

## The Practice of Fasting

- ◆ Fasting is going \_\_\_\_\_ food to make room for God.
- ◆ Fasting in the Bible is frequently accompanied by \_\_\_\_\_.
- ◆ \_\_\_\_\_ fasting with our prayers seems to add \_\_\_\_\_.

## The Power of Prayer and Fasting

- 1 To \_\_\_\_\_ out to God in \_\_\_\_\_. Jg 20:26-28; 1 Sam. 7:6; Ez 8:21-23; Est 4:15-16
- 2 For wisdom, discernment and \_\_\_\_\_. Judges 20:18-48; Acts 3:1-3, 9:9
- 3 To stand in solidarity with the \_\_\_\_\_ and seek \_\_\_\_\_. Isaiah 58
- 4 In \_\_\_\_\_ / \_\_\_\_\_ from sin. Jonah 3:1-5, 10; Ps. 69:10; Joel 2:12

“Even now, declares the Lord, “return to Me with all your heart, with fasting and weeping and mourning.” *Joel 2:12*

- 5 The \_\_\_\_\_ repentance of a \_\_\_\_\_. Deut. 9:19; 1 Sam. 7:1-6; Ezra 10:6; Neh. 1:4; 9:1-2; Dan. 9:1-6, 9; Joel 2:12-15; Jer. 36:9
- 6 \_\_\_\_\_ of \_\_\_\_\_ bondage/oppression. Mt. 17:28-29; Mk. 9; Ephesians 6:12

After He went into a house, His disciples asked Him privately, “Why couldn’t we drive it out?” And He told them, “This kind can come out by nothing but prayer [and fasting].” *Mk. 9:28-29*

## How

- 1 Identify your \_\_\_\_\_ in fasting.
- 2 Choose what \_\_\_\_\_ of fast.
  - ◆ Corporate or individual?; Absolute (no food, no liquids); Normal (no food, only water/liquids); Partial (no sweets, meat, coffee, only liquids, vegetables, etc.); other type of fasts (media, tv, sports, phone, social media).
- 3 Determine \_\_\_\_\_ and \_\_\_\_\_ to fast. Make a plan.
- 4 Decide what to \_\_\_\_\_ on.

If you’re just joining us, we know that the practice of fasting may bring with it difficulty for you or someone you love due to a past or current unhealthy relationship to body and/or food. We care deeply about the renewal and restoration Jesus offers every person in mind, body and spirit.

The QR code below is an interview between Pastor John Mark Comer and Dr. Alison Cook, a licensed therapist and author with a doctorate in psychology and theology from the University of Denver Seminary. We hope this resource is helpful to you.

If we can serve you in any other way, please reach out to us.

