

# FASTING

Fast Dates: July 24- August 6,2021

Type of Fast: You choose \*

Fast; A fast is a voluntary abstinence from food; however during this fast, we are focusing on anything in your life that is holding you in bondage (putting things before God's Word and His way of doing things) Matthew 6:33.

**Key Scriptures:** In Ezra 8:21, he sought a fast that they might afflict themselves before God to SEEK OF HIM A RIGHT WAY for them and their little ones and for all their substance. Joshua 1:8 reads; Always remember what is written in that book of law. Speak about that book and study it day and night, then you can be sure to obey what is written there. If you do this, you will be wise and successful in everything you do (ERV).

**Purpose:** Personal spiritual growth Strength to fully surrender your life to Jesus Keep flesh under subjection to Holy Spirit To become more sensitive to voice of Holy Spirit Holy Spirit's guidance in all areas of your life Know God's perfect will for your life

**Before Fasting:** Begin with an expectant heart Don't underestimate spiritual opposition Remember Satan's attacks will intensify Prepare for temporary mental discomfort If fasting food,, you might need to confer with your doctor Expect some physical discomforts such as; withdrawal from caffeine and sugar, weakness, tiredness etc. (food fasting) As you continue the fast you'll likely experience a sense of well-being spiritually, physically and mentally

## **Start the Day**

With praise and worship Invite Holy Spirit to work in and through you Ask God to reveal to you how to influence your world (family, friends, neighbors, community, workplace etc.)

## **Topics For Fasting:**

Listed with each topic, you'll find scripture references. Please research, meditate and allow them to minister to your spirit.

**Love:** 1 Corinthians 13:1-13; 1 Thessalonians 4:9; 2 Thessalonians 1:3-5; 1 Peter 4:8; Proverbs 10:12.

**Forgiveness:** Matthew 5:7; John 13:34; Luke 17:3; Romans 12:17.

**Temptation:** 1 Corinthians 10:13; James 1:12-15

**Unity:** 1 Corinthians 1:10; Philippians 2:2-3; Colossians 3:15-16; Genesis 11:16.

**Spiritual Maturity:** Colossians 3:12-14; 1 Thessalonians 5 :11-14; James 1:2-4; John 2:3-6.

**Accountability:** Luke 12:48; 1 Corinthians 10:31; Romans 14:12.

**Vision:** Habakkuk 2:2-3; Proverbs 29:18; Jeremiah 29:11; 1 Corinthians 2:9; Ephesians 3:20.

**Fear:** Psalm 56:11; 27:1-2; 2 Timothy 1:7; 1 John 4:8.

**Offense:** Matthew 11:6; Mark 14:27; Luke 17:1-2; Romans 14:21 James 3:2.

**Re-Commitment:** (commit =dedication; re-dedicate yourself to God in areas in which you have slipped) Psalm 37:5; 1 Timothy 6:20; 2 Timothy 1:12.

The scriptures listed are just a few to aid in giving a “jump start”. There are many others pertaining to each topic. Enjoy the research and meditation.

\*Things to abstain from (fast) other than food:

1. Watching television
2. Electronics
3. Social Media
4. **ANY THING** that you’ve given more time to than the things of God.