

I Pray pt. 2

I Fast ...

August 14, 2022

... because “(Jesus) must \_\_\_\_\_, and I must \_\_\_\_\_.”  
John 3:30, Luke 4:1-4

**Big Idea: “Fasting is pushing away things that have gotten in between us and the Lord.”** Hamp Greene

... because the \_\_\_\_\_ tells me so... 🎵

Matthew 6:16a & 17a “**When** you **fast**...”

- |                      |                       |                           |
|----------------------|-----------------------|---------------------------|
| - Moses the lawgiver | - Esther the queen    | - Paul the apostle        |
| - David the king     | - Daniel the seer     | - Jesus the incarnate Son |
| - Elijah the prophet | - Anna the prophetess |                           |

“When people pray and fast, there’s an increase of Holy Spirit activity.”—Mike Bickle

...by \_\_\_\_\_ myself

Biblical fasting typically abstains from all food but not water.  
(See reverse side for types of Fast.)

“Fasting is abstaining from anything that hinders prayer.” — Andrew Bonar

... for \_\_\_\_\_ purposes

Matthew 16:16-18, Isaiah 58:3-5, 6-9

- |                             |                        |                         |
|-----------------------------|------------------------|-------------------------|
| - Spiritual Reset           | - Reverse injustice    | - Shelter the Homeless  |
| - Remove Spiritual Barriers | - Freedom for Captives | - Clothe the Naked      |
| - Connect with God          | - Feed the Hungry      | - Restore Relationships |

“When we pray and fast, we go deeper in God.” - Hamp Greene

... and Pray because I am **\*\*God’s** \_\_\_\_\_ **on the earth.** (Jurisdictional Authority)

Genesis 1:27-27, Matthew 28:18-19, 6:9-10, 12:29, John 14:14, 15:16, 16:23-28

“I desired as many as could to join together in fasting and prayer, that God would restore the spirit of love and of a sound mind to the poor deluded rebels in America.” —John Wesley  
Founder Methodist Movement

**What is Holy Spirit saying to me through this message?**

## Types of Fasts

**A Selective Fast** involves removing certain elements from your diet. One example is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

**A Partial Fast**, sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

**A Complete Fast** involves abstaining from all “food” with the exception of liquids, typically water with light juices as an option.

**A Soul Fast** is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

For additional insight and instruction on fasting go to:

<https://www.cru.org/us/en/train-and-grow/spiritual-growth/fasting/7-steps-to-fasting.html>

***“When we pray and fast, we go deeper in God.” - Hamp Greene***

## My Fast

**I plan to specifically fast for (individuals or causes) \_\_\_\_\_.**

## Prayer Points August 14-20

**... as \*\*God's Ambassador on earth I will fast and Pray:**

- **Sun 14<sup>th</sup>** that God's people will experience a Spiritual Reset with the Lord. That the Lord would remove all real and perceived barriers and reconnect people with God and one another. Pray for safety and effectiveness for our outreach partners in North-west Africa.
- **Mon 15<sup>th</sup>** that God will remove the Spiritual scales blinding the minds of those who have not heard or received Christ as Savior. Pray with us for 10 salvations a month for the remainder of 2022. Pray for the Lakota Sioux people.
- **Tues 16<sup>th</sup>** that the Lord will Reverse both visible and invisible forms of spiritual and social Injustices in our community. Pray for God's healing grace and restoration would flow throughout our region and the country.
- **Wed 17<sup>th</sup>** for Spiritual freedom to those held captive in unbelief, spiritual darkness such as addictions, and spiritual, emotional, and physical afflictions.
- **Thurs 18<sup>th</sup>** for resources and opportunities to Feed the Hungry, Shelter the Homeless, and Clothe the Naked. Pray for strength and resources for our front-line Outreach Partners that answer the call 24/7.
- **Fri 19<sup>th</sup>** for our outreach partners in Germany as they seek to establish a lifeline for both military and indigenous families. Pray for effective outreach, salvations, and increased attendance.
- **Sat 20<sup>th</sup>** That God will Restore broken and strained Relationships in your spiritual and natural family and community. Pray for spiritual refreshing and awakening in every Gospel preaching church in our parish. Revival among pastors, leaders and members.