

Prayer & Fasting

Cornerstone Congregational Church



What is fasting?

Fasting is when you deny yourself good things, things you enjoy and go to for comfort, for a period of time so that you can use that hunger to intentionally draw near to God.



What is fasting?

- *Water fast*



What is fasting?

- *Water fast*
- *Juice fast*



What is fasting?

- *Water fast*
- *Foods fast*
- *Juice fast*



What is fasting?

- *Water fast*
- *Foods fast*
- *Juice fast*
- *Media fast*



What is fasting?

- *Water fast*
- *Foods fast*
- *Other fast*
- *Juice fast*
- *Media fast*



Why do we fast?



Why do we fast?

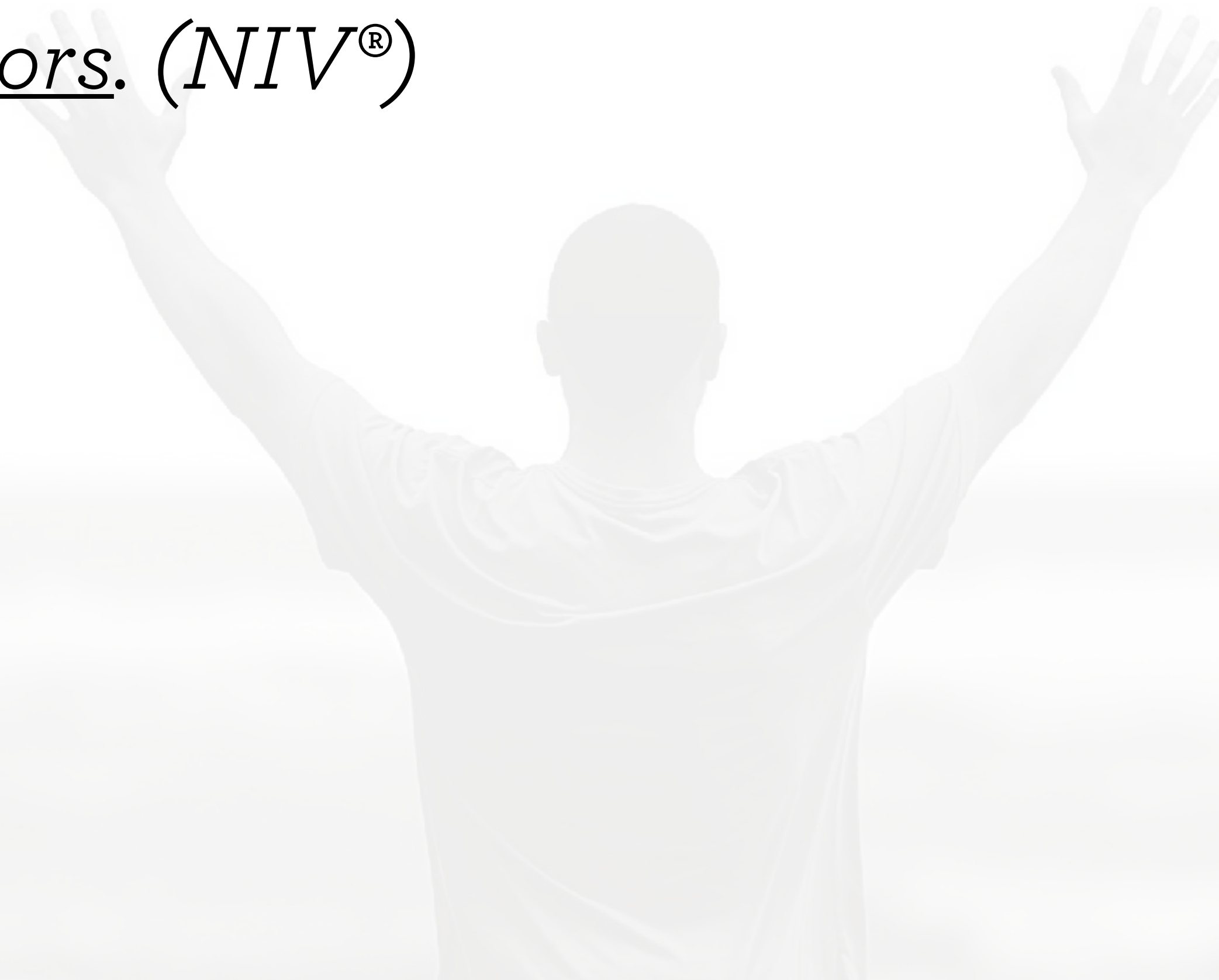
I. *We fast as an act of repentance and confession*



Nehemiah 9:1-2

On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads.

2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors. (NIV®)



Joel 2:12-13

*“Even now,” declares the Lord,
“return to me with all your heart,
with fasting and weeping and mourning.”*

Rend your heart

and not your garments.

