

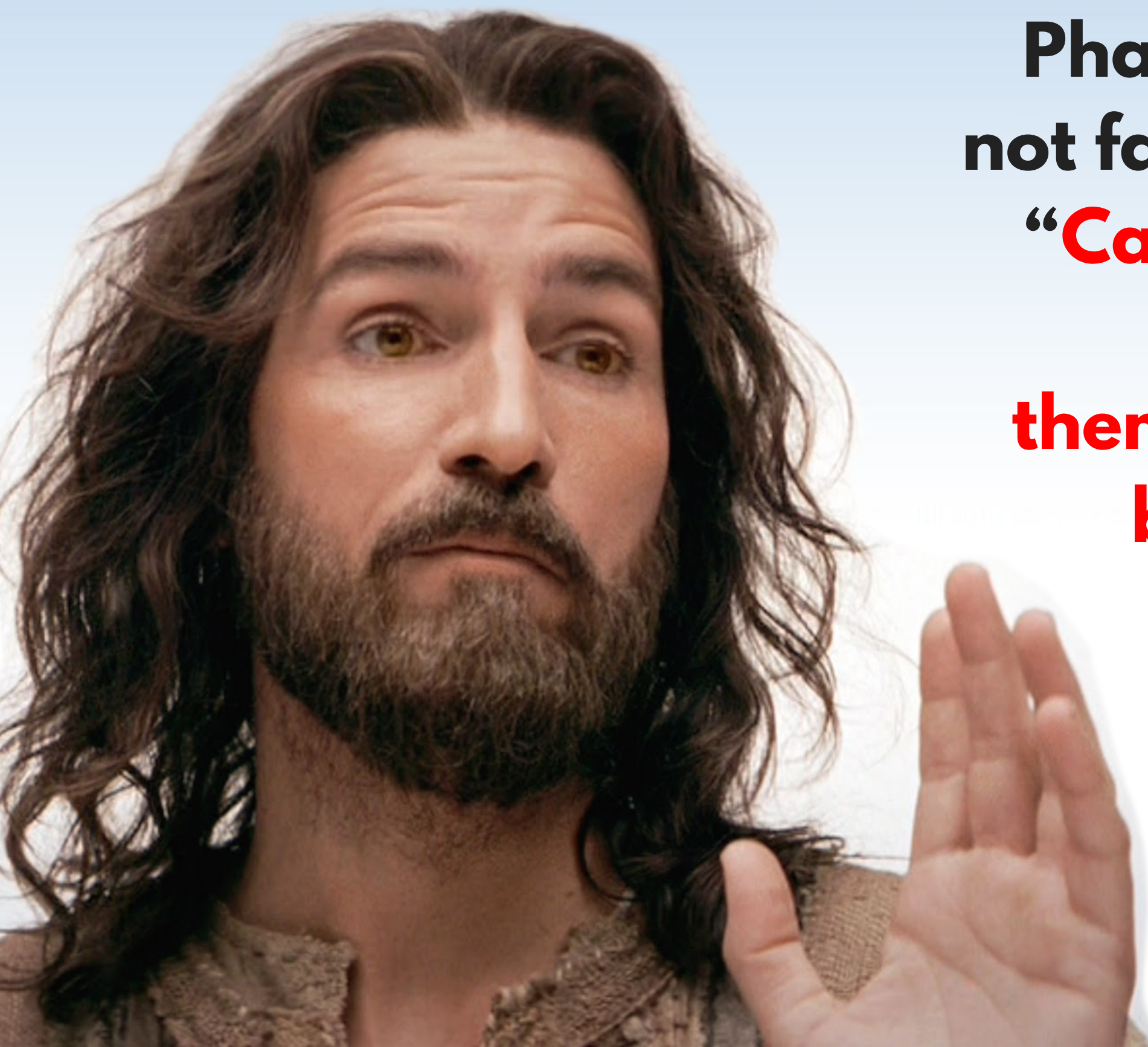
THE PLACE OF FASTING

IN A TIME OF REFRESHING, REVIVAL, & RESTORATION



- **Moses received the Word of God when he fasted.**
- **King Jehoshaphat experienced victory.**
- **Esther received protection.**
- **Elijah was restored and renewed.**
- **Daniel experienced the supernatural.**
- **Ezra received direction and safe passage.**
- **Nehemiah was strengthened.**
- **Joel offered the cure for judgment.**
- **Jesus was empowered, and on and on it goes.**





14. Then the disciples of John came to him, saying, “Why do we and the Pharisees fast, but your disciples do not fast?” **15.** And Jesus said to them, **“Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.”**

