

WHY-FAST

WHY DO WE FAST?

These 21 days of prayer and fasting are not just a spiritual discipline— they are a holy invitation.

This is a deliberate and transformative journey to encounter the living God in a way that reshapes your heart and position your life.

From Abraham to Moses, from the prophets to the early church, history reveals that the greatest moves of God always began with a personal encounter and courageous obedience.

Exodus 34:28 (NASB)

So he was there with the Lord for forty days and forty nights; he did not eat bread or drink water. And He wrote on the tablets the words of the covenant, the Ten Commandments.

Moses encountered God through prayer and fasting for 40 days on Mount Sinai and was empowered to lead the people through the wilderness and toward the promised land. And gave us the Ten Commandments.

Esther 4:16

Go, gather all the Jews who are found in Susa, and fast for me; do not eat or drink for three days, night or day. I and my attendants also will fast in the same way. And then I will go in to the king, which is not in accordance with the law; and if I perish, I perish.”

WHY-FAST

Esther called for prayer and fasting as she sought favor, wisdom, and protection for God's people while they were in exile.

After her fast is when she began to save her people by going to king Ahasuerus who had killed King Haman and gave the house of Haman, the enemy of the Jews, to Queen Esther as the Jews were freed from his rule and terror.

Daniel 9:3–4

3 So I gave my attention to the Lord God, to seek Him by prayer and pleading, with fasting, sackcloth, and ashes.

4 I prayed to the Lord my God and confessed, and said, "Oh, Lord, the great and awesome God, who keeps His covenant and faithfulness for those who love Him and keep His commandments,

Daniel fasted and prayed to God for guidance in his leadership position and for the restoration of God's people.

Now Daniel, was asking God to restore his people who had disobeyed him and was out of covenant with God, through fasting, prayer and many dreams, visions, and angelic visitations God heard Daniels heart and restored His people for David.

Ezra 8:21–23

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21 Then I proclaimed a fast there at the river of Ahava, to humble ourselves before our God, to seek from Him a safe journey for us, our little ones, and all our possessions.

22 For I was ashamed to request from the king troops and horsemen to protect us from the enemy on the way, because we had said to the king, "The hand of our God is favorably disposed to all who seek Him, but His power and His anger are against all those who abandon Him."

23 So we fasted and sought our God concerning this matter, and He listened to our pleading.

Ezra called God's people to fast and pray for protection against their enemies as they rebuilt the temple.

The people came to Ezra pleading for protection, Ezra in fasting and praying called for the Levites to protect them as they built the temple, not only did the temple get built but it was filled with silver and Gold.

Acts 9:9

And for three days he was without sight, and neither ate nor drank.

Acts 9:31

31 So the church throughout Judea, Galilee, and Samaria enjoyed peace, as it was being built up; and as it continued in the fear of the Lord and in the comfort of the Holy Spirit, it kept increasing.

WHY-FAST

The apostle Paul encountered the risen Lord Jesus, which resulted in prayer and fasting before being equipped for ministry.

Acts 13:1–3

1 Now there were prophets and teachers at Antioch, in the church that was there: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul.

2 While they were serving the Lord and fasting, the Holy Spirit said, “Set Barnabas and Saul apart for Me for the work to which I have called them.”

3 Then, when they had fasted, prayed, and laid their hands on them, they sent them away.

The church in Antioch worshiped, prayed, and fasted together as they sent missionaries into the world to share the Gospel. And changed the world they did, defeating witchcraft and false prophets along the way.

Matthew 4:1–2

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

2 And after He had fasted for forty days and forty nights, He then became hungry.

Our Savior, setting the supreme example, entered 40 days of fasting before launching His public ministry. And we all know the increadable world changing results of that fast.

WHY-FAST

God is not only working wonders among His people.....

He is inviting us into something far greater: a personal, life-altering encounter with Himself.

Over the next 21 days, our prayer is that you won't just experience His work, but that you will encounter Him.

Darlene and I are already praying that **He** will expand your heart with His love, sharpen your vision with His Kingdom purpose, and awaken a deeper hunger for His presence than ever before.

WHAT IS FASTING?

Fasting is deliberately abstaining from the normal routines of life.

Its purpose is to spend focused time in prayer and the study of God's Word, seeking to align our lives with God's will.

Ultimately, fasting is more about replacing than abstaining.

It is filling our lives with God's Word instead of with food.

It is a physical expression of our spiritual hunger for God and His righteousness.

WHY-FAST

Fasting humbles us, reminding us of our weakness and God's provision.

"Fasting is of use to put an edge upon prayer."

Have your prayers lost their fervor?

Has your devotional life become dull?

Fasting has a way of sharpening our souls and making us more sensitive to the prompting of the Holy Spirit.

"Fasting is not about changing God. It is not a mystical exercise to gain God's approval.

Fasting is not about changing your world, but about letting God realign your heart toward His purposes."

We are praying that over the 21 days of encountering God, He would hear our prayers, satisfy our hunger, and transform our hearts.

AMEN!

Worship Team

HOW TO GET STARTED

1. Pick your fast.

- ✓ Daniels Fast - Maintaining a very certain diet

WHY-FAST

- ✓ Full Fast: Drink liquids only.
- ✓ Partial Fast: Not eating one or two meals on a specific day or abstaining from certain kinds of food.
- ✓ All-day Food Fast: Abstaining from food one day or multiple days per week.
- ✓ Activity/Media Fast: Forgoing a time-consuming activity such as entertainment, hobbies, television, internet, sports, etc.

2. Set goals and write them down.

- ✓ Begin with clear personal desires as well as prayers for your church. Be specific.
- ✓ Pray and ask the Holy Spirit for guidance. Write these requests in a journal, notebook, or create a digital journal.
- ✓ Keeping a journal throughout your fast can help you track, remember, and celebrate all God does during your fast.

3. Feast on the Word of God.

- ✓ Fasting is replacing the daily intake of food with focused times of prayer, Bible reading, and spiritual listening. (Gospel Truth Network GTN APP or Bethel.Online APP)

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4. Open your heart and life before Jesus.

- ✓ Make time to examine your life and discover where God is wanting you to grow this year.
- ✓ Pray for yourself, family, friends, neighbors, small group, church, church leadership, country, the world, etc.

5. Expect God to move.

- ✓ Enter your fast by faith.

The Word of God says in Hebrews 11:6, “And without faith it is impossible to please Him, for the one who comes to God must believe that He exists, and that He proves to be One who rewards those who seek Him.”

- ✓ Spiritual fasting is a supernatural practice that has shaped and transformed God’s people for centuries.
- ✓ If you experience doubt, ask God to meet you in it and to lead you in overcoming it, just as the apostles prayed in Luke 17:5 **“INCREASE OUR FAITH”!**

As you begin your fast do it with a **grateful heart**, from the place of THANKSGIVING! Do you realize you are fasting because you have plenty?

Each day is a day of thankfulness, expectation, and meeting Jesus in a deeper way. WOW

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