

# THE CALVARY WAY

## *FASTING & PRAYER*

### Why Fast?

Jesus said, “**When** you fast...” with the expectation that we would fast. He did not say, “**If** you fast...” He said, “**When** you fast...”

### Why?

Fasting provides the means to deny our natural bodily appetite and to direct our hunger toward God as we feed on His faithfulness.

### The Result?

**Direction:** The early church became more sensitive to the Holy Spirit’s leading as they fasted and received specific direction for the ministry as a result (Acts 13:2,3).

**Power:** Jesus indicated that certain demonic activity could only be overcome by prayer and fasting (Mark 9:29)

**Comfort & Vision:** In the midst of imminent shipwreck, Paul received encouragement and vision from God through fasting that brought comfort to the terrified crew (Acts 27:21-26)

## HOW TO GET STARTED

Determine your purpose:

Without a vision the people perish (Prov. 29:18). Ask the Lord to lead you and decide why you are fasting; spiritual renewal, spiritual discipline, guidance, healing, resolving a problem, grace, or just to get closer to the Lord.

Determine the type & length of your fast:


Ask the Lord, should it be a partial fast (one meal), a modified fast (plain foods), a regular fast (no food), or a complete fast (no food/water only). The type of fast will also have bearing on how long and what physical activity you may do.

Determine to spend time with God:

Where, what, how and when you will give yourself to prayer and the Word. If something arises that interferes with your fast, how will you deal with it? Knowing ahead of time what you will do when distractions arise will help you to deal with them when they do. Be prepared for difficulties, and don't be surprised at the spiritual opposition that will often arise. (2Cor. 2:11)

Determine to draw close to the Lord:

Whatever hinders you from drawing close to the Lord needs to be confessed and rejected: sin, business, bitterness, anger or hurt. (2Cor.2:11)



Determine to take physical care of yourself:

If you have any medical problems, you should not do fasts of which your physician does not approve (you can enter into the spirit of the fast by limiting the types of fancy foods you eat).

Do not feast at the time before or after the fast, ease into a fast gradually with healthy foods. Only do a complete fast with your doctor's approval and never for more than three days.

Avoid strenuous exercise.

Be prepared for irritability.

Get plenty of rest.

Increase your liquid intake.

Determine your schedule:

Knowing that without direction most people wander around, set a schedule that will help you stay on task. Example:

Morning-	Praise & Worship Bible reading Prayer Giving Thanks
Noon-	Praise & Worship Intercessory Prayer
Evening-	Praise & Worship Scripture reading Seek His face Family Prayer time



Tips on Praying for an hour:

The Lord's Prayer is a good outline.

**“Our Father in heaven, Hallowed be Your Name”**

Give God the praise, worship & thanksgiving He is worthy of.

**“Your kingdom come. Your will be done.”**

Give God an invitation to rule in your heart & your life & the lives of others.

Intercede for:

Leaders

Pastoral staff

Missions

**“Give us this day our daily bread”**

Make a list of your personal needs

**“Forgive our debts, as we forgive others”**

Pray for those you struggle with Matt 5:44

Confess personal sin 1 John 1:9

**“And do not lead us into temptation, but deliver us from evil”**

Protection for the spiritual battle

Guidance

Power to overcome

**“For Yours is the kingdom, power and glory forever. Amen”**

Return to praise & worship

Revelation 21 & 22

***May the lord bless you as you seek Him with prayer & fasting!***

We are located on Long Lake Rd. (18 Mile) and John R on the NW corner. Service Times: 10 am on Sunday, 7:00 p.m. Wednesday  
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