

MESSAGE NOTES

March 2, 2014

GIVE, PRAY, FAST
How To Fast
Acts 13:1-3
Pastor Jeff Nelsen

- Fasting is a _____, an _____ — a requirement.
- Fasting = choosing to give up _____ to draw _____ to God.

But when you fast, comb your hair and wash your face. **Matthew 6:17**

FASTING IN ACTION (Acts 13:1-3)

- Tho' often done _____, they fast _____. 2 Chron 20:3-4 Acts 14:23
- They _____ the Lord & _____ as they fast. Proverbs 3:6; Lk 2:36-37
- As they fast, God _____ how to _____ Him—He _____ doors.
- Believe God's a Rewarder of all who diligently _____ Him. Heb 11:6

WHEN YOU FAST ...

- ① _____ yourself to make _____ for God. Neh 9:1-3; Dan 9:3
- ② _____ yourself w/God's Word, feed on _____. Matt 4:4; John 4:34; 6:35
- ③ _____ the Lord to _____ your & others' _____. Luke 22:32
- ④ _____ worry if your time is _____-spectacular or you _____.
- ⑤ _____ in the Lord & His _____ to get _____ done. Zech 4:6

So after they had fasted and prayed,
they placed their hands on them and sent them off. Acts 13:3

LIVE A REWARDING LIFE

- Even if you're _____ to fast, will you _____ Him & _____?

I'm indebted to Dallas Willard, Richard Foster, Tony Evans & Jentezen Franklin for their insights on the practice of fasting
Copies of today's message can be downloaded free at www.cherryhillsfamily.org. Also available on cd after 11:00 service or
mark your card (ready Tuesday afternoon) for suggested donation \$2. Questions? Call 217-546-4818. ©2014 Jeff Nelsen

CHOOSING TO FAST

Lord, by Your strength and grace,

I commit to fast and pray as You've invited me to do.

As I go w/out food to seek You more intently, fill, nourish & strengthen me

- ① Lord, my purpose in fasting is to seek You for: (Circle one)

Guidance/direction

Fresh power to know and obey You

Breakthrough with an addiction, habit or struggle

Healing—physically, emotionally, relationally

Unsaved/wayward family and friends

Financial provision

- ② Lord, here's the type of fast I choose: (Circle one)

Alone or With others _____

Full fast (no food, only water, liquids, juice or broth)

Partial fast (ex. no sweets or meats, only fruit, vegetables & water)

Other: people media sports phone _____

Remember to replace w/prayer, worship, Bible study—time w/God

- ③ Lord, here's when & how long I will fast: (Circle one)

Begin date: _____ End date: _____

1 meal

2 meals (24 hours)

3 meals (36 hours)

More than 3 meals

If you're new to fasting, it's good to start slow, but stick with it
Always consult your doctor before starting any fast

Other Helpful Resources

Fasting and The Fasting Edge by Jentezen Franklin

Tony Evans Speaks Out On Fasting by Tony Evans

Celebration Of Discipline by Richard Foster

The Spirit Of The Disciplines by Dallas Willard