

What it is...

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





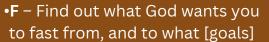
Who and When..

•Who – OT & NT and
historical people

•When – "When you fast" 2x in
Matt 6. Jesus EXPECTS his
disciples to FAST.



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



- 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]



Why fast...
draw close to God,
direction, goals, revival,
spiritual growth,
deliverance

Fasting that pleases God

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

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.

"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

