

THE LIFE - II

Acts 1:4-14

Pastor Miles McPherson - January 13, 2013

© 2013 Rock Church



What is fasting?

Biblical fasting is a discipline of voluntarily _____ oneself of food in order to increase time with God.

Goal?

A personal encounter with the living God.

Reasons why people in the Bible fasted:

- In times of war: **Judges 20:26** (1 day)
- Repentance: **Jonah 3:5, Daniel 6:18**
- When facing danger: **Ezra 8:21,23**
- Courage and wisdom: **Esther 4:3,16** (3 days - no food or water)
- In times of grief: **1 Samuel 31:13, 1 Chronicles 10:12** (7 days mourning Saul and his sons)
- In times of distress: **2 Samuel 1:12**
- Spiritual power: **Mark 9:29** (Fighting spiritual opposition)
- Wisdom: **Daniel 1:12** (10 days vegetables and water), **Acts 14:23**
- Set aside self for holiness: **1 Corinthians 7:5**
- Answered prayer: **Acts 10:30-31** (Cornelius)
- Mourning: **Daniel 10:1-3** (21 days)
- Special revelation: **Exodus 34:27-28** (40 days no bread or water)
- Spiritual recuperation and preparation: **1 Kings 19:1-9** (40 days no food or water)
- Ministry preparation: **Matthew 4:2** (40 days Jesus ate nothing)

Establish clear Spiritual goals and guidelines.

- Establish an _____, a _____ and _____ to meet God through prayer and Bible reading.

1 Samuel 3:1-9

- Have your Bible, paper and pen ready. **Habakkuk 2:4**
- Ask for _____ from family and close friends who need to know about your fast.
- Plan your fast in advance.
- Clear your calendar of events that would compromise fasting goals.

Fasting Expectations:

Physical:

- You will find yourself moving slower, speaking less, and you will become more reflective. **James 1:19**
- A stronger mental battle than physical.

Spiritual:

- Increased _____ for God
- Increased _____ for the world
- Powerful God encounters
- Fresh revelation from God



READ THE BIBLE IN A YEAR - 2013

Sign up to receive daily readings by email at sdrock.com/bible.

MON - Genesis 37-40

TUES - Genesis 41-44

WED - Genesis 45-47

THU - Genesis 48-50

FRI - Exodus 1-2

SAT - Psalms 7-12

SUN - Exodus 3-6

READ THE BIBLE IN A YEAR - 2012 CONTINUED

MON - Acts 20-23

TUES - Acts 24-26

WED - Acts 27-28

THU - Colossians, Philemon

FRI - Ephesians

SAT - Philippians

SUN - 1 Timothy

FIND A COMMUNITY GROUP AT SDROCK.COM/COMMUNITY

Follow Miles at [facebook.com/pastormilesmcpherson](https://www.facebook.com/pastormilesmcpherson) and twitter.com/milesmcpherson
Purchase a CD of this message and previous messages in the Rockpile or online at www.rockpilestore.com.