

Fasting Tips:

- Fasting is about replacing the natural for the supernatural, the physical for the Spirit
- Don't put fasting on a pedestal. Just make it part and parcel to your life habits
- Fasting is not about suffering or that it's "hard" it's about the amazing things God does when you rely on Him.
- Fasting is all about prayer
- Replace food with the Holy Spirit
- Pray a ton
- Pray a ton for God to help you with the fast
- Pray at least three hours, ideally more
- Pray every time the thought of hunger pops in
- Supplement your prayer with Scripture and praise, singing, listening to worship music
- Pair with your fasting with clothing on Christ. Along with prayer, do at least a few good deeds to others and give financially/something material to the poor, needy, Church, charity or some other cause.
- Open your heart to God alone and rely on nothing else
- Focus on Jesus the entire time.
- Avoid distractions as much as possible. Try to include Jesus in every part of your day other than what's absolutely necessary for work, or maybe other commitments, stuff like that.
- Any time spent with others include Jesus in. For example: pray in your head the whole time, bring Jesus into the conversation as much as you can.
- Absolutely no secular media or distractions: no tv, video games, music (other than worship/praise music) or social media.
- Spend a significant amount of time with your phone in a totally different room. Avoid using it for anything other than what's absolutely necessary.
- Set screen time to block all apps except calls, text, and Bible app. (Maybe music to listen to Christian music or other Christian apps)
- Try to get away from the house, in isolated areas of no distractions.

- Pick a main thing you're praying for to focus on. (You can pray about anything but especially have a main focus to be the thrust it's dedicated to)
- The first time have the main thing be for more fasting and help fasting.
- BELIEVE and EXPECT God to act
- Plan
- Try to choose the right time ahead of time
- Be alert and ready
- Try to plan it to be the best day you can focus on (times you can get away from the house or not be around food especially)
- Go to Church things available. Do group prayer, group praise, group time in Scripture if given good opportunities
- There's nothing wrong with taking a nap
- Be careful with caffeine/coffee
- Pray you won't be hangry and have extra awareness of needing self-control
- Recommendation: don't stuff your face after
- Thank and praise God much throughout the day for His help when you rely on him

- A Note emailed after the sermon clarifying some things:

Hey everyone, here are some things that may be helpful related to what I talked about yesterday. Obviously you don't have to read this all. But these are few details to clarify on yesterday's sermon in case you wondered.

When to fast:

If you weren't there the sermon was about fasting Biblically. While the sermon was about fasting as a general concept, related to the topic of the sermon is that in January there will begin forty days of prayer as a Church which Calvin and the elders will talk about (the plan is to start January 11). During that time we will have a few specific days we are going to dedicate a fast as a Church for whoever would like to join us (obviously it's optional).

But the sermon wasn't meant to just be applied to those specific days. When to fast is up to you and God. But the pattern Biblically is clear: God's people have a routine of fasting in the same way we do prayer, Scripture, and other things ("when you" in Matthew 6:2, 5, and 16 as well as many more verses about fasting). There may be times you are invited to partake in a group fast (like a few of the days in the upcoming 40 days of prayer), but also it's something beyond this to incorporate in our lives. When though, or how long you fast, is up to you and God. There is freedom in this just like when or how long you might sing praise, or read Scripture, or serve, or pray, or anything like that.

It could be choosing to go a day without food, or part of a day without food. You could go multiple days, weeks, or some people I've known have fasted for even months. Whatever amount of time the Lord puts on your heart to commit to. Biblically fasting is just going a certain amount of time without food to especially focus on God in prayer instead, and rely and depend on His miraculous power and Spirit. Although sometimes it's going without food and water like in Jonah 3:7, almost always it's just food (for example, when Jesus fasted forty days in Matthew 4:2 it says He was very hungry but doesn't mention being thirsty).

You learn and grow by experience:

Sometimes there are medical procedures where they say don't eat or drink anything except water the day before. It doesn't sound fun, but you just do it and jump in. Similarly, you learn best by just doing it. I learned that too much caffeine is a bad idea, so I broke the fast, ate, then tried again another day with less caffeine. If you've never fasted, stay hydrated. Don't overdo it if you feel ill. Pray for wisdom and help with the fast. There may be days or even phases of your life where it may not be God's will for you to fast (Mark 2:18-22). But you grow more and more in it through experience like any other discipline.

The video:

I talked about how fasting falls in a bigger mindset of depending and relying on God first and foremost (Matthew 4:3). Fasting itself is mentioned at the very end of the video I linked, 27:26, but I didn't show the video specifically because it's all about fasting. I found the video inspirational and wanted to share to hopefully show and inspire us that the amazing things we are praying and fasting for can happen and do happen when we rely on God first and foremost. It also is a sneak peak to get excited for the Eugene Rally as David Young (from 4:06-14:52) is the guest speaker and will talk on something similar.

