

Advancing On Our Knees

What Jesus Teaches About Fasting:

(Matthew 6:16-18)

1. There are times when we should fast.
"But you, when you fast..." - Matthew 6:16
2. We fast before God, not people.
"The hypocrites fast... to be seen by men..." - Matthew 6:17
3. Our motive will determine our reward.
"...seen by men, they have their reward in full." - Matthew 6:16

Biblical Reasons for Fasting:

1. An expression of grief or sorrow.
"Then they took their bones and buried them under a tamarisk tree at Jabesh, and they fasted seven days." - 1 Samuel 31:13
2. An expression of repentance.
"On that day they fasted and there they confessed, "We have sinned against the LORD." - 1 Samuel 7:6
3. When we are approaching trouble.
"So I turned to the Lord God and pleaded with Him in prayer and petition, in fasting, and in sackcloth and ashes." - Daniel 9:3
4. To strengthen our prayers.
"So we fasted and petitioned our God about this, and He answered our prayer." - Ezra 8:23
5. When waiting on God for guidance.
"Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord." - Acts 14:23

Reasons Why We Need to Pray and Fast:

1. We have needs that only God can meet.
2. We have challenges in some area.
3. We have incredible opportunities for the future.
4. It's God's time.

Top Ten Prayer Requests

1. Personal Revival - _____
2. Our own prayer lives - _____
3. Our witness to others - _____
4. Friends who need Christ - _____
5. Our Missionary Friends – The Glunt Family (U.B. Global)
 Rick Tyler (CMRC)
 Sarah & Tim Trouborst (Power to Change)
 Lowell & Gail Deering (M.A.F.)
 Patty Zieske (Teach Beyond)

6. Fulfilling God's Vision - _____
7. Weekly Tithes & Offerings - _____
8. Healing for those ill - _____
9. Church Ministries – Outreach ministries and activities
 Children's ministries
 Youth and Young Adult ministries
 Life Groups and other small groups
10. Corporate Revival:

Keys to Corporate Revival

1. There must be a need.
2. The leaders must acknowledge their need.
3. The people must acknowledge their need.
4. The leaders take action / first step.
5. The people also respond to God.

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