



COME
Holy Spirit
40 DAYS
OF PRAYER
& FASTING

May 27-July 5, 2019

vineyardusa®

WHAT IS SPIRITUAL **FASTING**?

Abstaining from food for **spiritual** purposes.

Fasting is a way of **humbling** your **soul**,
or “**denying**” yourself.

By fasting, you say “**No**”
to your **self will** and **appetites**.

PRACTICED & TAUGHT BY JESUS

*“Then **Jesus** was led by the **Spirit**
into the wilderness
to be **tempted** by the **devil**.
After **fasting** forty days
and forty nights, he was **hungry**.”*

Matthew 4: 1-2 NIV

*“When you fast, do not ...
But when you fast, ...
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 NIV

JESUS – SERMON ON THE MOUNT

1. “When you give ...” (Generosity)
2. “When you pray ...” (The Lord’s Prayer)
3. “When you fast ...” (Spiritual Fasting)

*Practicing **fasting** is **one** of the
distinctive **marks** of a **disciple**.*

PRACTICED BY THE EARLY CHURCH

*“Now in the church at Antioch
there were prophets and teachers:
Barnabas, ... and Saul (Paul).*

*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.
So after they had fasted and prayed ...”*

Acts 13: 1-3 NIV

PRACTICED BY THE APOSTLE PAUL

*“Yet, as God's **servants** (disciples),
we **prove** ourselves **authentic** in every way.*

For example:

*We have great endurance (**profound hope**)
in **hardships** and in **persecutions**,
we don't **lose courage** in times of **stress** or **calamity**.*

*We've been **beaten** many times, **imprisoned**, ...
had **sleepless** nights and gone hungry (**fastings**).”*

2 Corinthians 6: 4-5 TPT

PATTERNS FROM THE OLD COVENANT

1. “I *humbled my soul with fasting*” (David - Psalm 35: 13)
2. “My *knees are weak with fasting*” (David - Psalm 109: 24)
3. “*they fasted seven days*” (Jabesh-Gilead - 1 Samuel 31: 13)
4. “*he proclaimed a fast*” (Jehoshaphat – 2 Chronicles 20: 3b)
5. “*So we fasted and petitioned our God*” (Ezra 8: 23)
6. “*I mourned and fasted and prayed*” (Nehemiah 1: 4b)
7. “*Do not eat or drink for three days*” (Esther 4: 16b)

JOEL'S 3X INVITATION TO FAST

*“Declare a holy fast; call a sacred assembly.
... and cry out to the Lord”* Joel 1: 14

*“return to me with all your heart, with fasting
and weeping and mourning.”* Joel 1: 14

*“Blow the trumpet in Zion, declare a holy fast, ...
Gather the people. And afterward, ...”* Joel 2: 25

*"Is not **this** the kind of **fasting** I have **chosen**:
to **loose** the **chains** of **injustice**,
and **untie** the **CORDS** of the **yoke** (heavy burden),
and that you **break** every **yoke** (set them free)?
... Then your **light** will **break forth** like the **dawn**,
and your **healing** will quickly **appear**;
then your **righteousness** will go **before** you;
the **glory** of the Lord will, be your **rear guard**."*

Isaiah 58: 6 & 8 NIV

*“Then you will **call**, and the Lord will **answer**;
you will **cry** for **help** and he will say: ‘**Here am I**’.
If you do away with the **yoke** of oppression (legalism),
with the **pointing finger** (criticism)
and **malicious talk** (insincerity),
... then shall your **light rise** in the **darkness**,
and your **night** will become like **noonday**.
The **Lord** will **guide** you **always**; ...*

Isaiah 58: 9, 10b & 11a NIV

TYPES OF FASTS

1. As an Individual or Group (Church)
2. As a Regular Habit or in Special Times
3. From Food Only, Food & Water, or Partial
4. Eliminate a Meal(s), Food(s) or Drink(s)

“Fasting and prayer constitute the strongest single offensive weapon committed to the church of Jesus Christ. There is no limitation on time or distance in prayer and fasting. Combined they are like an intercontinental ballistic missile with which we can assail Satan’s strongholds anywhere.

- Derek Prince



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*This is what the Lord says:
“Stand at the **crossroads** and **look**;
ask for the **ancient paths**,
ask where the **good way** is,
and **walk** in it,
and **you** will **find rest** for your **souls**.”*

Jeremiah 6: 16NIV