Jonathan



The Key to Big Things







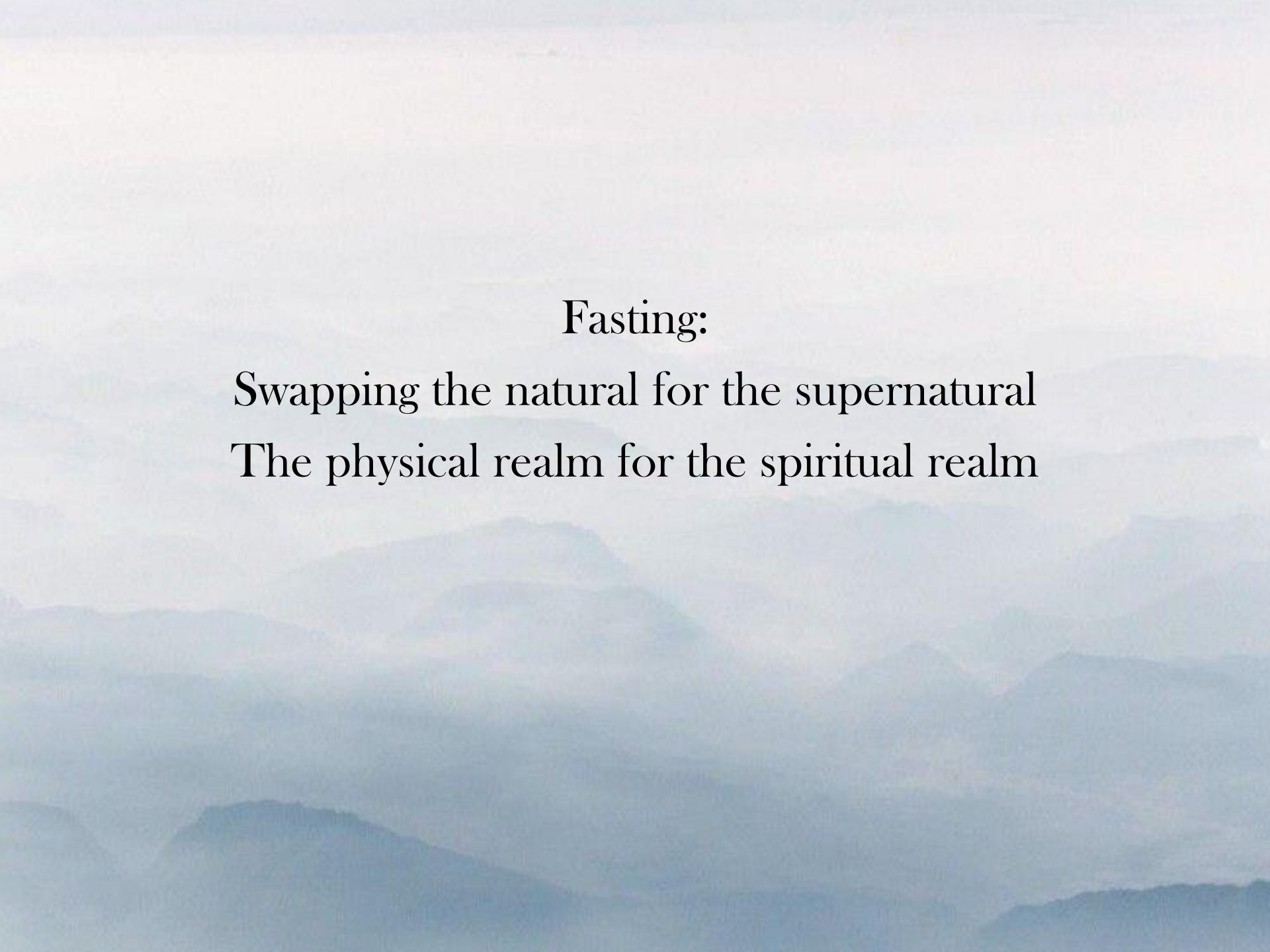
Wait, it's all shadows
on a cave wall?



