



## 21 days of Fasting

Monday, January 7, 2019 through Sunday, January 27, 2019

### Isaiah 58:6

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

- Fasting is a biblical teaching encouraged by Jesus himself.
  - Fasting must be done in a spirit of humility.
  - We must be willing to deprive the body of nourishment and the pleasure of food.
  - Our minds must be totally focused on God because our bodies desire food.
  - Fasting brings us closer to God.
  - Fasting should have one objective in mind.
  - We don't fast to manipulate God and appear more righteous than others.
  - You are not required to Fast but it is beneficial to your walk with Christ and highly recommended.
  - Fasting helps us separate from the distractions of this world and bring us closer to God.
1. Jesus expects us to fast
    - Matt 6:16-18
  2. Humble yourself before God
    - Ps 35:13
    - Ezra 8:21
    - 2 Chr 7:14
    - James 4:10
  3. Distress and Grief
    - Judges 20:26
    - 2 Samuel 3:35

- 1 Samuel 31:13
4. Repentance
    - 1 Sam 7:6
    - Joel 2:12-13
    - Neh 9:1-2
  5. Spiritual Strength “Overcoming temptation and dedicating yourself to God”
    - Matt 4:1-11
  6. Discipline
    - 1 Cor 9:27
    - 1 Cor 6:19-20
  7. Strengthen Prayers
    - Matt 17:21
    - Ezra 8:23
  8. Express love and Worship to God
    - Luke 2:37
  9. Guidance and help making decisions
    - Acts 13:2
    - Acts 14:23
    - James 1:5
  10. Drawing closer to God and separating yourself from the world
    - James 4:8
    - Rom 12:1-2

Most people can go without food for a day, but I know there are some who have medical problems and can't. Fasting is not always without food for the whole day. You can fast by skipping a meal such as breakfast or you can do a Daniel fast. You can fast by abstaining from sex (within marriage of course) or abstaining from TV. Allow the Holy Spirit to guide you and always remember that fasting without prayer is not fasting at all