MATTHEW 9:14-15

16. “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. **17.** But when you fast, put oil on your head and wash your face, **18.** so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

MATTHEW 6:16-18

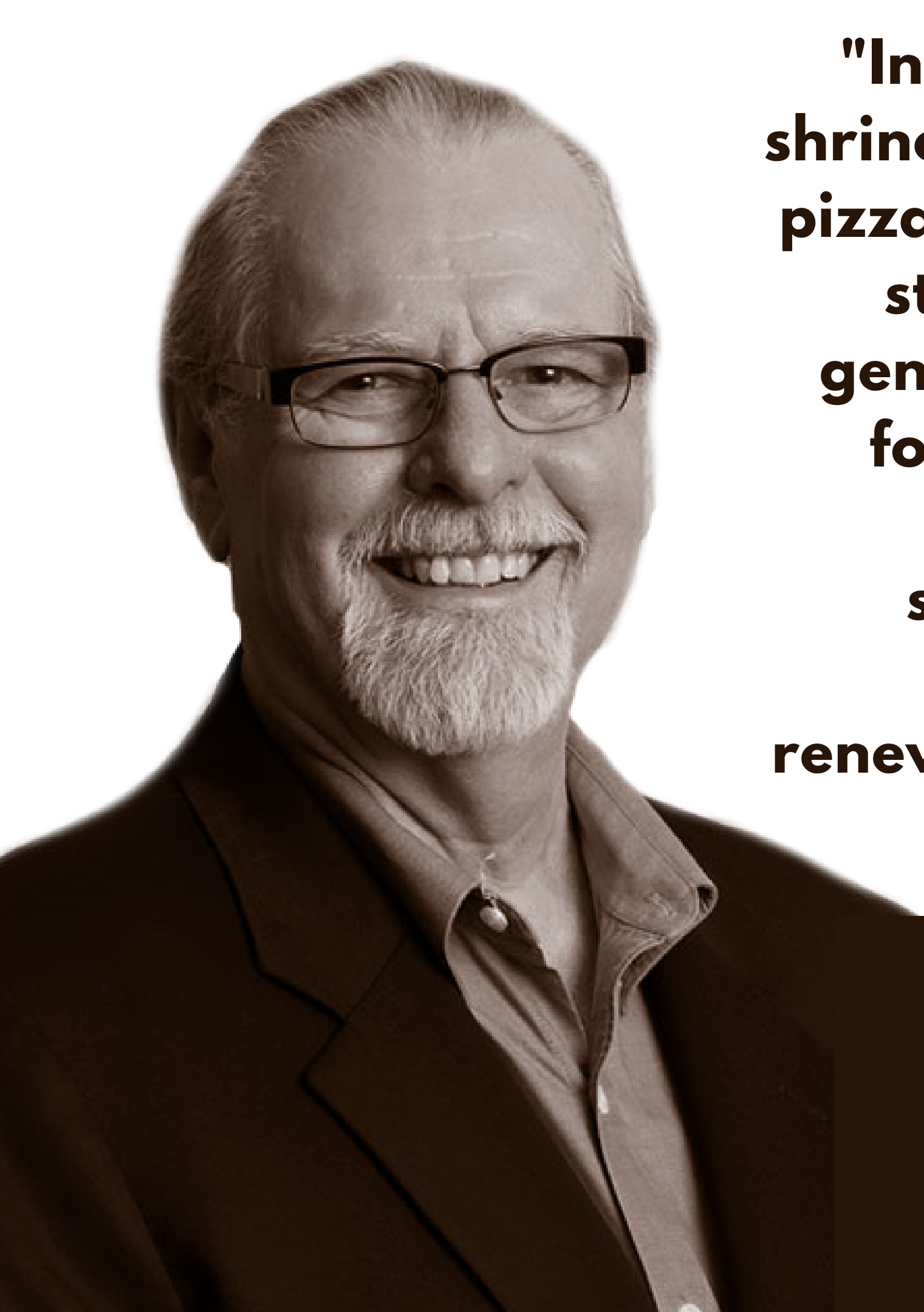




**"Fasting is a lost key (a grace)
that is found through all the
pages of the Bible. Yet it has
been set aside and misplaced
by the Christian Church."**