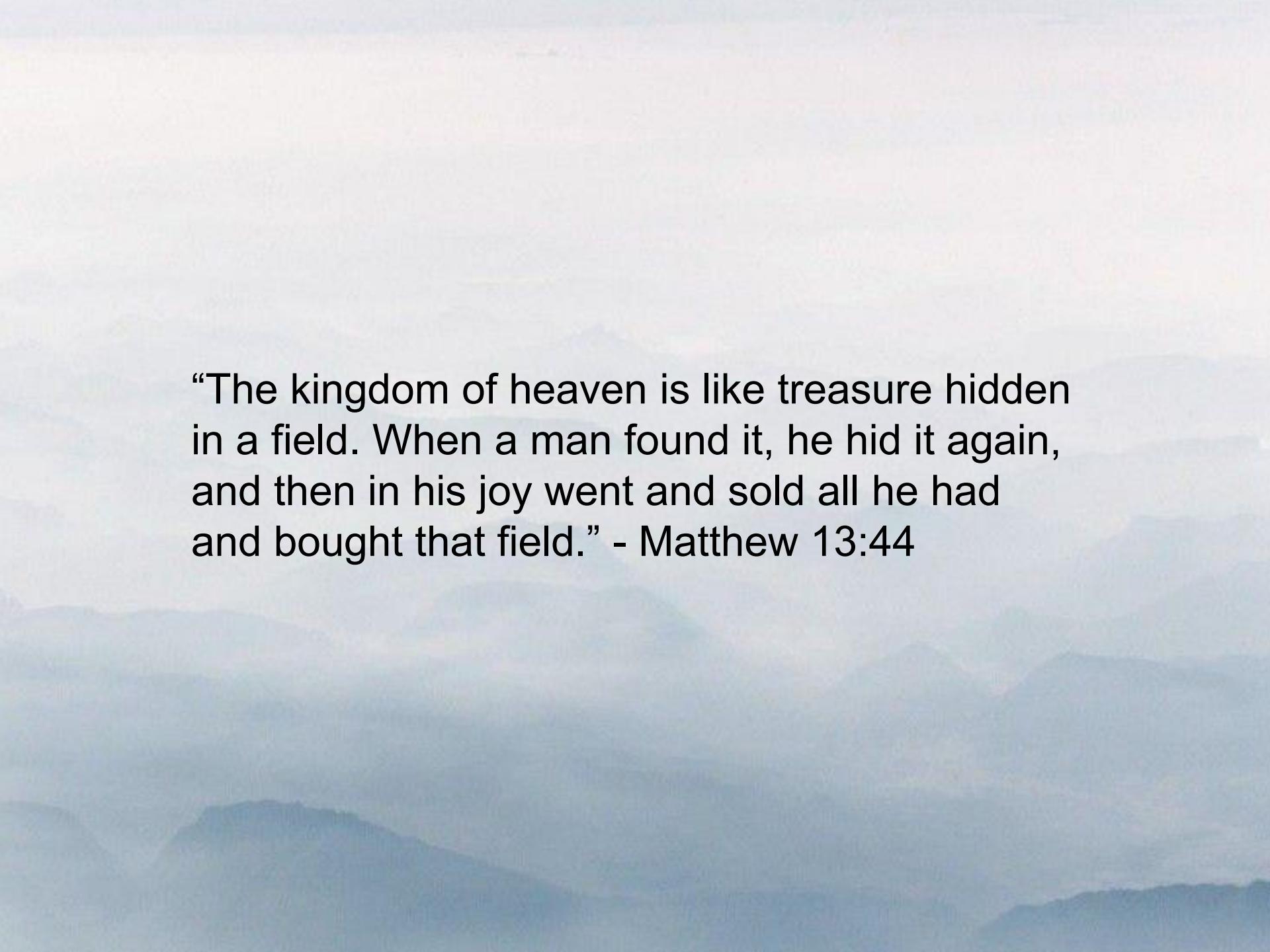
Always has been







Fasting:
Swapping the natural for the supernatural
The physical realm for the spiritual realm

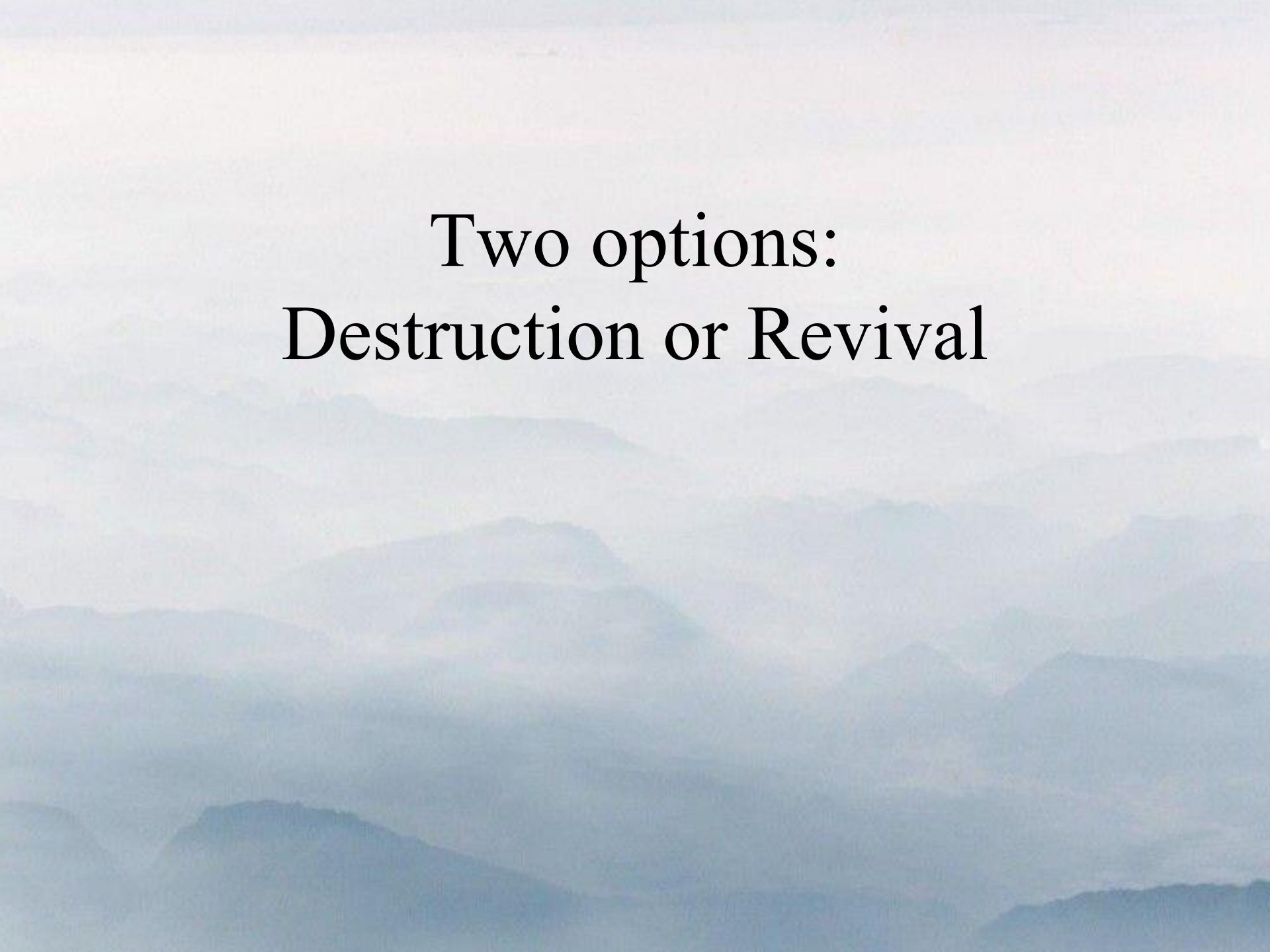


“The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field.” - Matthew 13:44

“Hear this, you elders; give ear, all inhabitants of the land! Has such a thing happened in your days, or in the days of your fathers?...

