

Anybody can change

Upcoming series:

“Satisfied”

Week 1: First things first: How to put God First and how order results

Week 2: Lousy Gods: Why God should be your God and all other options stink

Week3: 7 Habits of world changing Christians

Week 4: “You alone”: How God alone can meet your deepest needs

**Freedom Church will participate in 21 Days of Prayer and Fasting
January 4-25**

This includes...

- 1. Sunday sermons related to the prayer and fasting**
- 2. Saturday morning 9:30am prayer January 10, 17, 24th at the church**
- 3. 21 days of devotions to supplement your daily time with God. Video and written.**

Today: The Fast track

- 1. What is prayer and fasting**
- 2. Prayer and fasting benefits**
- 3. Fasting options for you**

What is prayer and fasting?

It is giving up something you love (usually food) for someone you love more (God, with prayer). You are substituting food (or other things)for God and his presence

Fasting and prayer is increasing your spiritual activity while decreasing your secular pursuits.

Key point: We are not physical beings having a temporary spiritual experience. We are spiritual beings having a temporary physical experience.

Fasting is voluntary suffering (in your flesh or sin nature) for the pleasure of his presence.

Benefits of Fasting

1. Fasting creates dependence on God. Total dependence on people weakens you. But total dependence on God strengthens you.

“But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, but by every word of God.’ ”

Luke 4:4 NKJV

2. Fasting creates a hunger for God

“Oh, taste and see that the Lord is good; Blessed is the man who trusts in Him!”

Psalms 34:8

“I am the bread of life” John 6:48

3. Fasting teaches our mind, heart and body that WE CAN LIVE WITHOUT THINGS WE THOUGHT WE NEEDED

“Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.”

Matthew 16:24 NKJV

4. Fasting allows you to walk in freedom and power

“Then Jesus returned in the power of the Spirit to Galilee

**and news of Him went through all the surrounding region.”
Luke 4:14 NKJV**

Fasting Options for 2026

Adults:

- Addictive habits
- Total fast (ONLY with clearance from a doctor and plenty of water)
- Daniel Fast–Fruits & Veggies only–no meat or dairy)
- Meal Fast–choose a meal or two a day to fast
- Specific food groups–sweets, sugar, bread, potatoes, carbs, etc.
- Media Fast–social media, news, video games, secular music, specific apps, etc.
- Coffee/Caffeine/favorite drink/soda
- Portion fasting–no second portions

Kids/Youth:

- Sweets/specific food groups/
- Technology(video games/social media)
- Pop
- YouTube/other apps
- Snacking (not eating in between meals)

Families:

- Implement Devotion/Bible Time in place of something else
- Specific foods
- Intermittent fasting(no more food after dinner)
- Screens(play games instead)

Three words

1. God can change ANYBODY. But you have to give something to him.
2. Should i fast an addiction?

3. What if you just decided to do this with the church instead of allowing independence to rob your freedom?