- DEREK PRINCE

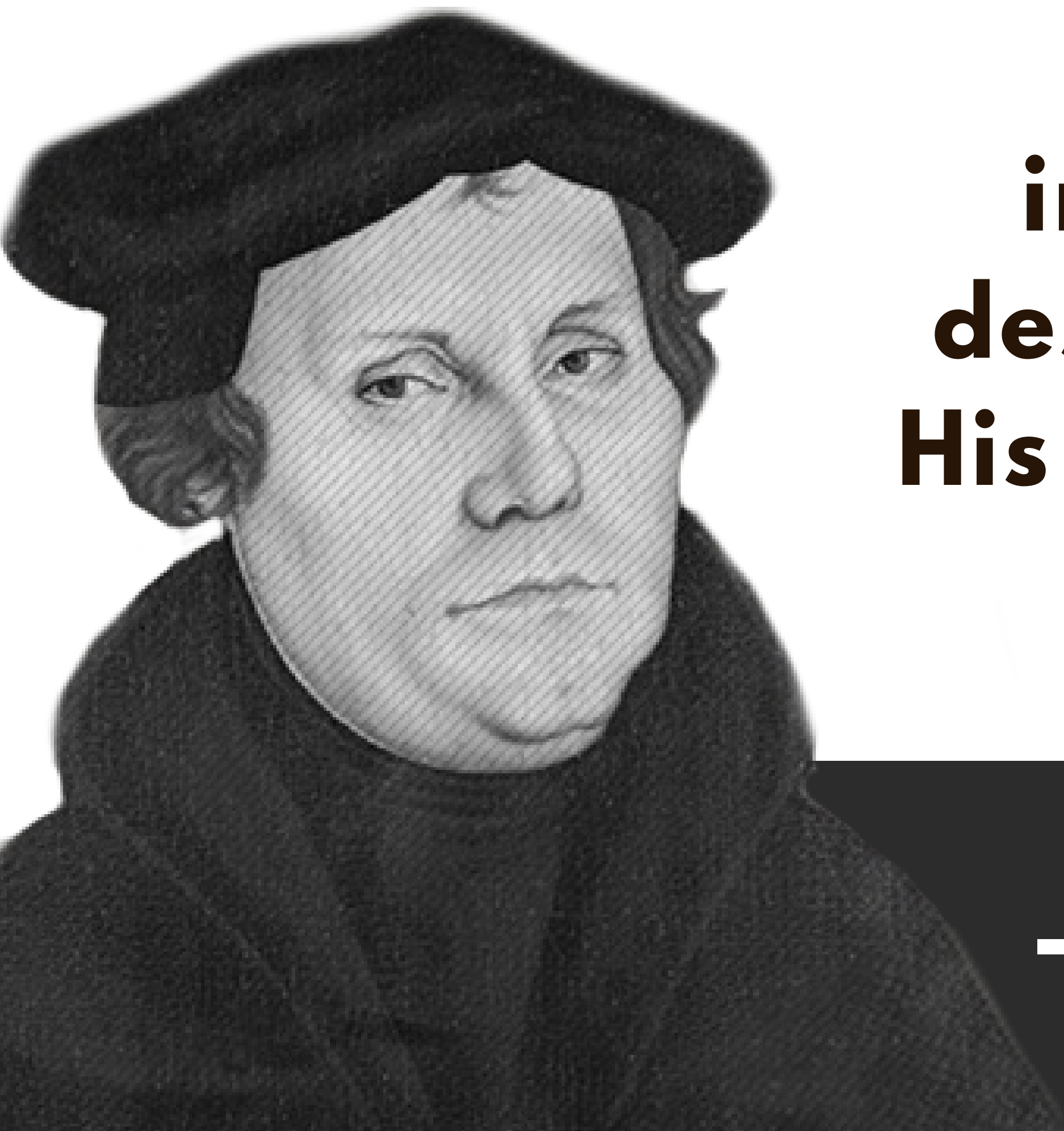
1915 - 2003



"In a culture where the landscape is dotted with shrines to the Golden Arches and an assortment of pizza templates, fasting seems out of place, out of step with the times. In fact, fasting has been in general disrepute both in and outside the church for many years. For example, in my research, I could not find a single book published on the subject of Christian fasting from 1861-1954 - a period of nearly 100 years. More recently, a renewed interest in fasting has developed, but we have far to go to recover a Biblical balance."

