

PREPARING TO FAST

Aim

To expand and increase my testimony to Jesus Christ.

Vow

Sacrifice

What I will abstain from for life:

Fast

What I will withhold:

Begin Date: ___/___/___

End Date: ___/___/___

Bible Basis

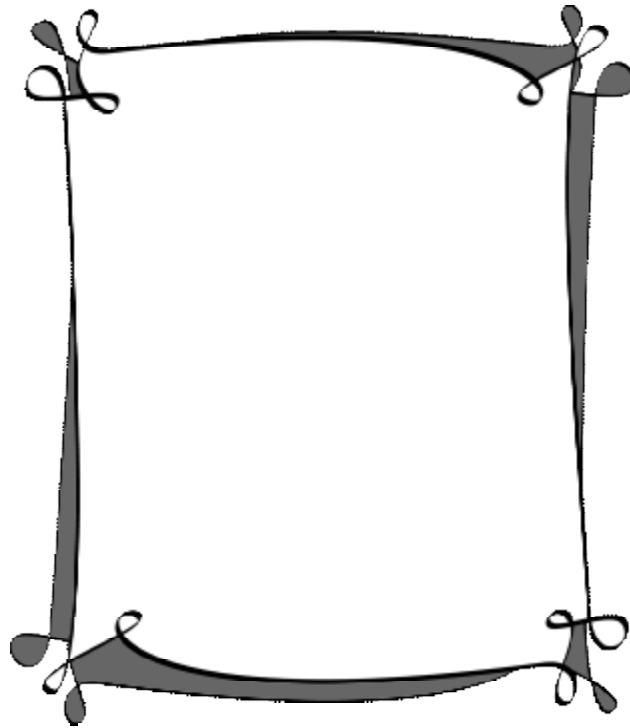
*Let your life so shine before men,
that they may see your good works
and glorify your Father in heaven.*

Matthew 5:16

God being my strength, and grace being my basis, I commit myself to Fast for God's glory.

Signed: _____

Date: _____



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A Call To Pray and Fast

To love the way God has called us to love and to influence the way God has called us to influence requires a power greater than ourselves. It requires that God does something supernatural in us and through us. God's expectation is that we would live in such a way that people would see our actions and give glory to God (Matthew 5:16).

Does that sound improbable? Impossible? Ridiculous?

That is because on our own – it is! But when we surrender control of our lives to God, His Spirit then empowers us to change the world. Influence is not about us. It is about God working through us. God does not call us to engage the world with wise and persuasive words, but rather with a demonstration of His power (1 Corinthians 2:1-4).

How to be Filled with the Holy Spirit

- *Empty sin from your life*
- *Yield yourself to God*
- *Ask the Spirit to enter your life*
- *Obey God's words*
- *Have faith that He will come*
- *Walk continually in the Spirit*
- *Let the Spirit continually empower you*

Four Kinds of Fasting

1. ***Normal Fast:*** going without food for a definite period of time during which you ingest only liquids (water and/or juice).
2. ***Absolute Fast:*** allows no food or water, and should be short. Medical supervision is recommended.
3. ***Partial Fast:*** omitting certain foods or includes a schedule of limited eating. It may be one meal a day, eating only fresh vegetables and fruit, or bread and water. This type of fast often works well for those with dietary restrictions.
4. ***Rotational Fast:*** Eating or omitting certain families of food for designated periods. Example: eating vegetables on Wednesday, grains on Saturday, etc.

7 Steps to an Influential Life

- Step 1:*** Attach your diet/fast to your desire for influence
- Step 2:*** Write out the testimony you want
- the areas in which you want to influence others
 - the people you want to influence
 - the events you want to influence
 - the place where you want to establish your testimony
- Step 3:*** Determine to be a “*person of the vow*”
- You “vow a vow” to God, and you demonstrate your vow by being different.
- Step 4:*** Submit your total lifestyle to Christ
- Step 5:*** Decide whether your fast is an event or a process
- Event: fasting on occasion for a specific purpose
 - Process: a lifelong diet adjustment
- Step 6:*** Pray for your testimony: Pray for...
- insight to understand the problem
 - strategy to solve the problem
 - strength to deal with the problem
 - God to providentially work behind the scenes to restore and give you influence.
- Step 7:*** Seek God to know Him more
- recognize your limitations
 - recognize your unworthiness
 - evaluate your desires