

Fasting

SPIRITUAL DISCIPLINE



What it is...

a highly focused period of time when we examine our lives and seek to align ourselves with the ways of God.

Who and When..

- Who – OT & NT and historical people
- When – “When you fast” 2x in Matt 6. Jesus EXPECTS his disciples to FAST.

Why fast...

draw close to God,
direction, goals, revival,
spiritual growth,
deliverance

Fasting that pleases God

Read Isaiah 58: 6-9 and
take notes!!

What scripture says: Mt.6 : 16-18

16 “And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward.

17 But when you fast, anoint your head and wash your face, 18 that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you.

Pray and Fast for:

- God’s work in me!
Growth, intimacy with God,
Guidance, chains broken (by
prayer and fasting)
- God’s work in our Church
- God’s work in our city-
outpouring, revival,
awakening, salvations,
baptisms, sending,
deliverance

How...

- We do this by separating ourselves from our typical patterns and routines, to spend time with Jesus in prayer, and His Word.”
- is NOT – a diet, hunger strike, twisting God’s arm, going without food only
- Set apart from: food, TV, Social media, etc.
- Set apart to: Bible, Pray, Hear. Use time freed up to read the Bible, pray, listen to Jesus, worship.

- **F** – Find out what God wants you to fast from, and to what [goals]
- **A** – Align yourself with other fasting Jesus followers
- **S** – Spend time Seeking not only God’s hands but also His face!
- T** – Track your journey[journal]

“When congregations fast together, it becomes a very dynamic tool that God uses to break the power of darkness, set captives free, and release God’s blessings on those we love.” Pastor Fred Hartley