

FASTING GUIDE

So what is fasting?

Abstaining from food or certain foods for a spiritual purpose. Normally fasting is about solid food. In this case, drink whatever you would like.

Why do this?

Several Reasons:

1. Almost every great person in the Bible is recorded as fasting – we're following their example. (Jesus, Moses, Paul)
2. It helps us to incline our entire self to God, including our physical bodies, toward God.
3. We are seeking Him with our very bodies. We are saying to God and ourselves that we want Him more than anything else.
4. It focuses our prayers. As John Piper says, "it puts an exclamation point on our prayer, 'This much I want You, O God!'"
5. It is used by God to give breakthroughs to His people.

What are we praying and fasting for?

Well, the simplest answer is MORE – more of God's presence in our lives, more of God's presence and power at our church, more breakthroughs. In short, for a God-filled, awe-inspiring year.

- Specifically pray for yourself and the rest of Journey to see "God's kingdom come" in a greater degree this coming year.
- Pray that we would be the people (individually and corporately) that He dreams that we would be.
- Pray for more impact on our community and more experience of God in every Ministry and in every family and every LIFE.

Is there anything I should watch out for when fasting?

Yes:

- Be careful about mentality of "earning" anything from God.
- Be careful about spiritual pride that can come from any spiritual practice.
- Watch out for a desire to subtly brag and wanting everyone else to know what you are doing. (See Matthew 6:16-18)

What if I can't fast for medical reasons?

Try vegetables only or as Daniel did, abstaining from "tasty foods."

How long should I abstain from food?

It's up to you. We're hoping that everyone at Journey will pick one day (2 or 3 meals).

What if I get hungry?

You will get hungry! Use that hunger to say, "I want You MORE, Lord."