"Called To Fast"

Isaiah 58:1-12 **(ref)**

Definition: "Fasting is a spiritual discipline in which one abstains from food for a time, draws closer to the Lord in prayer and petitions, grows spiritually stronger, and trusts the Lord with the results."

Called To Fast!

21 Day Fast

Feb 9-Feb 29

Isaiah 58:1-12 **(ref)**

v1 Isaiah

v2-5 The Problem

v6-9 God's Chosen Fast

v10-12 Results

Types of Fasting In The Word

1. Full Fast - no food, no water, no liquids, Esther 4:16, Deut 9:9, Acts 9:9 **(refs)**

2. Normal Fast - no food, only water, 2 Chron 20:3, Ezra 8:21-23, Luke 4:2**(refs)**

3. Daniel Fast - vegetables and water, Dan 1:5-21, 10:1-3**(refs)**

Other Fasts

~ one meal per day; one day per week; 2 day fast; variation

~ favorite foods; desserts; candy; junk foods; soda

~ Important: Pray during that time if possible!!

Prayer Requests:

~ Salvations of loved ones,

~ Healing of the sick

~ Healing of depression, anxiety, fear, etc

~ Deliverance from demon possession, oppression, addictions

~ Marriages, seniors, youth, children

~ Finances, debt relief

~ USA, Haverhill, local ministries

~ New Life Leaders, Ministries, "Planted", Missionaries

21 Day Fast

Feb 9 - Feb 29

~ Fasting Guide

~ Prayer Sign Up Sheet

"...He is a rewarder of those who diligently seek Him"  Hebrews 11:6