ECULTURE CELEBRAT ESSION OF STEWARDS IRCH DISCIPLINE JOUR

Three Reasons to Fast

- 1. Sin
- 2. City
- 3. Vision

Sin:

"Yet even now" declares the Lord, "return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments." Return to the LORD your God, for he is gracious and merciful, slow to anger and abounding in steadfast love; and he relents over disaster. (Joel 2:12-13)

City:

But seek the welfare of the city where I have sent you into exile, and pray to the Lord on its behalf, for in its welfare you will find your welfare. (Jeremiah 29:7)

Vision:

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." So after they had fasted and prayed, they placed their hands on them and sent them off. (Acts 13:2-3)

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed. (Acts 14:23)

Get Started with Fasting

- Set your objective (Sin, City, Vision)
- Choose your fast (Major, Minor, Partial, Soul)
- Prepare yourself (Mind, Body, Heart, Community)
- Make a plan
- Start it & stick with it
- Share with others what God is doing

"We rely on the Holy Spirit through prayer & fasting"