Prayer & Fasting

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- ¹ Then the word of the LORD came to Jonah a second time: ² "Go to the great city of Nineveh and proclaim to it the message I give you." ³ Jonah obeyed the word of the LORD and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it. ⁴ Jonah began by going a day's journey into the city, proclaiming,
- "Forty more days and Nineveh will be overthrown." ⁵ The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.

Prayer & Fasting ⁶ When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust. ⁷ This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink. ⁸ But let people and

animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence. ⁹ Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish." (Jonah 3:1-9)

Prayer & Fasting • Introduction • Biblical Examples • Right Attitude • Practice • Conclusions

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- Introduction
- Biblical Examples
- Right Attitude
- Practice

Conclusions

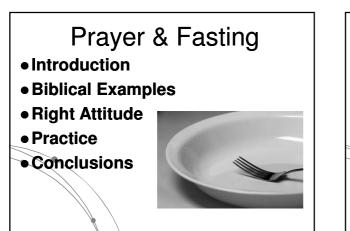


Biblical Examples Confess and Reflect (Jonah 3:1-9) Care about one's country, nation (Daniel 9:1-4, 21-25) Seek future direction (Acts 13:1-3) Intercede (Mark 9:29)

Seeking Future Direction • ¹ Now in the church at Antioch there were prophets and teachers: Barnabas, Simeon called Niger, Lucius of Cyrene, Manaen (who had been brought up with Herod the tetrarch) and Saul. ² While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³ So after they had fasted and prayed, they placed their hands on them and sent them off. (Acts 13"1-3)

Intercession

- 28 After Jesus had gone indoors, his disciples asked him privately, "Why couldn't we drive it out?"
- 29 He replied, "This kind can come out only by prayer *and fasting*." (Mark 9:28-29)



Why Not Mentioned Much?

- Fasting is personal, between God and oneself (Matt 6:16-18)
- Many people think fasting is harmful
- Avoid asceticism and justification by deeds (Matt 4: 1-2)

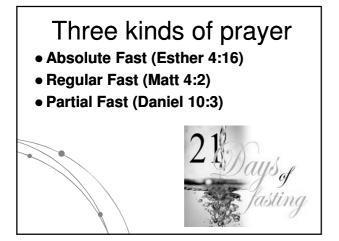
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¹⁶ "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you." (Matthew 6:16-18)

Harmful to Body?

- People with diabetes or heart disease, pregnant women.
- Feeling hungry is ok
- In the beginning it is hard
- It won't affect your work; work with joy

Right Attitude Not using fasting and prayer to manipulate God's answer to prayer Deny one's desires; purify one's spirit and heart to pursue spiritual things Being led by God from the beginning to the end Rejoice, resist temptation

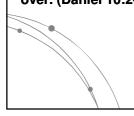


Absolute Fast

 "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." (Esther 4:16)

Partial Fast

• ² At that time I, Daniel, mourned for three weeks. ³ I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over. (Daniel 10:2-3)





Frequency of Fasting

- Often
- Occasionally
- When there is a special need



Cultivate the Habit

- Do not eat too much before and after the fast
- Have fruit and vegetable in the beginning and the end of fast
- 24 hours, from afternoon to afternoon, not having two main meals
- 36 hours, not having 3 main meals

Feelings During Fasting

- First three days not feeling well
- The fourth day, less hungry, faint, feel worst
- The sixth to the seventh day, regain energy, concentration
- The ninth and tenth day, spirit lively again, all the toxics gone
- The twenty-first to the fortieth day, hunger will come back again
- When resuming eating, gradually add the portion

