

Fasting

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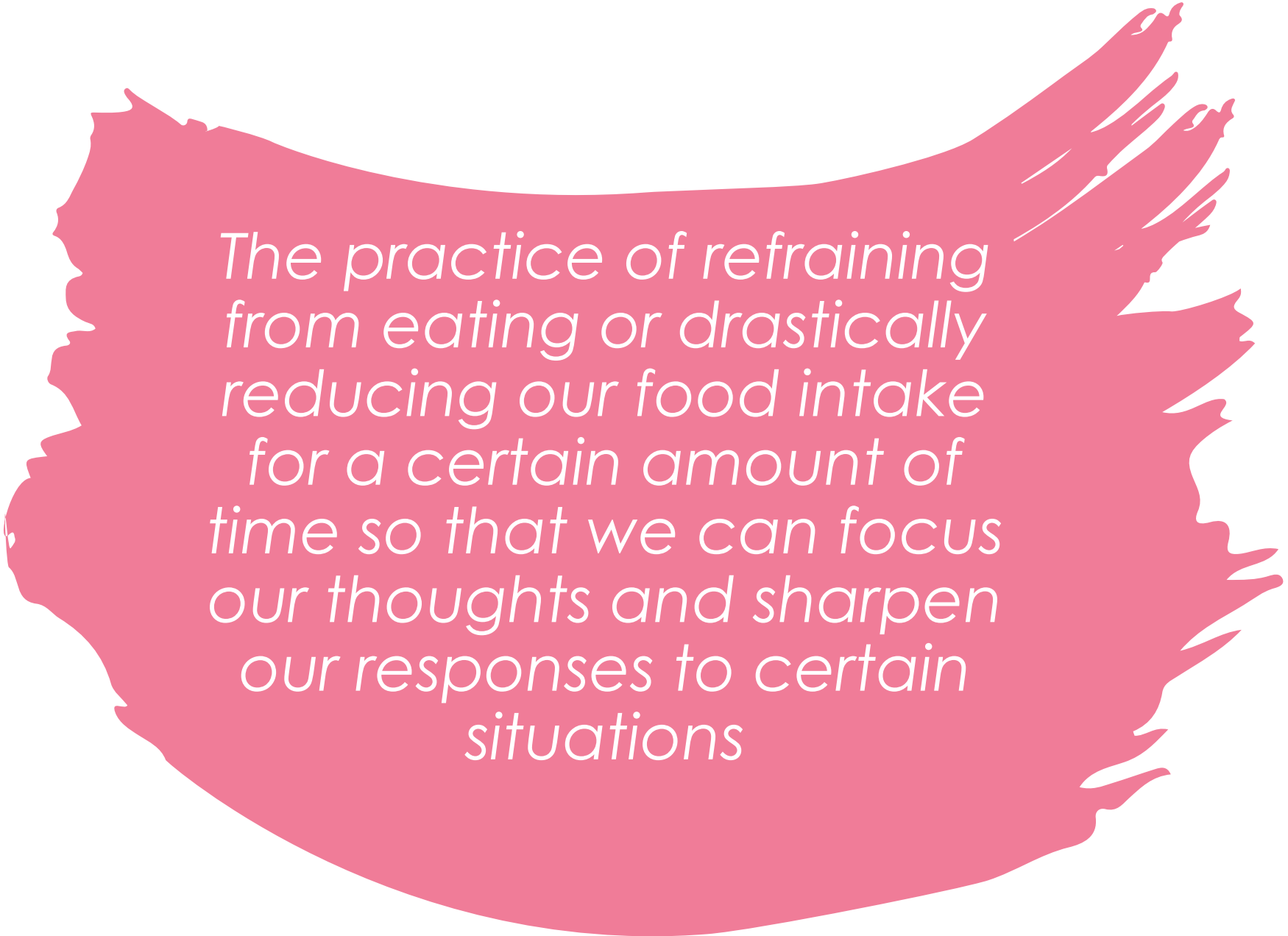
Purpose

- The CME Church is now in the process of implementing a strategic plan for the church. Each local church has been asked to formulate a plan for its local congregation so that we will be vibrant. The have provided a guideline to go by and we are to teak the plan to our local congregation. Before we plan, we have been asked by our Bishop, James B. Walker to fast for the month of September to seek the God's guidance in this process. We are encouraged to fast and pray for the movement of God in our local Congregation. We want to catch the vibe so that our church will be Vibrant.



What is Fasting

DEFINITION



*The practice of refraining
from eating or drastically
reducing our food intake
for a certain amount of
time so that we can focus
our thoughts and sharpen
our responses to certain
situations*

Why Should We Fast



While in the modern world, fasting has become popular for weight loss and other purported health benefits, individuals and people groups in ancient times fasted to show their devotion to their deity, demonstrate the depth of their sorrow over a sin or some situation in their lives, or to show their commitment to a certain cause.

