

## **A Time of Fasting & Prayer**

**June 7 – 13, 2020**

**7:00 P.M.**

### **Fasting IS:**

- Abstinence from food with a spiritual goal in mind.
- Instead of pursuing what your body wants, you instead pursue God and what He wants.
- Biblical.

### **Fasting is NOT:**

- To fulfill selfish desires and ambitions.
- To attempt to manipulate or leverage God.
- To deny or punish yourself.
- To promote false piety, legalism, or religious duty.

### **Fasting is IMPROPER:**

- When used to draw attention to oneself.
- When conducted without using that time for prayer.
- When the person is unrepentant, insincere, or harboring improper, ungodly attitudes.
- When used as some means of self-punishment or act of contrition.

### **Fasting is BLESSED by God when:**

- The focus of our fasting and prayer is on Him, and to honor Him.
- It has spiritual purposes.
- It results in the individual humbling themselves.
- It causes the individual to submit to the authority of God and His word.
- It deprives our natural desires and lusts in order to focus on the spiritual.

**“I can’t explain why God has chosen prayer and fasting as the gateway to supernatural power. One thing I do know: Scripture, prayer and fasting are the ways believers humble themselves in the sight of the Lord. When we humble ourselves, He promises to exalt and lift us up at the appointed time.”**

**Ronnie Floyd in *The Power of Prayer and Fasting***

## Different Ways to Fast

### **One-Meal Fast**

- One meal is given up in order to devote that time in prayer to God.
- Plenty of water is recommended.

### **One-Day Fast**

- Morning to morning, or evening to evening, no food is taken.
- Plenty of water or juice is recommended.
- If you can take the entire day off, and can clear your personal schedule, the whole day is devoted to Scripture reading, worship and prayer.

### **One-Week Fast**

- For one solid week, no food is eaten.
- Some people use a week of vacation time to make a spiritual retreat, either at a destination or at home.
- Special preparation must be made in order to do this fast.
- Plenty of water and juice are necessary.

### **Daniel Fast**

- Eating only vegetables.

### **Amusement Fast**

- Forsaking television, internet, or recreational activities for a period of time.
- Removing all distractions from your life, so that you can intentionally focus that time on God and hear from Him.

### **Forty-Day Corporate Fast (Season of Fasting & Prayer)**

- This is not where an individual goes without eating for 40 days, but where for a period of 40 days a church family covenants to pray and fast together in turn.
- Some may fast for one meal, others for an entire day etc.
- The focus becomes the concerted prayer efforts of the members during that time.

Note: If you have health concerns, always check with your doctor before you begin to fast. Be careful that you watch your physical exertion during a time of fasting... the focus of fasting is turning your time and heart towards God, not engaging in activities that are physically demanding.