

# GUIDELINES FOR FASTING

Self-indulgence is the enemy of gratitude, and self-discipline usually its friend and generator. That is why gluttony is a deadly sin. The early desert fathers believed that a person's appetites are linked: full stomachs and jaded palates take the edge from our hunger and thirst for righteousness. They spoil the appetite for god." ~ Cornelius Plantinga, Jr.

There are various kinds of fasts that are mentioned in the Bible. We are committing to a community fast; however, given the fact that each of us know that we are fasting, it should remain private to all others. Our fast will be abstaining from food, but not water. Monday morning at 12:00 a.m. will begin the fast, and it will end on Tuesday morning at 12:00 a.m. Abstinence of food was exemplified by our Savior in Matthew 4:2. The purpose of fasting includes:

- ▶ To strengthen prayer (Ezra 8:23)
- ▶ To seek God's guidance (Judges 20)
- ▶ To express grief (1 Samuel 31:13)
- ▶ To seek deliverance or protection (2 Chronicles 20:3-4)
- ▶ To express repentance and then return to God (Joel 2:12)
- ▶ 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 58:6-7)
- ▶ To overcome temptation and dedicate yourself to the work of God (Matthew 4:1-11)
- ▶ To express love and worship unto God (Luke 2:37)

***If you are on any medication that requires food, or if you have a condition that would inhibit you from fasting, please do so. God will lead you to another path to draw near to Him.***