



OUR WAY OF LIFE

MCBC
FASTING

OUR VISION

That our church will see the fulfilment of this prophecy through being obedient to the word of God through prayer and fasting.

Then when you call, the Lord will answer. 'Yes, I am here,' he will quickly reply. "Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumours! Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring. Some of you will rebuild the deserted ruins of your cities. Then you will be known as a rebuilders of walls and a restorer of homes.

Isaiah 58:9-12 (NLT)

WHY DO WE AS A CHURCH FAST?

As a church we accept that the Bible is the word of God and has instructions for us to follow. We long to be obedient to all aspects of the bible. With that in mind, fasting is something that the Lord asks us to do.

JESUS TAUGHT US WHAT TO DO WHEN WE FAST...

"And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. But when you fast, comb your hair and wash your face. Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you". Matthew 6:16-18 (NLT)

FASTING IS ALL THROUGH THE BIBLE

Moses fasted – Exodus 34:28

King Jehoshaphat called Israel to fast – 2 Chronicles 20:3

David fasted – 2 Samuel 1:12 & 2 Samuel 12:16

Esther called her people to fast for their deliverance – Esther 4:16

Nehemiah called a time of prayer and fasting – Nehemiah 1:4

Ezra called the people to fast and pray for protection – Ezra 8:21-23

Daniel fasted and prayed – Daniel 9:3-5

Joel prophesied there is a time to fast and repent – Joel 2:12-13

The Ninevites fasted and repented – Jonah 3:5-9

Anna worshipped night and day fasting and praying – Luke 2:37

John the Baptist taught his disciples to fast – Mark 2:18

Jesus fasted – Matthew 4:2

Jesus told us we would fast – Matthew 9:15

The church of Antioch fasted – Acts 13:2

Paul and Barnabas fasted – Acts 14:23

DEFINITION FOR PRAYER AND FASTING:

The purpose of Christian fasting should be to take our eyes off the things of this world and focus our thoughts on God.

Prayer and fasting is defined as voluntarily going without food in order to focus on prayer and fellowship with God. Prayer and fasting often go hand in hand, but this is not always the case. You can pray without fasting and fast without prayer. It is when these two activities are combined and dedicated to God's glory that they have great effectiveness.

Having a dedicated time of prayer and fasting is not a way of manipulating God into doing what you desire. Rather, it is simply forcing yourself to focus and rely on God for the strength, provision, and wisdom you need.

WHAT CHANGES WHEN I FAST

- As we deliberately choose God over food or whatever we have decided to fast, we change.
- Our relationship with God goes deeper. It becomes all about him and his will.
- You change, and consequently the life you lead, invest in and are involved in changes too.

HOW DO I PREPARE TO FAST?

You need to go into a fast prepared and definite on what you going to do, otherwise it is easy to not keep to it. One good way is to make a contract with God. Write it out and stick it somewhere that you will see it every day.

- Write the dates you will start and finish.
- What you are going to fast?
- Specific things that are on your heart to pray for during that time.
- Ask God for specific scriptures to pray and declare over your life, or over the situation, event, people that you are fasting for during that time.

WHAT DO I FAST?

Firstly ask Jesus what he wants you to fast.

Food ideas:

- Your favourite food
- All sugar
- Coffee
- Dairy products
- All meat
- Products made with flour
- Daniel fast: Only eating fruit, veg, whole grains, nuts and water
- Fast 12 or 24 hours one day each week
- Fast from sunrise to sunset or vice versa
- Skip a meal each day

Non Food ideas:

- Social Media
- TV/Media
- Shopping
- Your favourite things

KEEPING A RECORD

Because we are focussing more on God during this time, it is often easier to hear him. We encourage you to keep a journal of this time.

Daily write:

- What you are feeling
- What God is saying
- What you prayed for yesterday
- Something significant that happened during the day
- Scriptures God is speaking to you
- Draw or explain any pictures, visions or dreams you have

Write down everything – sometimes it becomes clearer what God is doing in our lives and saying to us over time. If we don't keep a record we tend to forget too easily.

REMINDER

Please look after yourself while fasting. There are medical benefits to letting your body rest from food, but do it wisely. See a medical professional if you have any questions or concerns before you begin fasting.

QUESTIONS?

If you have any questions about anything in this 'Way of Life', please contact one of the MCBC Pastors or the church office.

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