

Fasting is Feasting

[Part A]

You're providing your spirit-man
with an opportunity to gorge.

Matthew 4:4 But Jesus told him, "No! The Scriptures say, 'People do not live by bread alone, but by every word that comes from the mouth of God.'" (NLT)

John 4:30 So the people came streaming from the village to see him. **31** Meanwhile, the disciples were urging Jesus, "Rabbi, eat something."**32** But Jesus replied, "I have a kind of food you know nothing about." (NLT)

Job 23:12 Neither have I gone back from the commandment of his lips; I have esteemed the words of his mouth more than my necessary food. (KJV)

PRW = Prayer. Reading. Worship.

An essential replacement for time
normally spent eating or engaged in media.

Fasting is Dying.

“Putting to death your flesh/body”

[Part B]

Prayer Focus #1

“God, let this fast look the way you want it to. Give us your heart, your desires, your prayers to pray. Let us be in sync with you every step of the way. As we do this, Break Chains. Free the oppressed. Cancel Debts.”

Isaiah 58:6-9 This is the kind of fast day I’m after: Break the chains of injustice, Get rid of exploitation in the workplace, Free the oppressed, Cancel debts. (MSG)

Prayer Focus #2

“God, we pray for ‘lights to turn on’ and ‘lives to turn around at once.’ We thank you that as we fast, we hear your heart, and you hear our prayers. Make us more aware than ever of your presence.”

Isaiah 58:6-9 Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You’ll call out for help and I’ll say, ‘Here I am.’ (MSG)

Prayer Focus #3

“God, let our lives glow in the dark! Light up the way to go, and use us to bring your life to empty and dying places.”

Isaiah 58:9-12 Your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight. I will always show you where to go. I'll give you a full life in the emptiest of places—
firm muscles, strong bones.

Prayer Focus #4

“Lord, we ask you to restore and rebuild the ruins in our lives and in our city. Do a renovation. Thank you that you specialize in taking what the enemy meant for evil and using it for our good. Thank you that no failure, no mistake and no pain is wasted. Thank you that you cause all things to work together for our good.”

Isaiah 58:9-12 You'll be like a well-watered garden, a gurgling spring that never runs dry. You'll use the old rubble of past lives to build a new, rebuild the foundations from out of your past. You'll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again.

Prayer Focus #5

God, let us crave your words more than food. Give us a passion for you and your kingdom. Let 2016 be a year built on You. Have your way in us!

Job 23:12 Neither have I gone back from the commandment of his

lips; I have esteemed the words of his mouth more than my necessary food. (KJV)