

A QUICK GUIDE TO FASTING

WHAT IS FASTING?

Fasting is a concerted effort to give greater attention and affection to spiritual purposes through prayer and abstaining from food for a limited time.

WHY WOULD I FAST?

Fasting is a decision to take your eyes off of the things of this world, in order to focus more completely on God. Fasting is about wanting a deeper relationship with God.

Pastor Rick is asking us to fast as a church for 21 days, specifically focusing on being a People of God's Word, a People of His presence, and a People on His mission.

HOW DO I FAST?

- Determine a specific kind of fast, i.e. the Daniel Fast, a particular kind of food or drink, etc.
- Determine length of time - one meal a day, one day a week, etc.
- If physical health limits your ability to fast, choose to fast something else like internet, television, etc.

TIPS TO HELP YOU FAST

Fasting resources are at the Info Center or www.christplace.church/21days. Eat smaller meals the day prior to starting a fast

- During the fast, drink lots of water
- If possible, lighten your work and limit physical activity
- Avoid caffeine (coffee, tea, pop) and sugar
- You may feel tired, so plan for more sleep at night
- Stay focused on why you are fasting, and dedicate the time you would be eating/ watching TV/etc. to seek God
- When you end your fast, eat a smaller meal instead of splurging on a feast

God is going to do amazing things in your life over these 21 days! His Word promises that, as you draw near to Him, He will draw near to you (James 4:8).



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FASTING & PRAYER CHANGES EVERYTHING

When we fast, seven things happen that release divine power into our situations. We all face times when we need God to move us into a spiritual dimension to accomplish His will - more than we can do in our own strength.

- 1) **PRESENCE:** Fasting gives us a greater awareness of God Himself in our life. It quiets and slows what is happening, and heightens our spiritual senses.
 - John 4:32
 - John 6:48
- 2) **STRENGTH:** Fasting prepares us for new seasons of ministry.
 - Exodus 34:28 (Moses fasted before he led the children of Israel & received the law)
 - Matthew 4:2 (Jesus fasted for 40 days before launching out in His ministry)
 - Acts 9:9 (Apostle Paul fasted before he prepared for ministry)
- 3) **FAVOR:** Fasting can change people's disposition toward you. God can work in the hearts and lives of people who are authorities over you.
 - Proverbs 21:1
 - Nehemiah 1:3-4, 11; 2:1-5
- 4) **DIRECTION:** Fasting helps us know God's guidance. You can ascertain the Lord's will in a variety of topics and situations.
 - Judges 20
 - Acts 13:2
 - Acts 14:23
- 5) **SURRENDER:** Fasting brings us to brokenness and humility in our walk with God.
 - 1 Samuel 7:6 (The nation of Israel fasted and confessed sin)
 - 2 Samuel 12 (David fasted after his affair)
 - Daniel 9:3 (Daniel is repentant over the sins of Judah)
 - Joel 2:12-13
 - Psalm 35: 13
- 6) **DELIVERANCE:** Fasting gives us a breakthrough in a variety of life's challenges.
 - 2 Chronicles 20:17-22
 - Ezra 8
- 7) **VICTORY:** Fasting confronts and defeats demonic forces.
 - Matthew 17:15-21

For more information & resources: www.christplace.church/pray



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