

Fasting and Prayer Challenge

In preparation for our Life Action Summit, I encourage you to practice the discipline of fasting. The following information will help you to understand the basics of fasting. As you prayerfully consider a fast, here are a few suggestions and/or options:

1. Select one day to fast and pray for revival and awakening.
2. Select one day to fast and pray for a specific need or sin with which you are struggling.
3. Select a specific meal (breakfast, lunch, or dinner) to set aside and the normal time you would spend in preparation and eating, fast and pray.
4. Prayer points:
 - a. Pray daily for God to prepare your heart and the heart of our church
 - b. Pray for a hunger and thirst for Him
 - c. Pray for humility of heart
 - d. Pray for transparency. Pray for an outpouring of God's manifest presence

A brief synopsis:

Fasting, primarily, is the abstinence from food with a spiritual goal in mind or for a spiritual purpose.

def. "to be empty" - a specific intentional abstention from food on religious grounds.

(Related scriptures)

Judges 20:26 Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD. (KJV)

1 Sam 7:6 And they gathered together to Mizpeh, and drew water, and poured it out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh. (KJV)

1 Sam 31:13 And they took their bones, and buried them under a tree at Jabesh, and fasted seven days. (KJV)

2 Sam 1:12 And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword. (KJV)

2 Sam 12:16 David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth. (KJV)

1 King 21:9 And she wrote in the letters, saying, Proclaim a fast, and set Naboth on high among the people: (KJV)

1 King 21:12 They proclaimed a fast, and set Naboth on high among the people. (KJV)

1 King 21:27 And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly. (KJV)

1 Chr 10:12 They arose, all the valiant men, and took away the body of Saul, and the bodies of his sons, and brought them to Jabesh, and buried their bones under the oak in Jabesh, and fasted seven days. (KJV)

2 Chr 20:3 And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. (KJV)

Ezra 8:23 So we fasted and besought our God for this: and he was intreated of us. (KJV)

Neh 1:4 And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven, (KJV)

THE PRACTISE OF FASTING

- a. definition - “to be empty” a specific, intentional abstention from food on religious grounds.
- b. degree - total fast, normal fast = only water, (activities which interfere with your focus on spiritual things)

Example: We have already been challenged to set aside television, internet, etc... during the season of our Life Action Summit.

- c. duration - 1 day, 3 day, 7 day, 14 day, 3 week, 40 days

II. THE PURPOSE OF FASTING

- a. self examination
- b. spiritual cleansing
- c. spiritual renewal

III. THE PATTERN FROM FASTING: RELIGIOUS PRACTISES ARE FOR-

- a. humiliation
- b. God's glorification
- c. preparation
- d. reconciliation

