

FAQs

Foundational Questions on Prayer

1. **Does God really hear my prayers?**

Yes, He hears every whisper—even when you feel nothing.

Reference: 1 John 5:14 – "This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us."

2. **Why are my prayers unanswered?**

God answers in His time, sometimes with "yes," "no," or "wait."

Reference: Ecclesiastes 3:11 – "He has made everything beautiful in its time."

3. **How do I pray if I've never done it?**

Talk to God like a friend, honestly and simply.

Reference: Matthew 6:7 – "And when you pray, do not keep on babbling like pagans..."

4. **Is it too late to start praying?**

Never! God always welcomes a new beginning.

Reference: Isaiah 55:6 – "Seek the Lord while he may be found; call on him while he is near."

5. **Will God hear me if I've sinned?**

Yes! He runs toward the broken, not away from them. But you must be ready to repent and be transformed.

Reference: Psalm 51:17 – "A broken and contrite heart you, God, will not despise."

6. Can I pray when I'm angry at God?

Yes! He understands your pain and wants to hear about your anger.

- 7. Reference:** Job 3:11, 26 – Job expressed anguish, and God still engaged with him.

8. Do I have to kneel or close my eyes?

No! pray in any posture, anytime, anywhere.

Reference: 1 Thessalonians 5:17 – "Pray without ceasing."

9. Why pray if God knows everything?

Prayer builds relationship, it changes you and opens doors. It is important to speak to your creator and be vulnerable before him. Nakedness before God is the greatest gift we can give to ourselves as it demonstrates our total submission to God and brings favor.

Reference: Matthew 6:8 – "...your Father knows what you need before you ask him."

10. Is it right to pray for financial success, money or food?

Yes! God cares about every detail of your life.

Reference: Matthew 6:11 – "Give us today our daily bread."

11. Does prayer actually change things?

Yes! prayer changes hearts, situations, and future circumstances as long as you pray in faith..

Reference: James 5:16 – "The prayer of a righteous person is powerful and effective."

Deepening Faith and Struggles

12. Should atheists try praying if they feel like?

Yes! start by asking God to reveal Himself.

Reference: Jeremiah 29:13 – "You will seek me and find me when you seek me with all your heart."

13. What if I prayed before and nothing changed?

Try again! And again ... God may be working beyond what you see. Let Him answer in His time. His timing is always better. However, don't even think He is not walking because often times, He is working behind the scene.

Reference: Luke 18:1 – "...they should always pray and not give up."

14. Is faith just for poor or uneducated people?

No! faith is for every heart, regardless of status. Even Nicodemus was rich but sought after Jesus.

Reference: Galatians 3:28 – "There is neither Jew nor Greek... for you are all one in Christ Jesus."

15. Why does God allow suffering, especially in Africa?

He is working is purpose out. Seasons come and go. Empires rise and Fall. Africa will rise above the challenges of this season.

Reference: Romans 8:22–23 – "We know that the whole creation has been groaning..."

16. Is there any point in praying when I've lost everything?

Yes! God can rebuild even from the ashes.

Reference: Job 42:10 – "After Job had prayed for his friends, the Lord restored his fortunes..."

17. How long should I pray?

There is no fixed time. Jesus prayed both long and short prayers.... Even a minute in faith matters more than an hour of routine. As long as you are no babbling and focused on nothingness, then you can spend as much as you

like or as less as you are led. The Holy Spirit helps up to pray.

Reference: Matthew 6:7 – "...do not keep on babbling..."

18. Is it right to use written prayers?

Yes! they can help you express your heart when words fail. Sometimes, they also prompt us.

Reference: Psalm 119 – A lengthy, structured written prayer.

19. Is it wrong to ask for miracles?

No! God is still doing the impossible. He never changes.

Reference: Luke 1:37 – "For nothing will be impossible with God."

20. What if I fall asleep while praying?

God still sees your effort...it's beautiful to Him. We are human.

Reference: Psalm 121:4 – "Indeed, he who watches over Israel will neither slumber nor sleep."

21. Can I pray for others if I'm not perfect?

Yes! God uses flawed people to do powerful things.

