



Preparing for What Lies Ahead  
Message Notes, December 30, 2018

**Mark 9:14-29, esp. vs 29:**

“... this kind (of demon) can only come out by **prayer and fasting.**”

Fasting – the root word means, “one who has not eaten; one who is empty”

Fasting is a *means of grace* that helps us connect with God.

Fasting is a discipline, which inherently involves decision, intentionality, and investment, *but...*

Fasting is FOR us, not something God is trying to exact FROM us.

Fasting is giving up food or an activity FOR THE PURPOSE of creating space for God...

to see Him, hear Him, be led by Him, be transformed by Him.

Fasting is always joined with a focused spiritual attention – prayer, worship, repentance, listening...

Its value is less in the thing “given up” and more *in the attention* we commit to in this “space.”

Fasting very often prepares us for a fresh revelation or move of God in our lives.

Fasting in the scriptures:

- Matthew 6:16-18: Jesus gives some guidance about fasting, which in His mind is an assumed life rhythm – “when you fast...”
- Acts 9:3-6, 9: Paul’s 3 days of fasting and waiting on the Lord after his conversion experience
- Daniel 1:12-15: Daniel’s special diet fast to be faithful to the Law of Yahweh and to demonstrate the blessing of God (in contrast to pagan ways)
- Acts 13: Fasting and prayer in the commissioning of Paul & Barnabas
- Acts 14: Fasting and prayer in the appointment of church leaders
- 1 Samuel 7:5-6: Corporate fasting (Hebrew people) along with repentance and worship
- Luke 2:36-37: Anna, the prophetess, who lived a life of worship and fasting in the temple as expression of her love and devotion to Yahweh

Fasting *approaches* can be very different (all food, specific foods, specific meals, for many days, assigned days per week, etc. and any activity: TV, devices, a favorite leisure, etc.)

- What’s important is to *prayerfully consider* the “form” of fasting and to ask God to lead you in the fast that will work for YOU.

Derrick, and our pastoral team, are calling us to join **together** in a season of fasting during the first couple of months of 2019.

There is great value and strength when we fast *at the same time* as a church family (though again, the ways each of us choose to participate in this season will be quite varied).

\* Leadership Community: Jan 5 (10:00 am – 1:30 pm)

- \* Prayer Week: Jan 6-9 (6:30-8:00 pm)
- \* Season of Prayer & Fasting: Jan 14 - Feb 3 (21-days)

Let us each begin to pray and consider how we can participate in this season... to seek and listen to the Lord – for what lies ahead!