



RENEWAL of the Heart

RENEWAL of the Home

RENEWAL of the Church

Mark 9:16-18

16 "What are you arguing with them about?" he asked. 17 A man in the crowd answered, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech.

18 Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit, but they could not."

Mark 9:28-29

28 And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" 29 So He said to them, "This kind can come out by nothing but prayer and fasting."

THIS KIND...

- This kind of demonic oppression.
- This kind of spiritual darkness.
- This kind of brokenness.
- This kind of sin pattern.
- This kind of overwhelming circumstance.

Some battles we face in life can only be fought with prayer and fasting.

"Fasting is a desperate measure, for desperate times, among those who know themselves desperate for God." – David Mathis

People who want God are people who fast and pray.

- **Moses** enters into a 40-day fast on Mt. Sinai (Exodus 34)
- **Esther** fasts as she prepares to approach the king (Esther 4)
- **David** fasted and lay face down after being confronted by Nathan (2 Samuel 12)
- **Anna** lived in the temple fasting, praying and worshiping (Luke 2)
- **Jesus** fasted for 40 days after his baptism (Matthew 4)
- **Church in Antioch** is fasting and worshiping when the Holy Spirit speaks (Acts 13)

Fasting = refraining from food for a spiritual purpose

"Man does not live on bread alone, but on every word that comes from the mouth of God."

– Jesus (Matthew 4:4)

"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." – Richard Foster



21 Days of Prayer & Fasting (January 4-25)

- Daily devo
- Prayer Gatherings – Monday, Wednesday, Friday – 6:30 to 7:30PM
- Prayer Room – hour-long slots, www.eaglechurch.com/prayer
- Fasting

Fasting...

Beginner – fast from one meal on Monday, Wednesday, Friday

Intermediate – fast from one meal each day for the 21 days

Advanced – fast from sunrise to sunset for the 21 days

- ☐ Do you have a sense of something that needs to be driven out of your life these days? Something that feels overwhelming, beyond your own abilities to sort out?
- ☐ Where are you turning to the things of this world to be “your refuge”?
- ☐ What’s buried under the noise of everyday life that God wants to bring to the surface?
- ☐ Are you desperate for God? To know Him more deeply & pursue Him more passionately?

NEXT STEPS

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- PRAYER SETS: SUNDAYS, 9AM | TUESDAYS, 10AM | WEDNESDAYS, 6:30PM
- COLLEGE CHRISTMAS PARTY - JANUARY 8, 6PM - SHEPSON HOUSE
- MIDDLE SCHOOL BREAKOUT - JANUARY 16-18, 2026 - REGISTRATION OPEN
- 21 DAYS OF PRAYER AND FASTING - JANUARY 4-25, 2026
- MEMBERSHIP CLASS - JANUARY 18 & 25, 11:30-1:00 - LUNCH PROVIDED
- CONGREGATIONAL MEETING - FEBRUARY 1, 6:30PM
- HIGH SCHOOL WINTER RETREAT - FEBRUARY 13-15, 2026 - REGISTRATION OPEN

**FOR A COMPLETE CALENDAR OF EVENTS OR TO SIGN UP FOR ANY EVENT,
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