*Return to the Lord your God,
for he is gracious and compassionate,
slow to anger and abounding in love,
and he relents from sending calamity. (NIV®)*

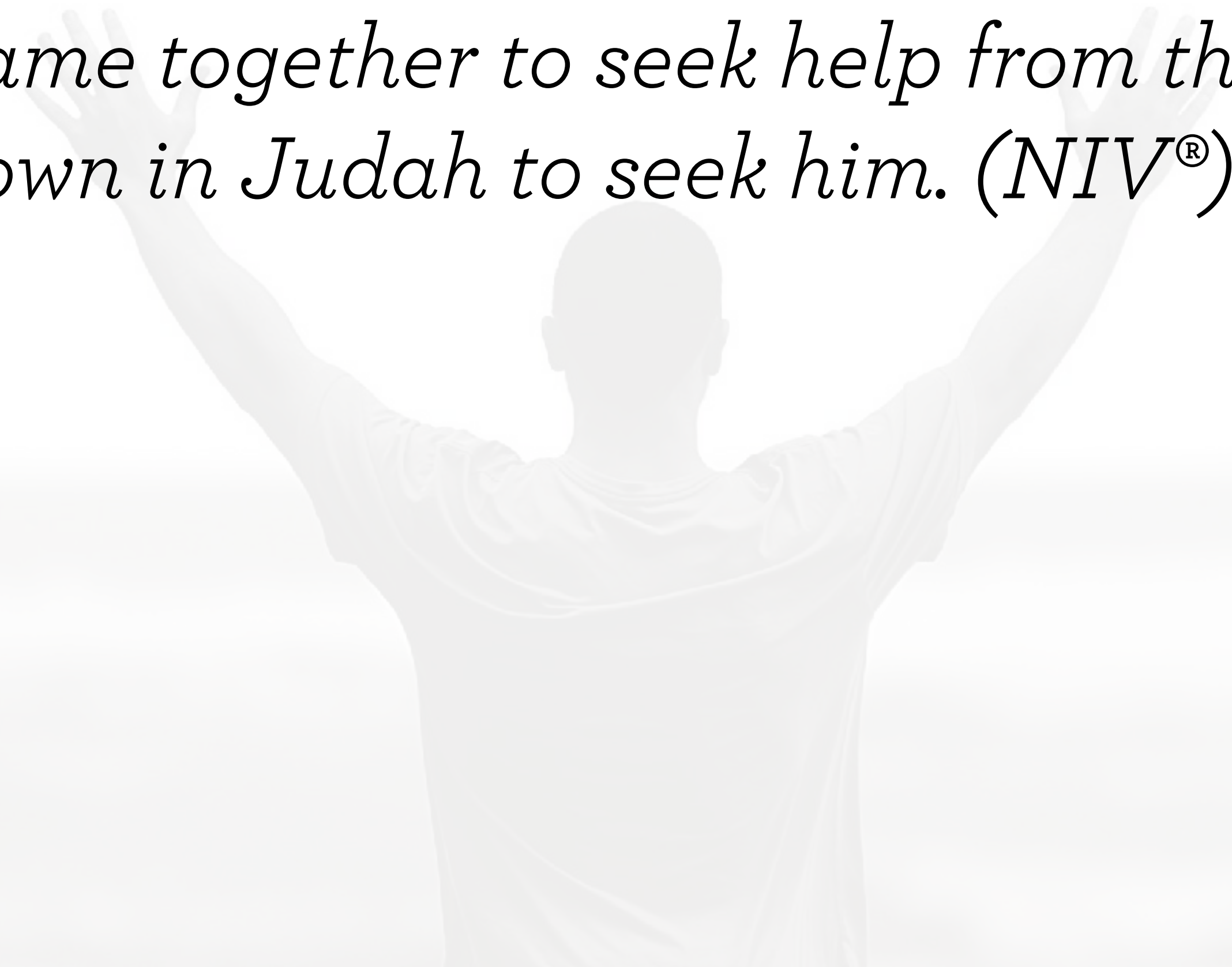
Why do we fast?

II. We fast for God's deliverance and direction.



2 Chronicles 20:2-4

Some people came and told Jehoshaphat, “A vast army is coming against you from Edom, from the other side of the Dead Sea. It is already in Hazezon Tamar” (that is, En Gedi). 3 Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. 4 The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him. (NIV®)



Why do we fast?

III. We fast because we long for Christ and his return.



Matthew 9:14-16

Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

15 Jesus answered, "How can the guests of the bridegroom mourn while he is with them? The time will come when the bridegroom will be taken from them; then they will fast."

16 "No one sews a patch of unshrunk cloth on an old garment, for the patch will pull away from the garment, making the tear worse. (NIV®)

How should we fast?



How should we fast?

1. *Fast justly*



How should we fast?

1. *Fast justly*
2. *Fast humbly*



How should we fast?

1. *Fast justly*

3. *Fast purposefully*

2. *Fast humbly*



Acts 13:2-3

While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” 3 So after they had fasted and prayed, they placed their hands on them and sent them off.