- R  CHAR  F  S   R

1942 -



**"It was not Christ's
intention to reject or
despise fasting. It was
His intention to restore
proper fasting."**

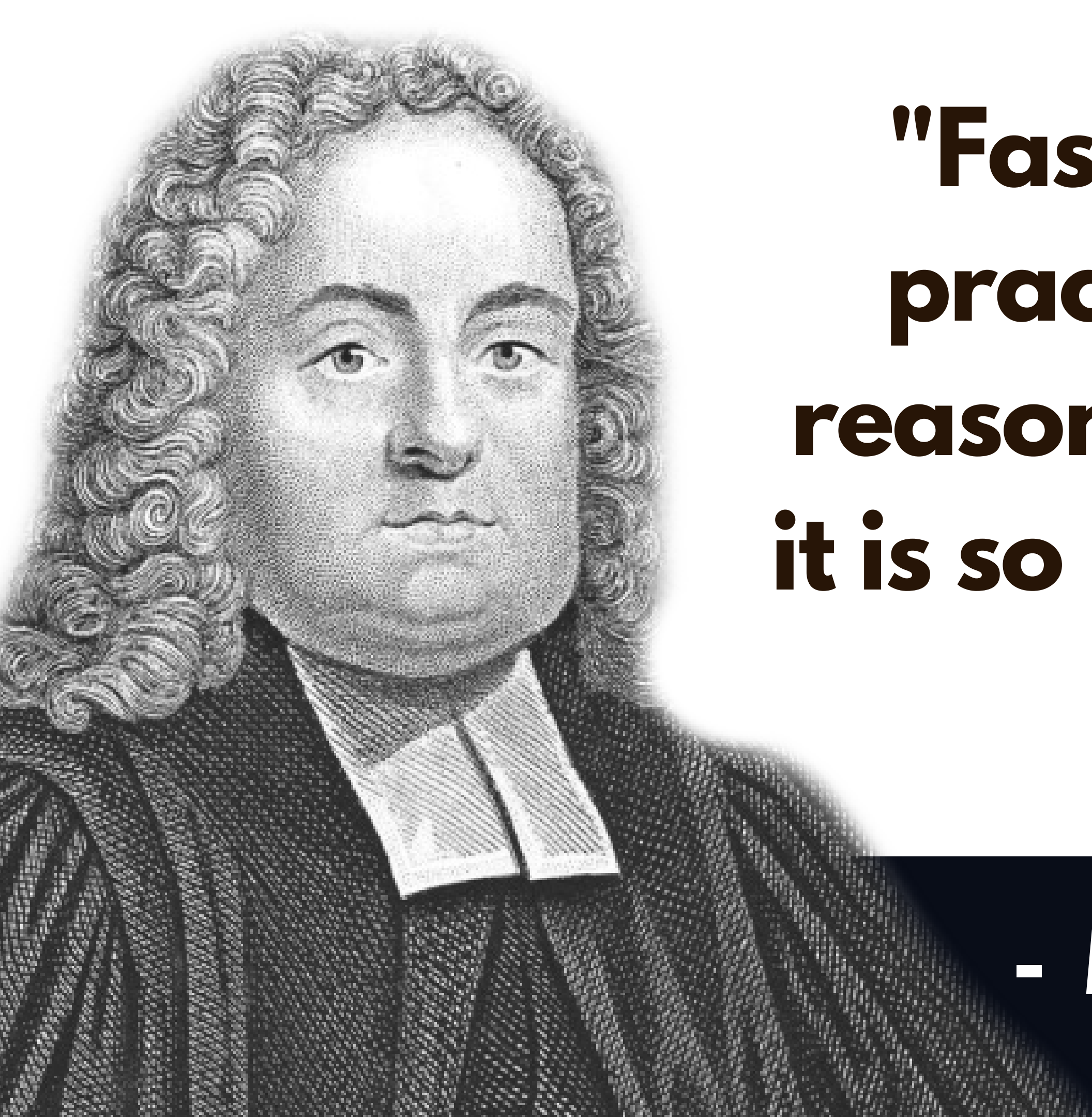
- MARTIN LUTHER

1843 - 1546



"Fasting prepares us for the deepest and richest spiritual communication possible. It clears and liberates our minds to understand what God is saying with our spirits. It conditions our bodies to carry out His perfect will. When we persevere through the initial mental and physical discomforts, we will experience a calming of the soul and cooling of the appetites. As a result, we will send the presence of the Lord more than ever before."