What the cutting locust left, the swarming locust has eaten. What the swarming locust left, the hopping locust has eaten, and what the hopping locust left, the destroying locust has eaten. Awake, you drunkards, and weep, and wail, all you drinkers of wine, because of the sweet wine, for it is cut off from your mouth...

Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord. Alas for the day! For the day of the Lord is near, and as destruction from the Almighty it comes.” - Joel 1:4-15

A soft, out-of-focus photograph of a mountain range. The mountains are layered in the background, with the closest ones appearing in a dark blue-grey hue and the distant ones in a lighter, more ethereal blue. The sky above the mountains is a pale, hazy blue.

Two options:
Destruction or Revival

Pressure will make everyone choose:

“Let the unrighteous be unrighteous further, and let the filthy be filthy further, and let the righteous produce righteousness further, and let the holy be holy further!” - Revelation 22:11

“For behold, the day is coming, burning like an oven, when all the arrogant and all evildoers will be stubble. The day that is coming shall set them ablaze, says the Lord of hosts, so that it will leave them neither root nor branch. But for you who fear my name, the sun of righteousness shall rise with healing in its wings.” - Malachi 4:1-3

“In the whole land, declares the Lord, two thirds shall be cut off and perish, and one third shall be left alive. And I will put this third into the fire, and refine them as one refines silver, and test them as gold is tested. They will call upon my name, and I will answer them. I will say, ‘They are my people’; and they will say, ‘The Lord is my God.’” - Zechariah 13:7-9

Two options: Destruction or Revival - Joel 2

“Blow a trumpet in Zion; sound an alarm on my holy mountain! Let all the inhabitants of the land tremble, for the day of the Lord is coming; it is near, a day of darkness and gloom, a day of clouds and thick darkness!

Two options: Destruction or Revival - Joel 2

“Fire devours before them, and behind them a flame burns. The land is like the garden of Eden before them, but behind them a desolate wilderness, and nothing escapes them... The earth quakes before them; the heavens tremble. The sun and the moon are darkened, and the stars withdraw their shining. The Lord utters his voice... For the day of the Lord is great and very awesome; who can endure it?

Two options: Destruction or Revival - Joel 2 Deciding factor?

“Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the Lord your God?

Blow the trumpet in Zion; consecrate a fast; call a solemn assembly; gather the people.”

Two options: Destruction or Revival - Joel 2

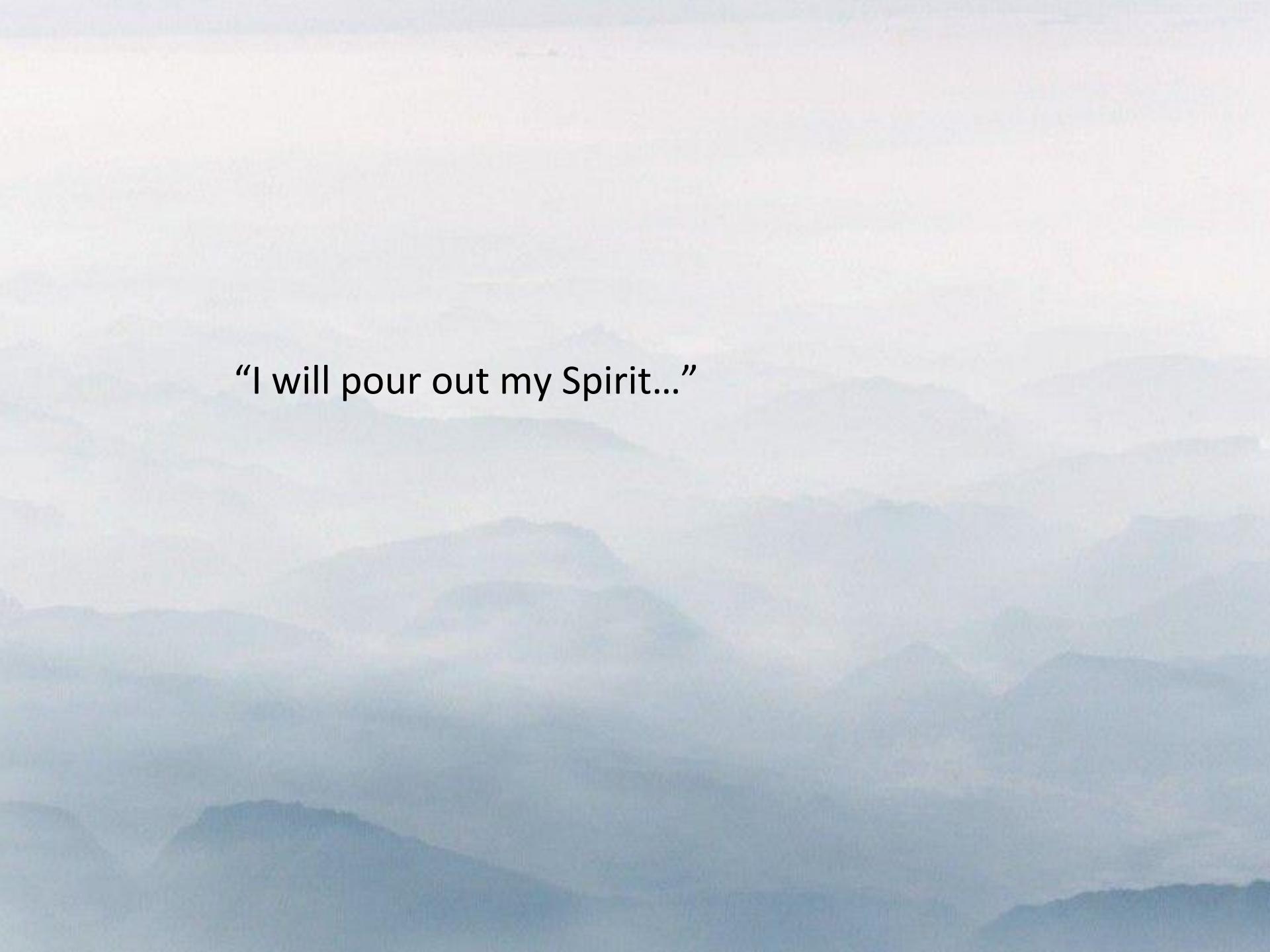
And it shall come to pass afterward, that I will pour out my Spirit on all flesh; your sons and your daughters shall prophesy, your old men shall dream dreams, and your young men shall see visions. Even on the male and female servants in those days I will pour out my Spirit.

