

# TIME OF REFRESHING THROUGH PRAYER & FASTING



## **PURPOSE OF FASTING...**

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**THE IDEA OF A FAST IS NOT SELF-DENIAL, BUT PUTTING YOURSELF IN A PLACE TO RECEIVE MORE FROM GOD**

- **Isaiah 58:6-8**
- **Mark 9:29**
- **Acts 13:2,3**
- **Acts 3:19**

Living a “fasted life” is a life that is lived under God’s control, not under the control of the passions of your body or under the control of your circumstances.

### **Daily Confession ...**

*Lord, I love You. You are the great God of my salvation. As I draw closer to You and seek to know You more, reveal to me the secret knowledge and wisdom I need for my life today.*

### **Meditation Scriptures ...**

- **Week 1 – II Peter 1:2,3**
- **Week 2 – Ephesians 1:17-19**
- **Week 3 – Luke 11:9-10**
- **Week 4 – James 1:5-7**

**SUNDOWN FAST**  
**DESIGNATED TIME PERIOD**  
**FOR FASTING:**  
**FEBRUARY 1 THRU FEBRUARY 28, 2010**

**Week One & Two:**

Fast **one** self designated day per week for the first 2 weeks

**Week Three & Four:**

Fast **two** self designated days per week for the last 2 weeks

**DESIGNATED SUNDOWN FAST:**

6am – 6pm (water only)

No Food

No coffee, juice, soda, alcohol

No sweets, desserts, candy, gum

Note: Please use discretion if you are taking medication  
or are under a doctor's care

**DURING THE FAST:**

- Spend time when you would normally eat (breakfast, lunch, snack), to be alone with God to pray, read, and meditate on God's word.
- Journal throughout the day what God is saying to you.
- Speak your confession of faith, daily.

**BREAKING THE FAST:**

Eat fresh fruit, vegetables, or soup

Drink fruit juice

Do Not Overeat!

Connect with your Life Group to receive in depth teaching on how to live a fasted life.