

EMMANUEL MBC

HOLDING FAST TO PRAYER & FASTING

Pastor Darryl Webster



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We would love for you to join us in an extended time of pray, fasting and personal devotion for the next 40 or 21 days. Prayer, coupled with fasting, is a principle that God intended for gave everyone to be able to enjoy. Through this kind of “intensified prayer,” you will grow closer to God and grow stronger in your spiritual walk like never before. Many have experienced a release from the bondages of sin, restoration in relationships, financial blessings, spiritual renewal, supernatural healing, and most of all, a new depth of relationship with the Lord.

WHAT IS THE PURPOSE OF FASTING?

The purpose of fasting is ultimately God Himself. There are many reasons to undertake a fast, but the bottom line for them all is to align your heart directly with Him. Think of that as the big picture. The small picture or the immediate purpose for a fast, can vary. So, the first step for any kind of fast is to declare our immediate purpose. Fasting can't be done casually, because there isn't any spiritual benefit in simply not eating. Going through the motions just makes us hungry, but genuine purposeful fasting is a powerful discipline for the disciple of Jesus and can play a part in literally transforming your life.



WHAT IS LENT?



The word “lent” means “lengthen” and stands for that time in spring when the days grow longer. The original period of Lent was 40 hours. It was spent fasting to commemorate the suffering of Christ and the 40 hours He spent in the tomb.



THE LENTEN SEASON IS A TIME OF PREPARATION

3 For if anyone thinks himself to be something, when he is nothing, he deceives himself. 4 But let each one examine his own work, and then he will have rejoicing in himself alone, and not in another. 5 For each one shall bear his own load.

Galatians 6:3–5

THE LENTEN SEASON IS A TIME OF PENITENCE & DISCIPLINE

Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, ² looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

Hebrews 12:1-2.

THE LENTEN SEASON IS A TIME OF SPECIAL PRAYER

During Lent many people give extra time to
personal and public prayer.