Two options: Destruction or Revival - Joel 2

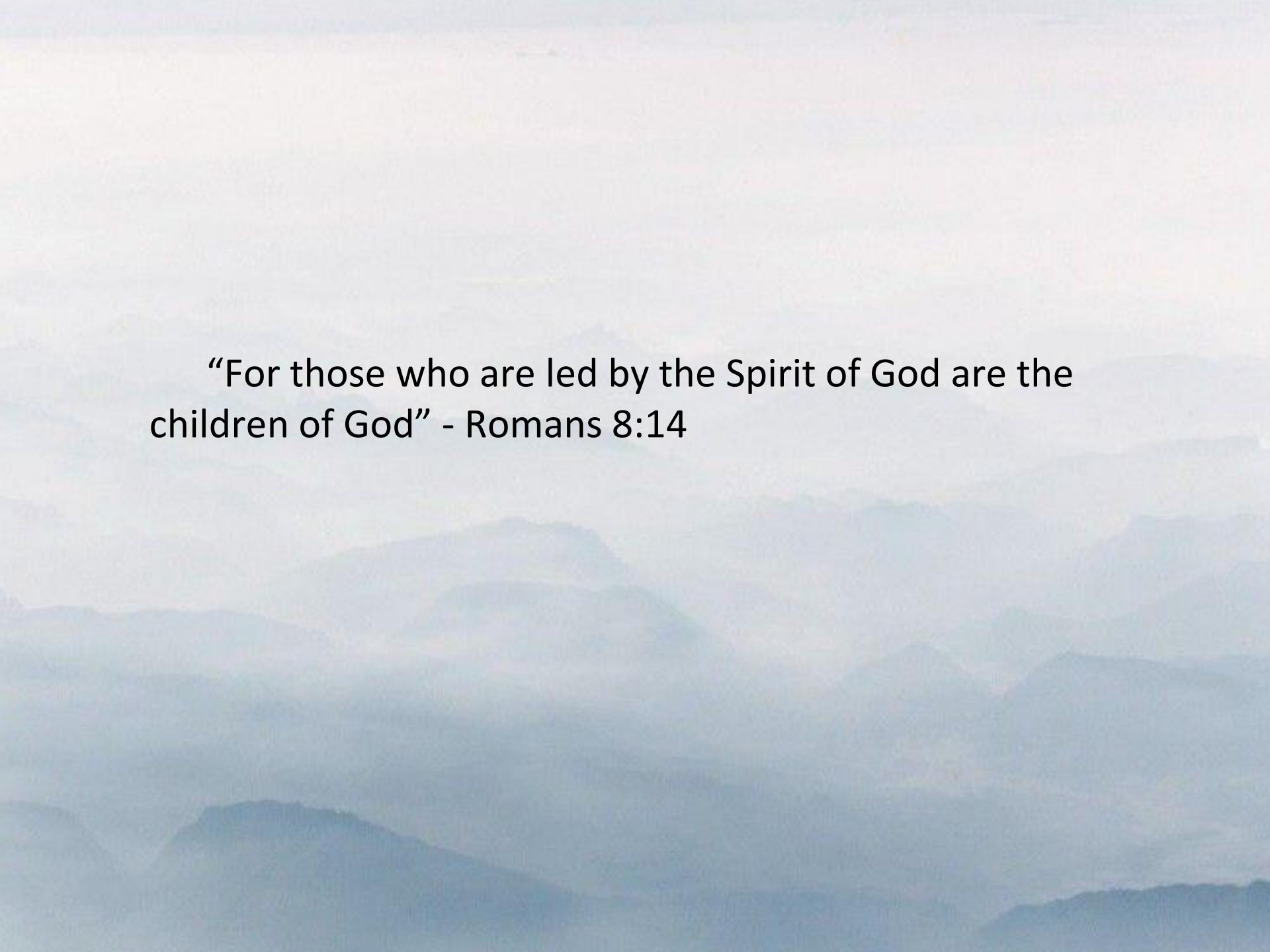
And I will show wonders in the heavens and on the earth, blood and fire and columns of smoke. The sun shall be turned to darkness, and the moon to blood, before the great and awesome day of the Lord comes.

