


TSH 40 Day New Year Fasting and Prayer:

One cannot use fasting to impress God (or others) or to earn His love or acceptance. The Lord made us acceptable through Jesus' work, not ours. In the book 'Celebration of Disciplines', Richard Foster writes: *"... in experiences of fasting we are not so much abstaining from food as we are feasting on the word of God. Fasting is feasting! ... We are told not to act miserable when fasting because, we are not miserable. We are feeding on God, and just like the Israelites who were sustained in the wilderness by the miraculous manna from heaven, so we are sustained by the word of God."*

NOTHING is a stronger companion instrument in accomplishing powerful INTERCESSION than the practice of fasting as taught in the Bible. Fasting does not change God's hearing so much as it changes our praying. Fasting pointedly reveals the things that control us, whether it is our stomachs, pride, anger, bitterness, jealousy, selfishness, fear—the list goes on. Fasting also makes us more receptive to God's guidance and wisdom. The church in Antioch "fasted and prayed" before they laid their hands on Barnabas and Saul and sent them off on the first missionary journey (Acts 13:3). The discipline of fasting sharpens, and gives passion to our intercessions. There are also many other purposes of fasting, seeking deliverance or protection, expressing repentance and a return to God, humbling oneself before God, overcoming temptation, expressing love and worship to God, and so on. In all of this, God will reward those who diligently pursue him.

over 
The Shepherd's House, January-14-2013

TSH Corporate Fast Jan-14 (6am) to Feb-23 (6am):

Aim: To join the Community of Faith at TSH in a Corporate Fast to seek the Lord's Face for His presence, His power, the guidance through His Word and the Holy Spirit, the healing of souls, bodies, families, finances, and the evangelism of the lost

Vow:

- i) We will delight ourselves in the Lord so that our desires become the Lord's desires (Psalm 37:4).
- ii) We will seek first the Kingdom of God and His righteousness in our lives so that our lives will follow His principles laid out for us in His Word (Matt.6:33).
- iii) We are fasting to be in the center of the center of the Father's will (Rom.12:1-2)

Bible Promise: "Your light shall break forth like the morning" (Isa.58:8)

Fast: What will I withhold: (Please see "Tips on Fasting")

Begin: Jan-14 (6am)

End: Feb-23 (6am):

The Lord Jesus being my strength, and grace being my basis, I commit myself to the TSH Corporate Fast to seek the Lord's presence, His power, the guidance through His Word and the Holy Spirit, the healing of souls, bodies, families, finances, and the evangelism of the lost.

Signed: _____

Date: _____