

Reasons to fast...

Fast and pray if you need:

- Healing
- A Miracle
- A fresh encounter with Him
- A deeper, more intimate relationship with Him
- Heightened sensitivity to His desires
- To know His will for your life
- To break free from bondages or addictions
- A friend or loved one to get saved
- To sanctify yourself
- To begin ministry
- Have a dream inside you that only He can make possible

Reasons not to fast...

Do not fast to:

- Lose weight
- Earn God's merit or favor

What is fasting, really?

Abstinence from food combined with intentional prayer is called fasting. It sharpens your senses and helps you to seek God. (Not eating while not praying is just starvation.) The very foundation of Biblical fasting is repentance. It requires discipline and strength.

During your fast, God will bring sins and/or issues to your mind that He wants you to deal with. This is very humbling. Once you recognize it, repent, talk to Him about it, listen to Him and He will help you overcome it. The Holy Spirit will always guide and point you to Jesus for help.

Scriptures on fasting...

Isaiah 58 Daniel 9 Matthew 6: 16-18; 9:14-15

Luke 2:37; 18:9-14 I Samuel 1:6-8; Nehemiah 1:4 Joel 2:12-16
Acts 10:30; 13:2; 27:33-37 Jeremiah 14:12; I Corinthians 8:8

Types of fasts...

Absolute—No food or drink; you determine the number of days

Normal—Water only; you determine the number of days

Full—Drink only liquids; you determine the number of days

3-Day—Your choice of fast, do it for 3 consecutive days

Partial—From 6am-3pm; or give up certain foods only

Watch for...

Physical: Hunger, Headache; Weakness; Fatigue.

Emotional: Agitation; Anger; Sadness; Mourning.

Prayer, the MOST IMPORTANT part...

Offer your fast to God as a sacrifice.

At the times you would normally eat, or are tempted to eat, go by yourself to pray.

Repent of sin. Accept His forgiveness. Forgive others. Listen for His voice. Obey what He says. You might want to journal. Praise Him.

What do I pray for?

Myself My family My neighbors My coworkers

Alexandria Indiana Federal Government Schools

CCC: Senior Pastor; Staff; Leaders; Ministries; My involvement

Body of Christ: to come together in Alexandria and around the world