And it shall come to pass that everyone who calls on the name of the Lord shall be saved. For in Mount Zion and in Jerusalem there shall be those who escape, as the Lord has said, and among the survivors shall be those whom the Lord calls."

We in America are at a turning
point where we need to rely on
God now more than ever
- as we always should have been



“I will pour out my Spirit...”



“For those who are led by the Spirit of God are the children of God” - Romans 8:14

“Peter went up on the roof to pray...

While Peter was still thinking about the vision, the Spirit said to him, “Simon, three men are looking for you. So get up and go downstairs. Do not hesitate to go with them, for I have sent them.” - Acts 10:9-20

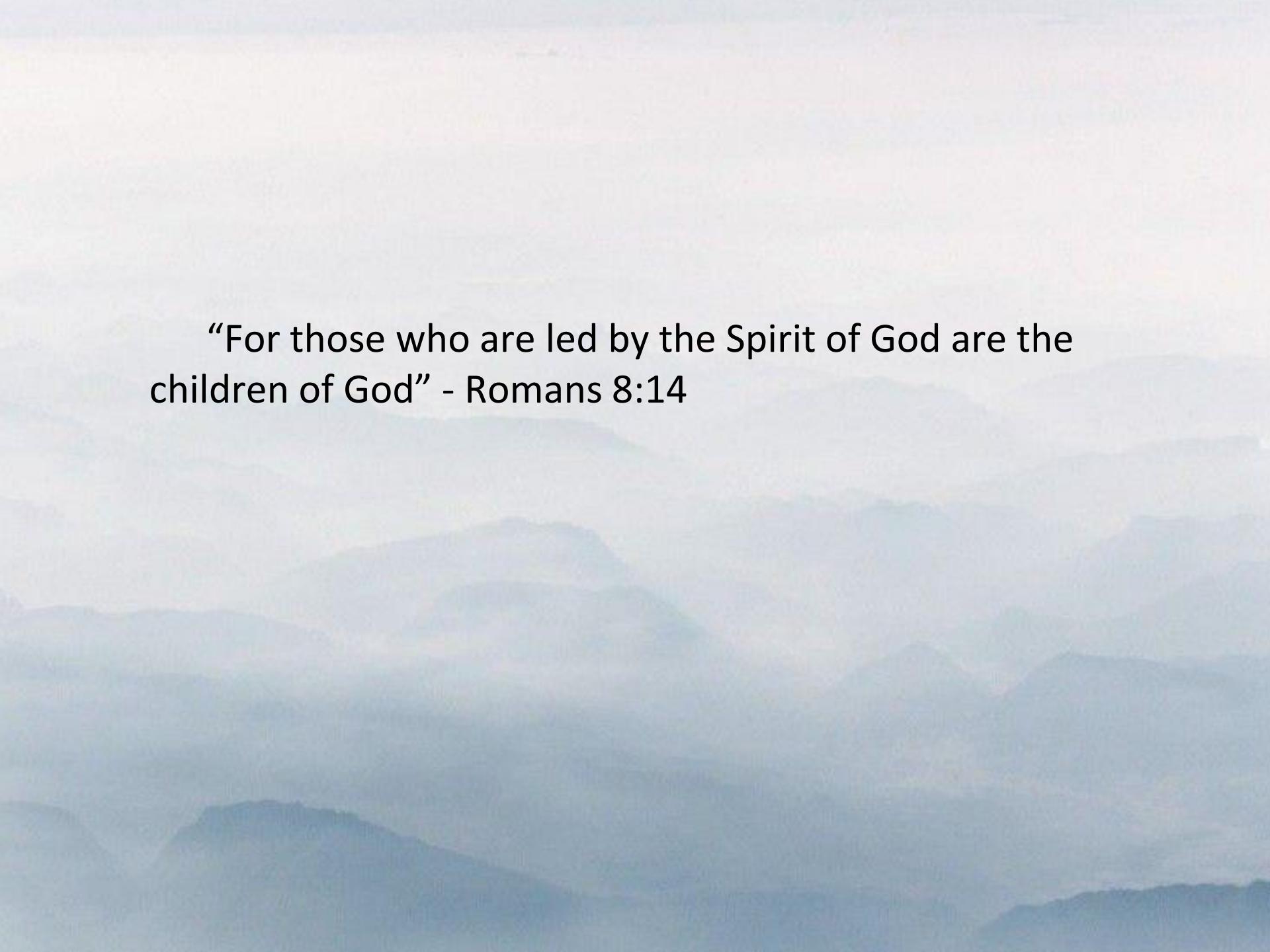
“While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” Then after fasting and praying they laid their hands on them and sent them off. So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to Cyprus.” - Acts 13:2-4

“Walk in wisdom toward outsiders, making the best use of the time.” - Colossians 4:5

