

Humble

“MORE” In 2024

A week away.

Some this is all **NEW**. Some this is all **REVIEW**.

- **Who?**
- **Moses** (Exodus 34:28)
- **David** (2 Samuel 12:16; Psalm 35:13; 69:10; 109:24)
Psalm 35:13 I humbled myself with fasting.
- **Jehoshaphat** with all of Israel
2 Chronicles 20:3-4 And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. **4** So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord.

2 Chron 20:12 O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You."
- **Ezra**
Ezra 8:21 & 23 Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. **23** So we fasted and entreated our God for this, and He answered our prayer.
- **Nehemiah**
Nehemiah 1:4 So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven.

Nehemiah 9:3 And they stood up in their place and read from the Book of the Law of the Lord their God for one-fourth of the day; and for another fourth they confessed and worshiped the Lord their God.

- **Esther**

Esther 4:16 "Go, gather all the Jews... and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!"

- **Daniel**

Daniel 9:20-23 Now while I was speaking, praying, and confessing my sin and the sin of my people Israel, & presenting my supplication before the Lord my God ...

Daniel 10:3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Daniel 10:11-13 He(Gabriel) said to me, "O Daniel, man greatly beloved, understand the words that I speak to you... from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. **13** But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me.

- **Josiah** (Jeremiah 36:9) proclaimed a fast in Jerusalem

- **The King of Nineveh**

Jonah 3:8 But let man and beast be covered with sackcloth, & cry mightily to God; yes, let every one

turn from his evil way & from the violence that is in his hands.

- **The prophetess Anna** (Luke 2:37) 7 / 84 years old
- **Jesus fasted** 40 days (Luke 4:2)

Luke 4:14 Then Jesus returned in the power of the Spirit to Galilee

- The **Disciples** failed to pray & fast

Matthew 17:21 However, this kind does not go out except by prayer and fasting.

- **Cornelius** (Acts 10) Praying & fasting and visions

- **Paul with the leaders in Antioch**

Acts 13:2 While they were worshiping the Lord & fasting, the Holy Spirit said, "**Set apart** for me Barnabas & Saul for the work to which I have called them."

- **Paul and Barnabas** (Acts 14:23)

- **Who is this Fast for?**

- For our church!

- **A Corporate fast!** (Every thing open & spread before Lord)

IF...this is your church... I want to **ASK you** to be part of this years week of prayer & fasting! I want to **CALL you** to prayer & fasting!

- **Who...are we fasting for? Ultimately...** For the Lord!

Zechariah 7:5 "Say to all the people of the land, and to the priests: 'When you **fasted**... **did you really fast for Me - for Me?** **VERTICAL**—> horizontal follows!

- **What is Fasting?**

Fasting literally means "**No food!**"

Fasting is... saying **NO** to food and **YES** to God!

Fasting is... denying the **physical** to seek the **spiritual**.

Biblically ..."**FASTING**" **primarily** means saying **no to food**...But **NOT** just food!

Fasting can involve saying **NO** to things we **enjoy** and **take pleasure in!**

1 Corinthians 7:5 Do not deprive each other of sexual relations, **unless you both agree to refrain from sexual intimacy for a limited time** so you can give yourselves to **fasting and prayer**.

- Sex
- Exercise
- Television
- Social Media
- Coffee
- Sugar / Sweets

Turning down the dials of your life...

What fasting & prayer is **NOT**

- NOT to be **RIGHTEOUS**.
- NOT a hunger strike! But...**Fasting & Prayer**.
- NOT a **diet**.
- NOT about the **health benefits**..
- **Where?**

Home? Yes, of course! Work? Yes, of course!

Keep in mind this is a **corporate fast** & is one of the most powerful **corporate** weeks of the year **here at the church!**

● When?

Jesus said **when** you fast...**not if...**

Matthew 6:16 "**When** you **fast**, do not be like the hypocrites, with a sad countenance.

When.... Humble starts next **Sunday** ... Finishes **Sat** evening

When ... will work for you ?

Is there anyway you can clear your schedule **NOW...?**

■ mornings ■ lunch ■ evenings

● Why?

- **Ask help** from God
- To **humble** ourselves before God.
- Direction
- Breakthrough
- Powerful weapon (**a lost weapon**)
- Crisis
- Repentance
- Answers
- Revival
- Victory
- To seek & hear from God

● How?

- **Absolute Fast**- No food or water (Powerful for a day!)
- **Normal fast** - No food
- **Partial Fast**- Daniel fast OR a juice fast OR _____?

Daniel 10:3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

Your fast could be a combination of types of fasting ...

- Sex
- Exercise
- Social media
- TV
- Coffee
- Sugar
- **Medications**- Make sure you **FIRST** talk to your Dr.
- Should kids fast? **No**
- Should kids see their parents fast? **YES**
- If I'm not fasting can I still come and pray? **YES!** This is a week of Prayer & Fasting
- If **NOT** planning on joining. Please reconsider! **1/21 pm**
- **Saturday 1/27 pm DAY 7 —> 29 years!**
- **Others** focus... Invite **Others** in the circles.
- **Prodigals** Word
- **Younger generation!**
- **Snowman**

“Our seasons of fasting and prayer at the Tabernacle have been high days indeed; never has Heaven’s gate stood wider; never have our hearts been nearer the central Glory.” ~**Charles Spurgeon**

“Our week of prayer & fasting has become one of the most powerful & central weeks of the year at Calvary Corvallis. Every thing is laid before the Lord. Anything can start & anything can stop! Life, vision & calling pulsates from this week of corporate prayer!” ~**Pastor Rob**