



Prayer & Fasting

1st Wednesday of every month

SEPTEMBER 7

Taken from an article by author, Heather Riggelman

Life in the fasting lane can be brutal, especially if you go into fasting and prayer halfheartedly. The hunger pangs rumble our stomachs and suddenly carbs are a temptingly luscious lifeline. Many of us have a mindset that we're restricting ourselves and therefore it's punishment.

It's not, prayer and fasting is where physical detox meets spiritual transformation. Fasting and prayer is where you nourish your spirit, and your fears starve to death. Fasting helps detach us from this world while prayer re-attaches us to God. Yet, most of us haven't participated in this sacred discipline or we've heard of it as intermittent fasting for weight loss.


Fasting is the spiritual discipline of denying ourselves something (typically food) to feast on the things of God. Fasting and praying are Bible-based disciplines that are appropriate for all believers of all ages throughout all centuries in all parts of the world. The word "fast" or "a fasting" is *tsom* in the Hebrew and *nesteia* in the Greek language. The literal Hebrew translation would be "not to eat." The literal Greek means "no food."

It's a choice of abstinence from food. Fasting is a way to demonstrate to God, and to ourselves, that we are serious about our relationship with Him.

What Does the Bible Say about Prayer and Fasting?

Jesus practiced fasting when he was tempted by Satan, (Matt. 4:1-11; Mark 1:12-13; Luke 4:1-4). During those 40 days of loneliness, "He ate nothing" (Luke 4:2). In fact, the earlier mention of fasting in the Old Testament were the instructions God gave Moses after leading his people to freedom in Exodus 13:3, "Then Moses said to the people, "Remember this day in which you went out of Egypt, out of the land where you were made to stay and work. For the Lord brought you out of this place by a powerful hand. No bread made with yeast will be eaten." The book of Acts also records believers fasting before they made important decisions (Acts 13:2; 14:23). It allows us to take our eyes off the things of this world, we can more successfully turn our attention to Christ.

One of the many reasons why God called his people to fast had to do with the culture and times. Today, we can have a full meal in three minutes thanks to freezer foods and microwaves. Back then, hours upon hours went into food preparation. Fasting was a way to take the focus off ourselves and put it back on God. Jesus also gave us clear instructions on how to fast because it was meant to be a spiritual breakthrough, not pride.



“When you give up eating, don’t put on a sad face like the hypocrites. They make their faces look sad to show people they are giving up eating. I tell you the truth, those hypocrites already have their full reward. So, when you give up eating, comb your hair and wash your face. Then people will not know that you are giving up eating, but your Father, whom you cannot see, will see you. Your Father sees what is done in secret, and he will reward you”
Matthew 6:16-18

What Does Prayer Do for Fasting?

Fasting and prayer are often linked together (Luke 2:37; 5:33). Fasting without praying isn’t fasting. It is dieting or deprivation. The only reason to fast is to make space for you to seek the Lord with greater urgency. Instead, we pray when we were supposed to be eating. Use the hunger pangs to remind you to remind yourself you hunger for God. In other words, fasting gives us more time for prayer and prayer helps tear down walls, utter us into spiritual breakthroughs, destroys chains, and gives us clarity of God’s answers that we seek!

When Jesus returns, fasting will be over. It is a temporary discipline for this life and age to connect our hearts to Christ and prepare us for when we will encounter Him face to face. When he does return, he will throw a glorious feast and there is a place at the table for each of us (Luke 14:16-17). Until then, we fast.

PRAYER POINTS FOR SEPTEMBER 2022

- Spiritual growth (discipleship) of those who attend Awaken Las Vegas
 - A true spiritual awakening to take place in our hearts and community
 - Men’s and Women’s Bible studies that start in September
 - Awaken Tijuana Evangelistic Outreach in November
 - For the churches in Tijuana to be activated
 - For the hearts and lives of all those who will attend
 - For all of the volunteers who will be on the outreach team
 - For financial provision to cover all expenses
 - For the organizational and operational details
 - For the worship and teaching at the event
 - For hundreds of children to be impacted with children’s ministry
 - For safety of all participating
 - For thousands to be born again and filled with the love of Jesus
 - For an amazing, thriving church to be planted in Tijuana through this event
 - For LV Reach Center
 - For the Family Empowerment Summit on Oct 8
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