

21 PRAYER & FASTING

DAYS OF



Monday 20th January - Sunday 9th February 2020

Fasting – What’s it all about?

What is Fasting?

Fasting is essentially giving up food (or something else) for a period of time in order to focus your thoughts on God. While fasting, many people read the Bible, pray, or worship. Fasting is found throughout the Old and New Testaments of the Bible, over fifty times!

For example, in Psalm 35:13, David humbled himself with fasting. In the New Testament it was a means to grow closer to God through meditating and focussing on Him. In Matthew 4:1-2, Jesus went to the wilderness to fast for 40 days. In Matthew 6:16-18 we learn that we aren’t to look sombre while fasting so that it’s not obvious to others when we are fasting.

Throughout the New Testament fasting and prayer are often mentioned together. In Acts 13:3, ‘they had fasted and prayed.’ In Luke 2:37 a widow worshipped day and night fasting and praying.”

Why do we Fast?

Following the example of Jesus and the Early Church believers, we, too can draw near to God while fasting.

1. Fasting and prayer can strengthen intimacy with God
2. Fasting and prayer can build our faith
3. Fasting and prayer can help us hear from God
4. Fasting and prayer can teach us to pray with right motives
5. Fasting and prayer can reveal our hidden sin and selfishness

When do we Fast?

Whenever we feel led by the Holy Spirit. This time around, as a church, we feel strongly led to Pray & Fast for 28 Days from Monday 24 June as we ASK God to move.

How do we Fast?

There are many ways to fast. This time, we're suggesting the following for our '28 Days':



On your chosen days, we encourage you to try and FAST something, eg.

- a meal - or even more than one if you're brave! (or medically able) OR
- a certain type of food, eg. coffee, cake, sugar; OR
- a daily activity, eg. Social media, TV/radio; OR
- whatever else you feel that Holy Spirit is leading you to give up

More Bible Verses about Fasting

Acts 14:23: "Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust."

Daniel 10:3: "I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over."

Esther 4:16: "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."

Exodus 34:28: "Moses was there with the LORD forty days and forty nights without eating bread or drinking water. And he wrote on the tablets the words of the covenant—the Ten Commandments."

Joel 2:12: "Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning."

Luke 2:37: "and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying."

Luke 4:2-4: "where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. The devil said to him, 'If you are the Son of God, tell this stone to become bread.' Jesus answered, 'It is written: 'Man shall not live on bread alone.'"