

4. Steps in Fasting

- A. Decide the purpose of the fast
- C. Decide the type of fast-days, what you will or will not eat.
- D. Proclaim the fast before the Lord
- E. Believe you receive the reward before the fast
- F. Minister to the Lord and thank Him for the reward—have faith
- G. Fasting will lead you in ministering to others. Ephesians 6: 18 “ Praying always with all manner of prayer and intreaty(fasting) and supplication in in The Spirit” for the purpose in 19 “that utterance may be given unto me, that I may open my mouth boldly to make known the mystery of the gospel.”
- H. Expect assistance from the angels Matthew 4:11 Then the devil left him , and behold angels came and ministered unto him.

There are day fasts, 3 day fasts, 1 week fasts and 40 day fasts spoken of in Bible To be desperate for answers or guidance is how you can hang on for the 40 day fast

Pastor Jared went into cabin in woods for 40 days until he got direction. God then sent a truck driver 500 miles out of his way to tell him, Son in law Ben wanted to know why his baby died and would not stop until he got answer so went for a month. God then sent a vision to him. Not many people get desperate enough for God to go for long times.

I believe as a church, we should set aside January for a fast. Decide what the goal is—for salvation of souls, for deliverance of lives, blessings of prosperity, open windows of opportunity, streams of income, checks in the mail, jobs or better jobs, bonuses, benefits, promotions, raises, sales, grants, gifts, inheritances, settlements, witty inventions, rebates, found money.

Ask God what kind of food and/or drink you should give up for the month. In the Bible a fast is always giving up food or drink and I think we need to stick to Bible type of fast.

Let us pray----ask God what he wants our goal to be and what to give up.