

The point of GIVING SOMETHING UP is to cultivate the inner life by nurturing something else instead.

FASTING in the BIBLE

- ✿ When confronted with God's judgment, the people of Nineveh **FASTED**. ^{Jonah 3}
- ✿ When preparing the Jews for a hazardous return to Jerusalem from their Babylonian exile, Ezra proclaimed a **FAST**. ^{Ezra 8}
- ✿ When Esther prepared to go before the king and plead for the safety of her Jewish people, she begged her brothers and sisters to **FAST** and pray for success. ^{Esther 4}
- ✿ When David's child was sick, he **FASTED** and prayed for healing. ^{2 Samuel 12}
- ✿ Anna waited day and night in the temple for years **FASTING** and praying until the Messiah came? ^{Luke 2}
- ✿ Before the Apostles in Acts made great decisions, like at the first great Councils in Christianity they **FASTED** and prayed. ^{Acts 13 & 14}
- ✿ Moses **FASTED** 40 days before God on Mount Sinai. ^{Exodus 32}
- ✿ Elijah **FASTED**, as he ran for his life from Jezebel. ^{1 Kings 19}
- ✿ Nehemiah **FASTED** over the plight of Jerusalem. ^{Nehemiah 9}
- ✿ Daniel **FASTED** day and night for an answer to prayer. ^{Daniel 9}

Joel 2:15-17 Blow the trumpet in Zion, sanctify a **FAST**, call a solemn assembly ... ; let ... the ministers of the Lord, weep!

Matthew 4:1-4 Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² He **FASTED** forty days and forty nights, and afterwards he was famished.

We FAST to take our focus off the physical and put it on the spiritual.

2 Corinthians 12:9 The Lord said to me, "My grace is sufficient for you, for **POWER IS MADE PERFECT IN WEAKNESS.**"

- ✿ *Fasting: Intentional physical weakness so we can experience intentional spiritual power.*
- ✿ *Fasting: Intentional physical deprivation so we can experience a deeper spiritual filling.*



Revival

- ✿ **Humbling** October 4
- ✿ **Praying** September 13
- ✿ **Seeking** September 20
- ✿ **Turning (Repenting)** . September 27
- ✿ **Walking (Obeying)** October 11
- ✿ **Worshipping** October 18
- ✿ **Fasting** September 6
- ✿ **ReForming** REFORMATION October 25
- ✿ **ReViving** ALL SAINTS November 1

Jonah 3:3-5 So Jonah set out ... to Nineveh ... and he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a **FAST**, and everyone, great and small, put on sackcloth.

FASTING

Richard Foster, Celebration of Discipline

More than any other Discipline, fasting reveals the things that control us. ... We cover up what is inside us with food and other good things, but in fasting, these things surface.

If ... anger, bitterness, jealousy, strife, fear ... are within us, they will surface during fasting. At first we will rationalize that our anger is due to our hunger; then we will realize that we are angry because the spirit of anger is within us.

[And] we can rejoice in this knowledge because we know that healing is available through the power of Christ."