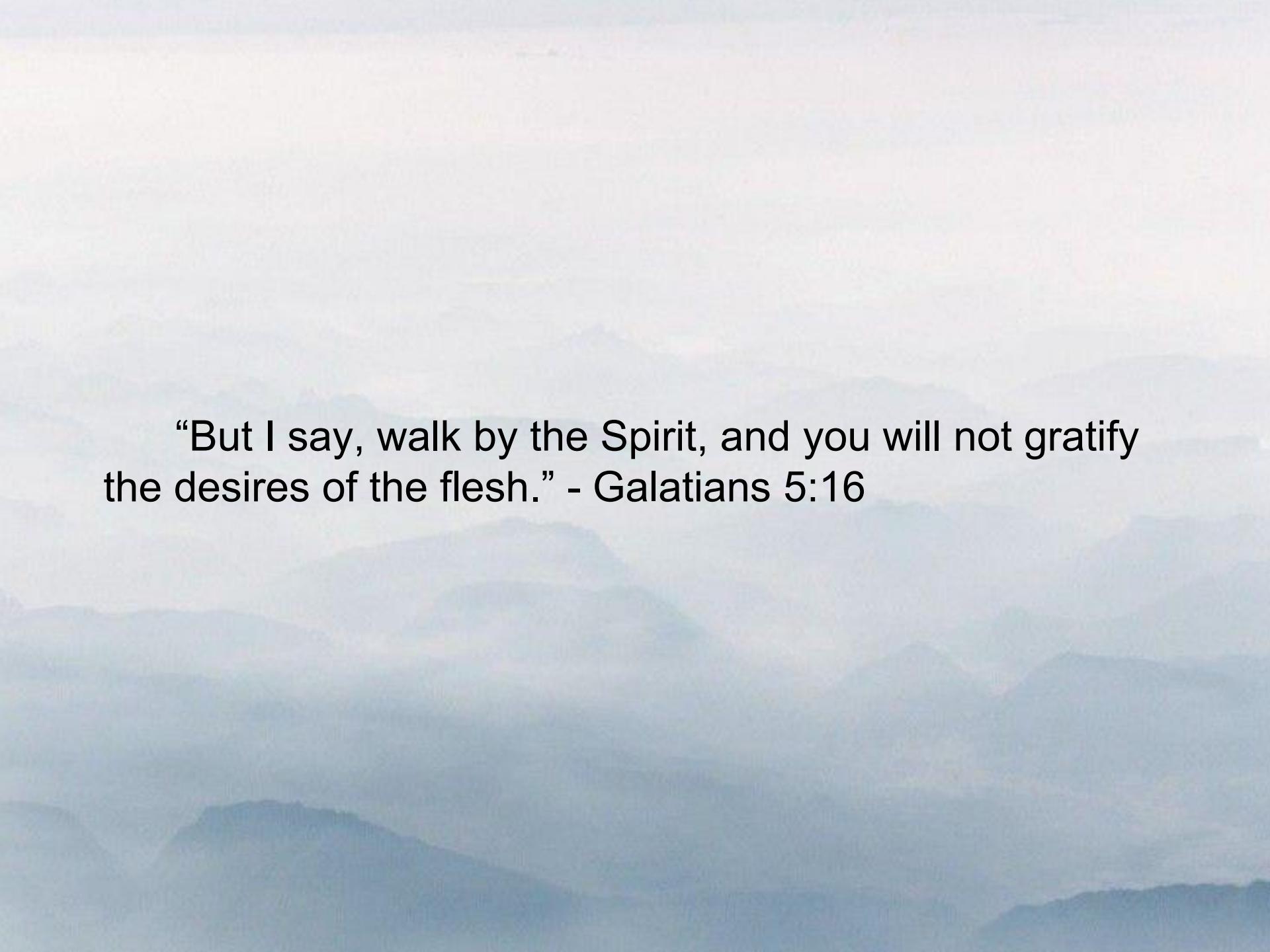
“for anything that becomes visible is light. Therefore it says, “Awake, O sleeper, and arise from the dead, and Christ will shine on you.” Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil. Therefore do not be foolish, but understand what the will of the Lord is.”- Ephesians 5:14-17

“Now from Miletus he sent to Ephesus and called the elders of the Church to come to him... Pay careful attention to yourselves and to all the flock, in which the Holy Spirit has made you overseers” – Acts 20:17, 28

“And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed.” – Acts 14:23



“For those who are led by the Spirit of God are the children of God” - Romans 8:14

A soft-focus, hazy image of mountains in the background, creating a serene and spiritual atmosphere.

“But I say, walk by the Spirit, and you will not gratify the desires of the flesh.” - Galatians 5:16

“For while we were living in the flesh, our sinful passions, aroused by the law, were at work in our members to bear fruit for death. But now we are released from the law, having died to that which held us captive, so that we serve in the new way of the Spirit and not in the old way of the written code.” - Romans 7:4-6

“Behold! Mere mortals living in an underground den, with a mouth open to the light and reaching all along the den, these men have had their legs and necks chained since childhood, they can only see before them, they cannot turn their heads.”

Isaiah 59

“The way of peace they do not know, and there is no justice in their paths; they have made their roads crooked; no one who treads on them knows peace. Therefore justice is far from us, and righteousness does not overtake us; we hope for light, and behold, darkness, and for brightness, but we walk in gloom. We grope for the wall like the blind; we grope like those who have no eyes... transgressing, and denying the Lord, and turning back from following our God...

“Behold! Mere mortals living in an underground den, with a mouth open to the light and reaching all along the den, these men have had their legs and necks chained since childhood, they can only see before them, they cannot turn their heads.”

Isaiah 59

“The Lord saw it, and it displeased him that there was no justice. He saw that there was no man, and wondered that there was no one to intercede; then his own arm brought him salvation, and his righteousness upheld him...

“And as for me, this is my covenant with them,” says the Lord: “My Spirit that is upon you, and my words that I have put in your mouth, shall not depart out of your mouth...”

“Not that we are sufficient in ourselves to claim anything as coming from us, but our sufficiency is from God, who has made us sufficient to be ministers of a new covenant, not of the letter but of the Spirit. For the letter kills, but the Spirit gives life.” - 2 Corinthians 3:5-6

Romans 8:1-14

“There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death...