Purpose



Professor Joe Carter -10 Reasons for Fasting

- To strengthen prayer (Ezra 8:23)
- To Seek God's guidance (Judges 20:26)
- To Express Grief (1 Samuel 31:13)
- To seek deliverance or protection (2 Chronicles 20:3-4)
- To express repentance and a return to God (1 Samuel 7:6)
- To Humble oneself before God (1 Kings 21:27-29)
- To express concern for the work of God (Nehemiah 1:3-4)
- To Minister to the needs of others (Isaiah 58:3-7)
- To Overcome temptation and dedicate yourself to God (Matthew 4:1-11)
- To express love and worship for God (Luke 2:37)

Seven Types of Christian Fasting

- **Partial Fasting**
- **The Daniel Fast**
- **Complete Fasting**
- **Absolute Fasting**
- **Sexual Fasting**
- **Corporate Fasting,**
- **Soul Fast.**

Partial Fasting

- A Partial Fasting is when you refrain from eating sunup to sundown. You can also do this from a certain time of day, for example, from 7:00 am to 4:00 pm.
- Before fasting, you need to decide what time you will not be eating. After sun-down or whatever time you have decided to end fasting, you may eat.

Daniel Fasting

- The Daniel Fast is taken from when Daniel fasted in the Bible.
- At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.
- Daniel 10:2-3

Daniel Fast Purpose

- The purpose of this fast is to cleanse your body while praying and pressing into God's presence. Before doing this fast, you would need to decide how long you will do this fast for. Some people do this fast for a week whereas others may do it for three weeks as Daniel did.

“Now, therefore,” says the Lord, “Turn to Me with all your heart, with fasting, with weeping and with mourning” Joel 2:12

Daniel Fasting

What you can eat

Fruits

Nuts

Vegetables

Water (in order to flush out toxins)

What You Cannot Eat

- Meats
- Pastries
- Chips
- Bread
- Fried Food
- Coffee & Tea
- Juice (Some people do choose to drink juice during this fast)

Complete Fasting

A complete fast is where you only drink water. You would not eat any solid foods. Some people choose to drink water and juice to help maintain some energy. It would be up to you to decide if you wanted to include juice or not.

You should decide how many days you will do this fast before beginning. This fast will humble you as you will no longer have the satisfaction of chewing solid food.

Absolute Fasting

- An absolute fast is based on both Paul and Esther's fasts in the Bible. You do not eat or drink during this fast. No drinking included water.
- After Saul was blinded on the road to Damascus, the Bible says,
 - *For three days he was blind, and did not eat or drink anything.*

Absolute Fast

- Before Esther was going to ask the king to ask him to not follow the plans Haman had to kill the Jews. The king did not know that she was a Jew. The problem was entering the king's chambers without permission could end in death.
- *Go and gather together all the Jews of Susa and fast for me. Do not eat or drink for three days, night or day. My maids and I will do the same. And then, though it is against the law, I will go in to see the king. If I must die, I must die* Esther 4:16

Sexual Fasting

- The concept of sexual fasting comes from Paul. He poses the idea that through mutual consent you would be apart for a time to devote yourself to praying.
- This fast would be done in the context of marriage and where both parties are in mutual agreement.

Soul Fasting

- Soul fasting is where you obtain from a certain area of your life that may be out of balance or something you consume much of your time.
- Ideas for soul fasting include:
 - Television
 - Social Media
 - Podcasts
 - Magazine

Isaiah 58:1-2

“Shout it aloud, do not hold back.
Raise your voice like a trumpet.
Declare to my people their rebellion
and to the descendants of Jacob their sins.
For day after day they **seek me** out;
they seem eager to know **my ways**,
as if they were a nation that does what is right
and has not forsaken the commands of its God.
They **ask me** for just decisions
and **seem eager for God to come near them.**”

Reasons For Fasting

To Seek God Out

To Know His Ways

To pursue answers to decisions that are coming into play in one's life

To intentionally draw closer to him

How Should We Fast

- Your personal Reasons for Pursuing a Fast
- The Method of Fasting You Want to Pursue
- The Duration of the Fast
- The Time You Have To Focus
- Your Physical Space
- Your Own Personal Health
- Breaking Your Fast

How Not To Fast

- **“Yet on the day of your fasting, you do as you please and exploit all your workers.**

**Your fasting ends in quarreling and strife,
and in striking each other with wicked fists.**

**You cannot fast as you do today
and expect your voice to be heard on high.**

Is this the kind of fast I have chosen,
only a day for people to humble themselves?

Is it only for bowing one’s head like a reed
and for lying in sackcloth and ashes?

**Is that what you call a fast,
a day acceptable to the LORD?**

[Isaiah 58:4–5](#)

How Not To Fast

- Put on a Show
- Motivations are not pure.
- To manipulate God into conforming his divine will to one person's plans



Williams Memorial Fast

Increase the anointing on our Pastor and Membership

The Vision For The Church

Increase the vitality of our church and its outreach ministry and witness

Vibrant Worship

Increase our salvation and membership of our Children, our youth, our emerging young adults and adults through witnessing

Increase our finances and increase the percentage of tithers in our congregation.

Development of our properties that they may benefit our community



Our Fast

Corporate Fast
Daniel Fast

3 days a Week
Mon 12 noon-Wed 12
noon

Fruits
Nuts
Vegetables
Water

Pray Each
Wednesday at 12:00
Noon