

CENTREPOINT CHURCH

An Overview of Fasting

Biblical Fasting: to abstain from food for a spiritual reason.

Matthew 6:16-18

- Fasting is a way of humbling ourselves before God
- Fasting is denying our flesh and seeking God
- Fasting is a faith that says "I believe God can make a difference"

Fasting in the Bible is used to reach out and touch the heart of God. It is used:

1. When you need guidance (Ezra 8:21-23)
2. At crucial points in life/ministry (Matthew 4:2)
3. When you are interceding for the lives of others (Isaiah 58:3-12)

Types of Fasts:

- Full food fast: drink water only (or juice/broth depending on the fast length)
- Daniel fast: no meat, no bread, no dairy or sweet food or drinks
- Other fast: fasting from things other than food (e.g., TV, coffee, shopping, social media)

How Long?

- Overnight (Daniel 6:18)
- Three days (Acts 9:9)
- Seven days (2 Samuel 12:23)
- Twenty-one days (Daniel 10:2)
- Forty Days (Matthew 4)

There is no real 'fasting formula'. The length of time and the type of fast that you choose should depend on your circumstances. Don't get too consumed in the details!

How Should I go About Fasting?

- Don't fast if your doctor advises against it for medical reasons
 - o **if you suffer from any medical conditions, seek medical advice before doing a fast**
- Be responsible to yourself and your employer. If you are working, you may consider a Daniel fast.
- Drink plenty of water
- Physically, fasting is like 'spring cleaning' your body. Headaches and other symptoms of your body ridding itself of toxins are normal.
- If you are not doing well physically – STOP.
- Remember, fasting is spiritual, so there may be a spiritual fight!
- Don't take on more than you can handle. There is no need to be a hero and do a forty-day fast if you have never fasted a day. Just start.
- Be sure to spend time in prayer while you are fasting

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1. Fast responsibly
2. Fast humbly
3. Fast for breakthrough
4. Fast with faith

Three ways to Pray:

1. Join us as we go through the **Francis Chan Acts Online Devotional** (6 days) by following these steps:

Step 1:

Create your Rightnow Media account



Link: <https://app.rightnowmedia.org/join/centrepoinchurch>

Step 2:

Sign in to your Rightnow Media account and start your video



Link: <https://app.rightnowmedia.org/en/player/video/886827?session=887462>

2. **Pray with triplets** – find others to pray with
3. **Attend prayer meetings at both locations:**

Date	Day	Time
10 Feb	Monday	6 am
11 Feb	Tuesday	7 pm
12 Feb	Wednesday	6 am
13 Feb	Thursday	7 pm
14 Feb	Friday	6 am
16 Feb	Sunday	5-6 pm Worship Night