

FASTING 101

Gateway's Sanctuary will be open with worship music on, if you would like to spend some time in prayer here.

Mon. - Thurs. 9:30am-3pm

Fasting isn't about getting God's attention; its about getting our attention back where it belongs - on Him!

Fasting isn't about "getting" God to do something: its about intentionally taking something OUT of your life in expectation that God will pour something IN. Its removing something physical from your life in order to tell your body that we live by the Spirit! There are different types of fasts: The one you choose is between you and God. He will honour your best sacrifice.

Here are SOME examples (contact Pastor Aaron if you'd like some more ideas!)

Full Fast

Drink only liquids (you establish the number of days) - please consult your doctor before fasting this way.

The Daniel Fast

Eat no meat, no sweets and no bread. Drink water and juice. Eat legumes, fruits and vegetables.

3-Day Fast

This fast can be a Full Fast, Daniel Fast or give up at least one item of food.

Partial Fast

A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

Non-Food Fasts

Give up television, movies, video games, or something else! Replace the time usually spent on those activities in prayer, worship, and Scripture.

Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Relation to Prayer and Reading of the Word:

1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12-13, Luke 2:37, Acts 10:30, Acts 13:2

Corporate Fasting:

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37, 2 Chronicles 20

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing (Isaiah 40, Isaiah 58, Jeremiah 14:12, 1 Corinthians 8:8). Be sure that whatever you give up for your time of fasting is intentionally replaced by time to hear from God: through his written Word, prayer time, worship time, service to others, etc.

DON'T MISS Sunday's message on January 10th where Pastor Aaron unpacks the biblical message on Corporate Disciplines like Fasting.

LET'S JOIN TOGETHER - 21 Days for 2021!