

While you are fasting, what exactly are you believing God to do in, for, or through you? Listed below are 10 different types of fasts found in the bible that you could model. Read these and see the results.

- **The Disciples Fast** (Matthew 17:20, 21): Deliverance from sin, addiction, bondage

- **The Ezra Fast** (Ezra 8:21-23): Help and divine protection from Satan .

- **The Samuel Fast** (1 Samuel 7:6): For revival – the people were bound by idol worship and needed deliverance. Samuel called them back to seeking the Lord and to bring the Ark back to Jerusalem.

- **The Elijah Fast** (1 Kings 19:4,8): Mental freedom from emotional problems or habits.

- **The Widow's Fast** (1 Kings 17:16): She went without food to meet the physical needs of someone else. – the prophet Elijah. Because she sacrificed her food, God made sure that she would have more than enough food.

- **The Paul Fast** (Acts 9:9-19): For physical healing of his eyes and to get direction from God.

- **The John the Baptist Fast** (Luke 1:15): To enhance our walk with God and witness

- **The Esther Fast** (Esther 4:16, 5:2): Protection from the evil one.

- **The Jesus Fast**— (Matthew 4:1, 2): For spiritual empowerment and victory over temptation, the flesh and the devil.

- **The Daniel Fast** (Daniel 1:12-20, 10:1-3) – The seeking of God's favor in His purpose and vision for life.

### *Frequently Asked Questions About Fasting*

**Q: I have a health condition, or have trouble fasting for long periods of time. Are there other kinds of fasts?**

A: Yes! Some of the other kinds of fasts include: media (TV, movies, music, cell phone or social media); a partial fast (from sugar, soda, or certain kinds of food.) God understands our specific situation may not allow us to fast from food. The main purpose of fasting is to intentionally give something up so that you can focus more on God in prayer and seek Him.

**Q: What should I do about my prescribed medications or if I am pregnant?**

A: Always consult your doctor before beginning a fast and follow the medical regimen they prescribe.

**Q: Why should I fast?**

A: There are numerous reasons to fast: to gain a closer personal relationship with God; to pray for healing and against sickness or danger; or for the salvation of a loved one; and many more.

**Q: What is the significance of prayer with fasting?**

A: Fasting should have a purpose and this purpose is conveyed to God in the form of prayer. Prayer before a fast, at various intervals during the fast, and at the end of the fast clarifies our purpose, and focuses us on what God may be telling us as we spend time with Him.

**Q: Can I watch TV while fasting?**

A: The purpose of fasting is to grow closer to God, so it's recommended to limit entertainment while fasting so you can focus on Him.



**LENT 2018**

February 14 - March 31  
PLEASANT GROVE CHURCH

REV. DR. CLASSY PRESTON, SENIOR  
PASTOR

*Message from Pastor Preston*

**“The ‘Fast That God Chooses”**

Pleasant Grove Church will begin a corporate fast beginning midnight on Wednesday, February 14th and ending at midnight Saturday, March 31, 2018. During the period of the Fast, you will fast **each** week beginning at midnight on Sunday and ending at midnight on Friday. On Saturday and Sunday, you may eat a normal meal; however, we ask that you don't over eat. So for example, you will fast beginning midnight February 14<sup>th</sup> through midnight Friday, February 16<sup>th</sup>. On Saturday and Sunday, February 17<sup>th</sup> and 18<sup>th</sup>, you can eat, but we suggest light...don't overeat. Then at midnight on Sunday, February 18<sup>th</sup>, you begin to fast again until midnight Friday February 23, 2018. You will continue this pattern each week until March 30<sup>th</sup>. We are requesting that every disciple and supporter fast at one of the levels suggested and keep a prayer and study schedule. Persons with specific medical conditions can enter the fast but remain on their essential diets. Please consult your personal physician for specific instructions if you have questions. God would not commend a physical exercise that would harm people physically or emotionally.

The fast period will include not only abstaining from food, but spending specific times in studying the Word and prayer. As we prepare for the fast be mindful of the following:

1. **Purpose of Fasting (Matthew 6:16-18):** Fasting is not an end in itself; it is a means by which we can worship the Lord and submit ourselves in humility to Him. We fast and pray for results, but the results are in God's hands. Some of the greatest spiritual benefits of fasting are becoming

more attentive to God, becoming aware of our own inadequacies and His adequacy, our own contingencies and His sufficiency and listening to what He wants us to be and do. The results are spiritual results that glorify God, both in the person who fasts and others for whom we fast and pray.

2. **Study of the Word (Matthew 4:1-11):** It is important that we fast, but we must study and meditate on the Word and apply it to our daily living. **Each day you will receive scripture to read, study, reflect upon and apply to your life.**
3. **Prayer (Matthew 6:5-14):** When prayer is coupled with the Word, you have a divine hook up with God. When we pray, we talk to God. As we read the Word, God speaks to us and reveals His will for our lives. Establishing a devotional time to read the Word and pray daily is not an option: it is essential for Kingdom living. **Corporate prayer will be held Wednesday, February 14, 2018 at 6:30 PM to celebrate the beginning of our fast. On Wednesday, February 21, 2018, corporate prayer will be held again to continue the celebration of our fast.**
4. **Limited Activity (Matthew 6:19-24):** During the fast, we will limit our time on the phone, watching T.V. and time on the computer. We will spend quality time in prayer as a couple, family, or individually. We are also giving up unnecessary spending. Developing a simplistic lifestyle is key to not letting possessions possess us and for laying up for ourselves treasures in heaven.

5. **Prepare Yourself Physically:** Begin immediately to eliminate certain foods from your diet and drink more water. Drink at least 8 glasses of water per day. During the fast, expect some physical discomfort, especially on the second day. You may have fleeting hunger, weakness, pains, dizziness or the “blahs”. Withdrawal from caffeine and sugar may cause headaches. The first two or three days are usually the most difficult. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually, however, if you feel hunger pains, increase your water intake. **Options for fasting will be sent to you via e-mail and placed on the church's website.**

**Your Sacrifice for Christ**

After prayer about what you choose to deny yourself, we are asking that you write down your weekly sacrifice below and on a small index card or piece of paper. What you write below is to remain with you, and each week the card/paper is to be placed on the cross (located in the sanctuary) as a symbol of your sacrifice.

2/14 -2/17	
2/18 – 2/23	
2/25- 3/2	
3/4 – 3/9	
3/11 – 3/16	
3/18 – 3/23	
3/25 – 3/30	