

# RENEWAL through FASTING

## ➤ What is fasting?

Three kinds of fasting:

1. Normal Fast = no solid food.
2. Complete fast = no food or liquids.
3. Partial Fast = fasting that is occasionally interrupted.

## ➤ Why should I fast?

1. People fasted throughout the Biblical record.
2. Jesus assumed people fasted, both during the New Testament times and after He left His earthly ministry.  
Matthew 6:16-18, 9:14-15

## ➤ What are the purposes for fasting?

1. We can fast when we are facing difficult situations.  
2 Chronicles 20, Nehemiah 1:4, Esther 4:16, Ezra 8:21-23
2. We can fast for spiritual renewal and revival.  
Joel 1:14, 2:15, Nehemiah 8-9, Jonah 3:5, Psalm 35:13, Ezra 8:21, Jeremiah 36:6, 9

3. We can fast to bring deliverance from bondage.  
Matthew 17:21, Mark 9:14-29, Isaiah 58:6

4. We can fast when seeking God's wisdom and direction for personal life and corporate ministry direction.  
Daniel 9:1ff, Acts 13:1-3, 14:23

## ➤ How should I fast?

1. Set a start and stop time. Join us this week at Calvary!
2. Plan to pray and read the Word during the time you would normally be eating.
3. Focus on the Lord and not on the details of the fast.
4. Ask the Lord to meet you in deep and personal ways through your fast.

**A challenge to fast this week:** 24 Hour Fast – Wednesday evening through Thursday evening (National Day of Prayer event here at CEFC).

**Pray for** personal, spiritual renewal.

**Pray for** spiritual renewal and revival at Calvary.

**Pray for** spiritual revival in our city and country.

**Pray for** Carefest.

### **Resources:**

7 Basic Steps to Successful Fasting and Prayer by Bill Bright

A Hunger for God: Desiring God through Fasting and Prayer by John Piper