

PRAYER

21 Day Fast
Pastor Miles McPherson – August 21, 2011

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1. What is fasting? To voluntarily abstain from eating and/or drinking for an extended period of time.

A. Fasting is designed to separate you from your perceived life support so you can focus exclusively on the Lord, who is your actual life support.

2. Fasting goal: A personal encounter with the living God. John 3:30 says, "He must increase and we must decrease." 1 Peter 1:16 says, "Be ye holy, for I am holy."

Biblical fasting examples:

Special revelation - *Exodus 34:27-28*

In times of war - *Judges 20:26*

Courage and wisdom - *Esther 4:3,16*

In times of grief - *Nehemiah 1:4, 2 Samuel 1:12, Samuel 31:13, 1 Chronicles 10:12*

Spiritual recuperation - *1 Kings 19:1-9*

Mourning - *Daniel 10:1-3*

Repentance - *Jonah 3:5, Daniel 6:18*

Ministry preparation - *Matthew 4:2*

Spiritual power - *Mark 9:29*

Ministry commissioning - *Acts 14:23*

Set aside self for holiness - *1 Corinthians 7:5*

Spiritual discipline - *1 Corinthians 11:24-28* says that Paul "fasted often."

3. Fasting preparation:

A. Prepare your heart. *1 John 1:9, Ezra 7:10, 2 Chronicles 7:14*

B. Prepare your motives. Check yourself before you wreck yourself. Establish spiritual goals (*Ephesians 1:3*). *Mark 9:14-29* says, "Lord, I believe, but help my unbelief."

C. Prepare your body. (*See diet prep at sdrock.com/fast*)
Hunger pains will come and go.

D. Prepare your schedule. With a Bible and journal, establish a time and place you will spend your extra time with the Lord. *1 Samuel 3:19, Habakkuk 2:4*

4. Fasting guidelines:

A. Explain to your family in advance what you are doing.

B. Request privacy from those who do find out.

C. Ask them not to discuss it until your fast is over.

D. Never complain or brag about your fast, and avoid talking about it.
Matthew 6:16-18

E. Establish an accountability partner for prayer and encouragement.
Proverbs 27:17

F. Keep away from negative people. *Proverbs 23:7*

G. Spend as much time as possible alone in prayer and solitude. *Matthew 4:1-11*

H. Acknowledge that your flesh cannot be trained but must be crucified.
Galatians 5:24

Notes:



Read the Bible in a year.

Don't forget to Read, Reflect and Respond.

MON - Psalm 37-39; Acts 26

FRI - Psalm 49-50; Romans 1

TUES - Psalm 40-42; Acts 27

SAT - Psalm 51-53; Romans 2

WED - Psalm 43-45

SUN - Psalm 54-56; Romans 3

THU - Psalm 46-48; Acts 28