

A Time for Fasting

Why talk about fasting now?

The Purpose of Fasting

*Nehemiah 1:4, Daniel 9:3, Esther 4:3, 2 Chronicles 20:2-4,
Judges 20:26, Acts 13:3*

The Posture of Fasting

Isaiah 58, Jeremiah 42, Joel 2:12-14

The Practice of Fasting

Directions for This Coming Week

Monday—use this day for a time of confession and repentance.

Ask the Lord to bring to mind areas of sin or needed change in your life that He wants to address. Be sure to clear time in your schedule on Wednesday to spend time in prayer alone or with others.

Tuesday—use this day to further prepare for our day of fasting together. Begin by reflecting on whether or not you are willing to accept and follow-through on anything that the Lord might say to you in the coming days. You might also start asking the Lord what He wants to say to you about himself, about yourself, or about specific situations.

Begin your fast after dinner

Wednesday—continue your fast. Set aside time to continue asking the Lord what He wants to say to you about himself, yourself, others, specific situations. Ask Him how He wants you to pray for our church, leadership, our need for a worship pastor, and the coming year and our need to keep seeking Him. You might reflect upon some Scripture during this time and write down some of the thoughts the Lord gives you through the day. If you want to pray with others, the Prayer Room will be open at the church from 7:00 am-1:00 pm.

Come to the ***all church time of prayer, 7:00-8:15 pm in the Chapel.*** We will continue to seek the Lord together and share some of what we have heard from the Lord. You may choose to end your fast after this gathering.

Resources for learning more about fasting:

[Celebration of Discipline](#), Richard Foster

[Soul Feast](#), Marjorie Thompson

Questions to consider:

Are there any situations or burdens on your heart that might move you to fast and seek the Lord?

Are there any sins over which you feel such sorrow that you might want to go to the Lord in a time of repentance, fasting, seeking, and celebrating forgiveness in Christ?

If you were to make fasting part of your weekly, monthly, or yearly routine, what might that look like?

Are there others whom you might ask to join you in fasting together over an issue or as part of a regular pattern of seeking the Lord?

What are your biggest concerns about fasting? What would it take for you to begin the practice of fasting?