Reference: James 5:17 – "Elijah was a human being, even as we are..."

Questions on Fasting

22. Why should I fast?

Fasting helps us humble ourselves before God and focus spiritually.

Reference: Ezra 8:21 – "...that we might humble ourselves before our God and ask him for a safe journey."

23. What is the purpose of fasting?

To seek God more deeply, repent, and receive clarity or breakthrough.

Reference: Joel 2:12 – "Even now, declares the Lord, return to me with all your heart, with fasting and weeping and mourning."

24. Can I fast without praying?

No! fasting without prayer is just hunger.

Reference: Matthew 6:16-18 – Jesus connects fasting with sincerity before God.

25. How long should a fast be?

It varies...1 day, 3 days, 7, 21, 40 as long as you are led by the Spirit and wisdom. Esther fasted for 3 days, Daniel deployed a 3 day and 10 day fast. Jesus fasted for 40 days. And so many others in bible followed suit.

Reference: Matthew 4:2 – "After fasting forty days and forty nights, he was hungry."

26. Can I drink water during a fast?

Yes! unless doing a specific dry fast like the case of Esther's.

Reference: Esther 4:16 – "Do not eat or drink for three days..."

27. Can I fast if I'm on medication?

Consult a doctor and seek spiritual wisdom. It's okay to modify your fast.

Reference: Proverbs 4:7 – "Wisdom is the principal thing; therefore get wisdom."

28. Is it okay to fast while working or studying?

Yes! your everyday life can become an altar.

Reference: Daniel 1:12-17 – Daniel fasted and excelled in knowledge and understanding.

29. What if I break my fast early by mistake?

Repent, reset, and continue..God honors the heart.

Reference: Proverbs 24:16 – "Though the righteous fall seven times, they rise again..."

30. Can I fast for someone else's healing or salvation?

Yes! intercessory fasting is powerful.

Reference: Isaiah 58:6 – "Is not this the kind of fasting I have chosen: to loose the chains of injustice..."

31. What is a Daniel Fast?

A plant-based partial fast for spiritual clarity and discipline.

Reference: Daniel 10:3 – "I ate no choice food; no meat or wine touched my lips..."

32. Can I go to the gym or exercise while fasting?

Yes! but listen to your body and avoid pushing beyond your limits.

Reference: 1 Corinthians 6:19–20 – "...honor God with your bodies."

33. How do I deal with hunger pangs during a fast?

Drink water, pray, rest, and declare Scriptures to stay focused. If led you can have communion.

Reference: Deuteronomy 8:3 – "Man does not live on bread alone but on every word that comes from the mouth of the Lord."

34. Can I brush my teeth or use breath mints?

Yes! fasting isn't about being unkempt. Just be moderate.

Reference: Matthew 6:17 – "But when you fast, anoint your head and wash your face."

35. Is it okay to post about my fast online?

Be discreet..fasting is between you and God unless you're encouraging others.

Reference: Matthew 6:18 – "...your Father, who sees what is done in secret, will reward you."

36. What if I feel weak or dizzy?

Pause, hydrate, rest, and modify the fast if necessary. Your health matters to God.

Reference: 1 Kings 19:5–8 – Elijah rested and ate during a divine journey.

37. Can I take communion while fasting?

Yes! communion is a sacred act of remembrance and can strengthen your fast.

Reference: 1 Corinthians 11:26 – "For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes."

38. Can couples have intimacy during a fast?

Only by mutual agreement for a season of devotion.

Reference: 1 Corinthians 7:5 – "Do not deprive each other except perhaps by mutual consent and for a time..."

39. What if I feel nothing spiritually during the fast?

Stay faithful. Growth often happens underground before fruit appears.

Reference: Galatians 6:9 – "Let us not become weary in doing good, for at the proper time we will reap a harvest..."

40. How do I end a long fast properly?

Ease back into eating. Start with warm water, light fruits and then soft meals

especially when it was a dry Fast. reflect on what God has shown you, and continue in prayer.

Reference: Deuteronomy 8:10 – "When you have eaten and are satisfied, praise the Lord your God..."

Treasures in Earthen Vessels