

# PRAYER AND FASTING

## FASTING

Giving up food or something special for a spiritual purpose

**PRAYER** Talking with God

## REASONS FOR FASTING

God desires relationship with us. He is chiefly interested in our trust and obedience. He is the object of our motivation. Fasting is an expression of our desire to seek and please Him. Fasting displays to God that He is more important than even food. Fasting works! Prayer and fasting seem to work in synergy. Once when the disciples failed to exorcise demons, Jesus explained that in such instances prayer and fasting were required.

Fasting seems to move God to action. Of course, this does not mean that we can manipulate God by fasting, but for some reason there are times God desires us to underline our requests with fasting.

## PRAYER

Communication is a vital component in every kind of relationship. The current texting and social media phenomena are illustrations of the importance of communication. God wants to be on an open line with us every moment of every day. We can communicate need, thanks, praise, and emotion, as well as receive warning, affirmation, and wisdom at any moment. For some mysterious reason, at times, God wants our requests before mobilizing His resources into action. Our prayers are effective.

## TYPES OF FASTS

There are several kinds of fasts, and there is no formula for determining which kind of fast, or duration is most appropriate for you. The following are three Biblical examples of fasting:

### **Absolute Fast**

Taking in nothing including water. This is extreme and should NOT be attempted without first talking to your doctor.

### **Normal Fast**

Withholding food, but not liquids like water and juices to maintain strength and electrolytes.

### **Partial Fast**

In the Bible, Daniel and his companions ate vegetables and water, but not the King's meat and sweets. This type of fast may be more appropriate if you have certain health issues. For some people, giving up chocolate or coffee may be a real reminder to pray.

You can also fast anything that means something special to you: Media, Sports, Shopping, etc.

### **During a fast, devote extra time to:**

- Reading God's word (The Bible)
- Praying
- Focusing on God
- Worshiping

## HISTORY OF FASTING

The practices of praying and fasting can be found in both the Old and New Testaments. Before Jesus, our model, began his public ministry he fasted for 40 days in preparation. The scriptures listed in this brochure cite other instances of fasting found in the Bible.

## MOTIVES

A particular danger in fasting is that our God-centered motives can be tainted by our motives to draw attention to our self and impress others. Jesus cautions us to as much as possible let our fast be between us and God. We all really know God sees our heart and is never fooled.

## SCRIPTURES RELATED TO

- Matthew 4:1-4
- Matthew 6:17-18
- Matthew 17:14-20
- Joel 1:14
- Joel 2:12
- Exodus 34:28
- Acts 13:2-3
- Acts 14:23
- Isaiah 58
- Psalm 51
- Psalm 139
- 2 Chronicles 7:14
- Jeremiah 29:10-14
- Matthew 5-7
- Luke 10:38-42
- Ecclesiastes 12:13-14

## LETS DO IT TOGETHER!

There is power in prayer and fasting as a church community and as a city. Let's take this opportunity to encourage and inspire each other in person and through social media.

Join the Facebook group!

**“Fresno First Prayer and Fasting”**

Encourage. Inspire. Dream.....together!

Worship and Celebrate Together!

**“Community End of Fast Celebration”**

Sunday, January 31, 5pm-6:30pm

Fresno Pacific University Event Center



### **Fresno First Baptist Church**

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Fresno, CA 93704

**[www.fresnofirst.org](http://www.fresnofirst.org)**

**Facebook Group: “Fresno First Prayer and Fasting”**



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Join Fresno First and congregations  
across Fresno/Clovis!