth new wine in old bottles”. Speaks of routine religion rituals.
3. St. Luke 4: 1 – 2 afterwards hungered. (1 Peter 2: 21 Christ our example) (Luke 6: 40)
4. St. Luke 4: 1 – 13 Dethroning King Stomach, Crucifying the Flesh, destroys the dictator within.
5. Genesis 3: 1 – 6 ate themselves out of God’s will, provision, protection, plan and presence.
6. Ezekiel 16: 49 – 50 Sin of Sodom – pride, gluttony, idleness, lack compassion for the poor, abundance, and abominable sex acts.
7. Genesis 25: 23 – 34 sold his birthright for instant gratification a morsel of meat. (Hebrew 12: 14 – 17)
8. Numbers 11: 1 – 6, 17 – 23, 31 – 34 Kib’roth-hat-ta’a-vah means the Graves of Lusts.
9. Daniel 10: 1 – 13 fasting breaks the yokes of demon spirit, lust, unforgiveness, pornography, and bitterness.
10. II Chronicles 7: 13 – 14 fasting seeks God’s face, opens the door for revival and soul winning, prosperity, health, healing, restores peace of mind, reveals God’s promises waiting to be released.