

HINDRANCES TO PRAYERS AND FASTING

29TH JUNE 2025

In our today **4th series of Prayers** and fasting, we are focusing on **hindrances** to prayers and fasting which can be both **internal** (spiritual, emotional, psychological) and **external** (physical, social, environmental). Here are **common obstacles** that may hinder these **spiritual practices effectively**:

I. Hindrances to Prayer

1. -Lack of Faith or Doubt-Doubting God's presence and power
2. -Unconfessed Sin
3. -Harbouring sin without repentance can create a barrier (e.g., Psalm 66:18)
4. -Unforgiveness
5. -Holding grudges can block effective prayer (Mark 11:25).
6. -Distractions and Busyness
7. -A hectic lifestyle can make it hard to find quiet time for prayer.
8. -Spiritual Laziness or Apathy
9. -A lack of desire or discipline to pray consistently.
10. -Pride and Self-sufficiency
11. -Feeling too self-reliant or not recognizing the need for God's help.
12. -Wrong Motives
13. -Praying for selfish reasons or with impure intentions (James 4:3).
14. -Lack of Understanding or Teaching
15. -Not knowing how to pray, or misconceptions about prayer.

II. Hindrances to Fasting

1. -Lack of Purpose or Understanding
2. -Fasting without knowing its spiritual significance null avoid.
3. -Health Issues-Medical conditions like diabetes or eating disorders may prevent fasting.
4. -Physical Weakness or Fatigue
5. -lack of preparation can lead to tiredness and discourage fasting.
6. -Worldly Distractions
7. -Entertainment or social media can make fasting feel inconvenient or isolating.
8. -Fear of Discomfort
9. -Fear of physical discomfort can prevent people from starting or continuing a fast.
10. -Pride or Showmanship
11. -Spiritual pride rather than genuine humility and seeking God (Matt 6:16f)
12. -Lack of Spiritual Focus

NB:

Fasting without praying or meditating on Scripture turns it into a diet, not a spiritual discipline.

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