- BILL BRIGHT
1921 - 2003

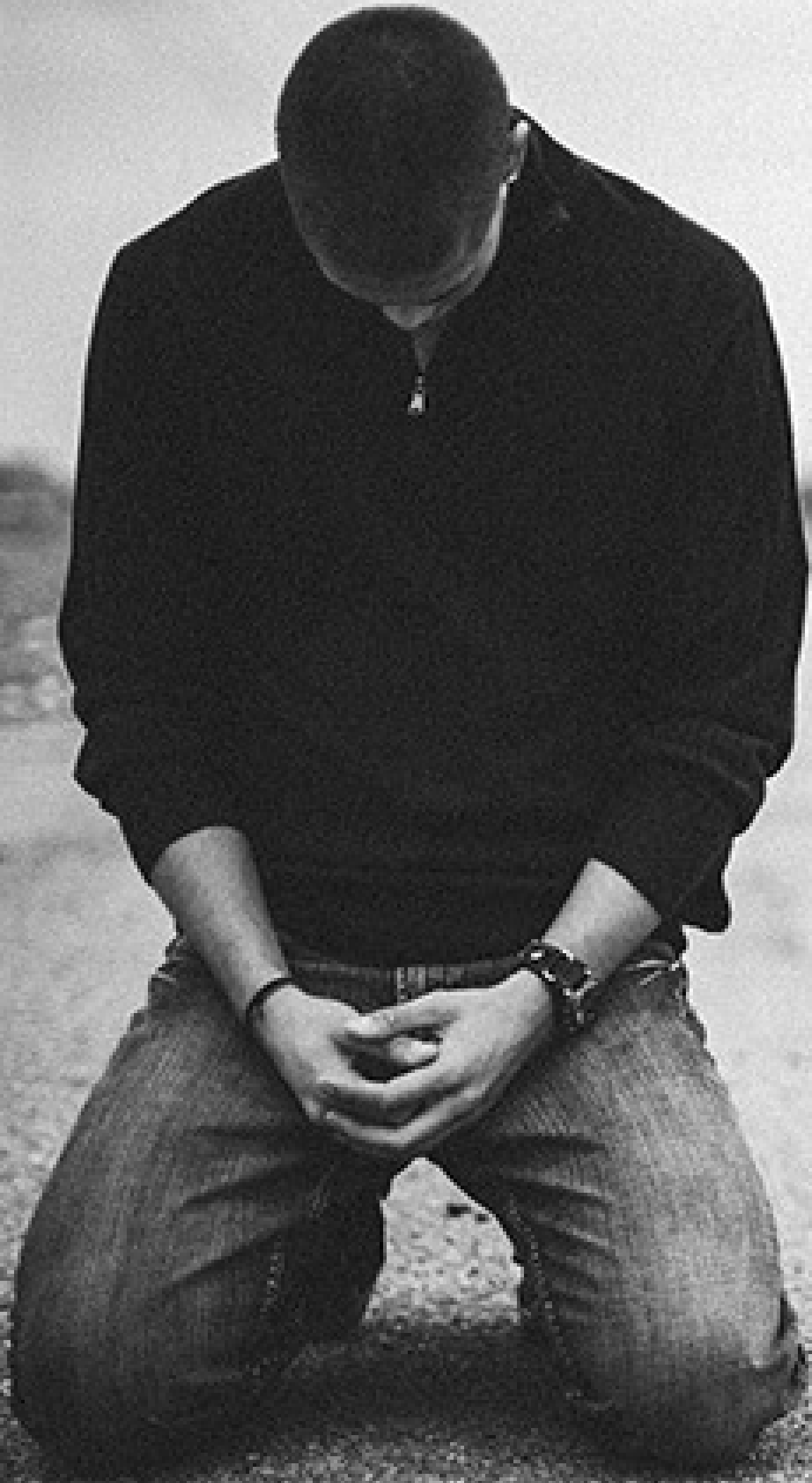


**"Fasting is a laudable
practice and we have
reason to lament...That
it is so neglected among
Christians."**

- MATTHEW HENRY

1662- 1714

HUMBLE OURSELVES



ISAIAH 58:6-14

6. Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?



ISAIAH 58:6-14

7. Is it not to share your bread with the hungry and bring the homeless poor into your house; when you see the naked, to cover him, and not to hide yourself from your own flesh?



ISAIAH 58:6-14

8. Then shall your light break forth like the dawn, and your healing shall spring up speedily; your righteousness shall go before you; the glory of the Lord shall be your rear guard.



ISAIAH 58:6-14

9. Then you shall call, and the Lord will answer; you shall cry, and he will say, 'Here I am.' If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness,



ISAIAH 58:6-14

10. if you pour yourself out
for the hungry and satisfy the
desire of the afflicted, then
shall your light rise in the
darkness and your gloom be
as the noonday.



ISAIAH 58:6-14

11. And the Lord will guide you continually and satisfy your desire in scorched places and make your bones strong; and you shall be like a watered garden, like a spring of water, whose waters do not fail.



ISAIAH 58:6-14

12. And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in.



ISAIAH 58:6-14

13. “If you turn back your foot from the Sabbath, from doing your pleasure on my holy day, and call the Sabbath a delight and the holy day of the Lord honorable; if you honor it, not going your own ways, or seeking your own pleasure, or talking idly;



ISAIAH 58:6-14

14. then you shall take delight in the Lord, and I will make you ride on the heights of the earth; I will feed you with the heritage of Jacob your father, for the mouth of the Lord has spoken.”