Romans 8:1-14

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit.

Romans 8:1-14

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God.

Romans 8:1-14

You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

Romans 8:1-14

For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are sons of God.”

“But when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.” - 2 Corinthians 3:14-18

“For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.” - Romans 8:6

**“Take me and forget about
your problems!**

Whatever you can dream you can do.”

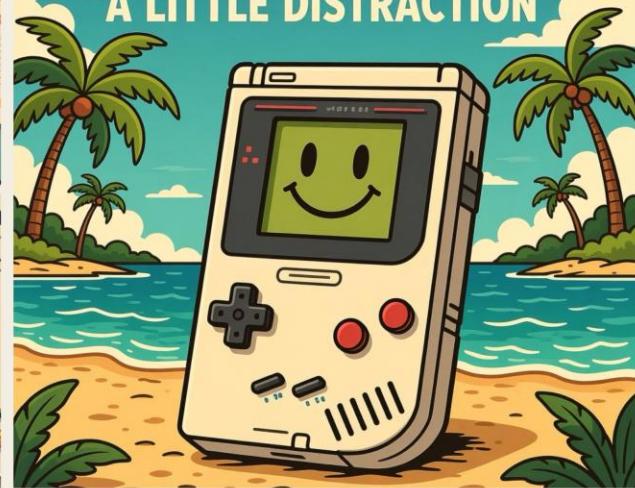


**“It’s ok to
be online”**

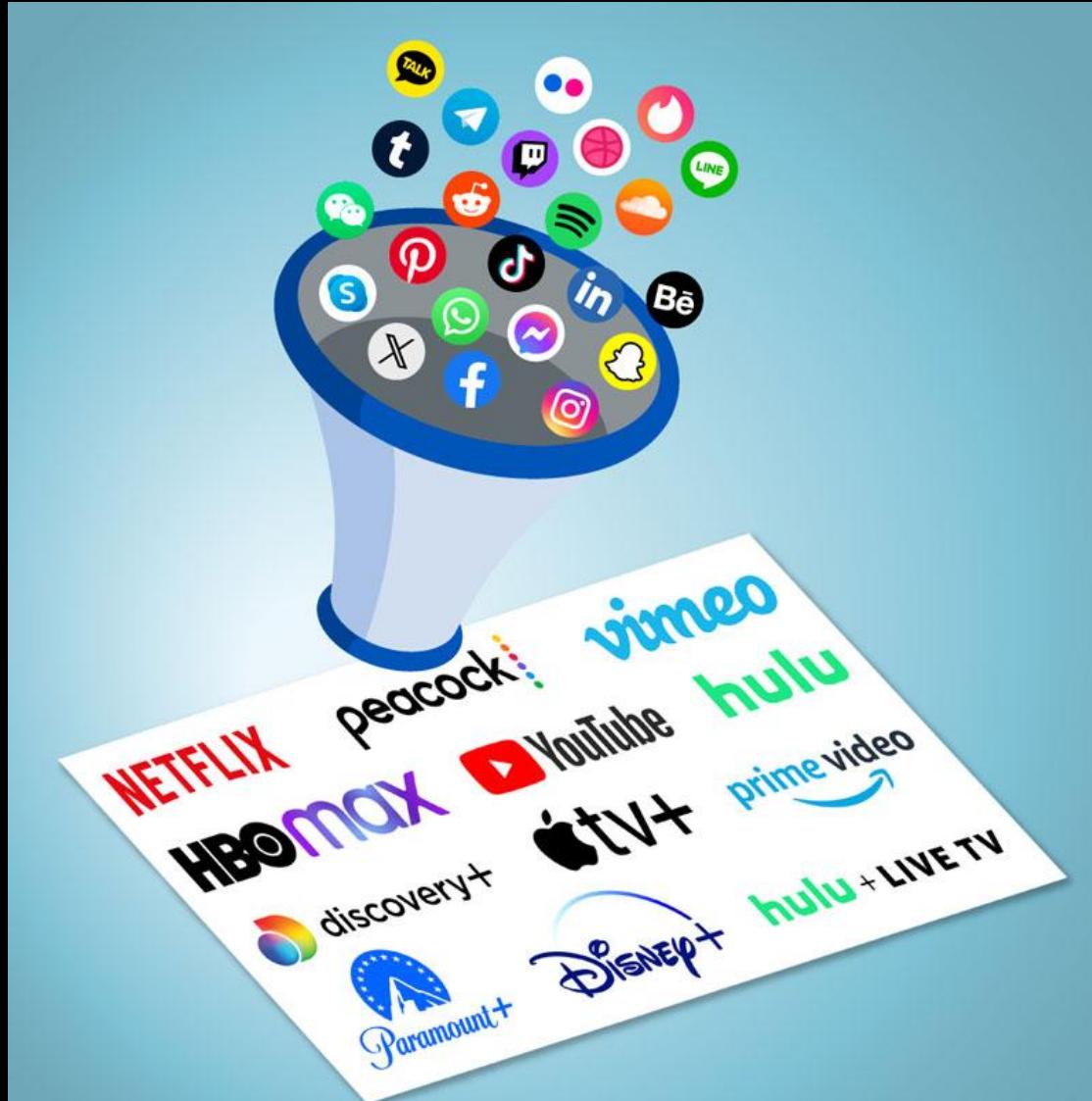


“KEEP CALM!”

“A LITTLE DISTRACTION”



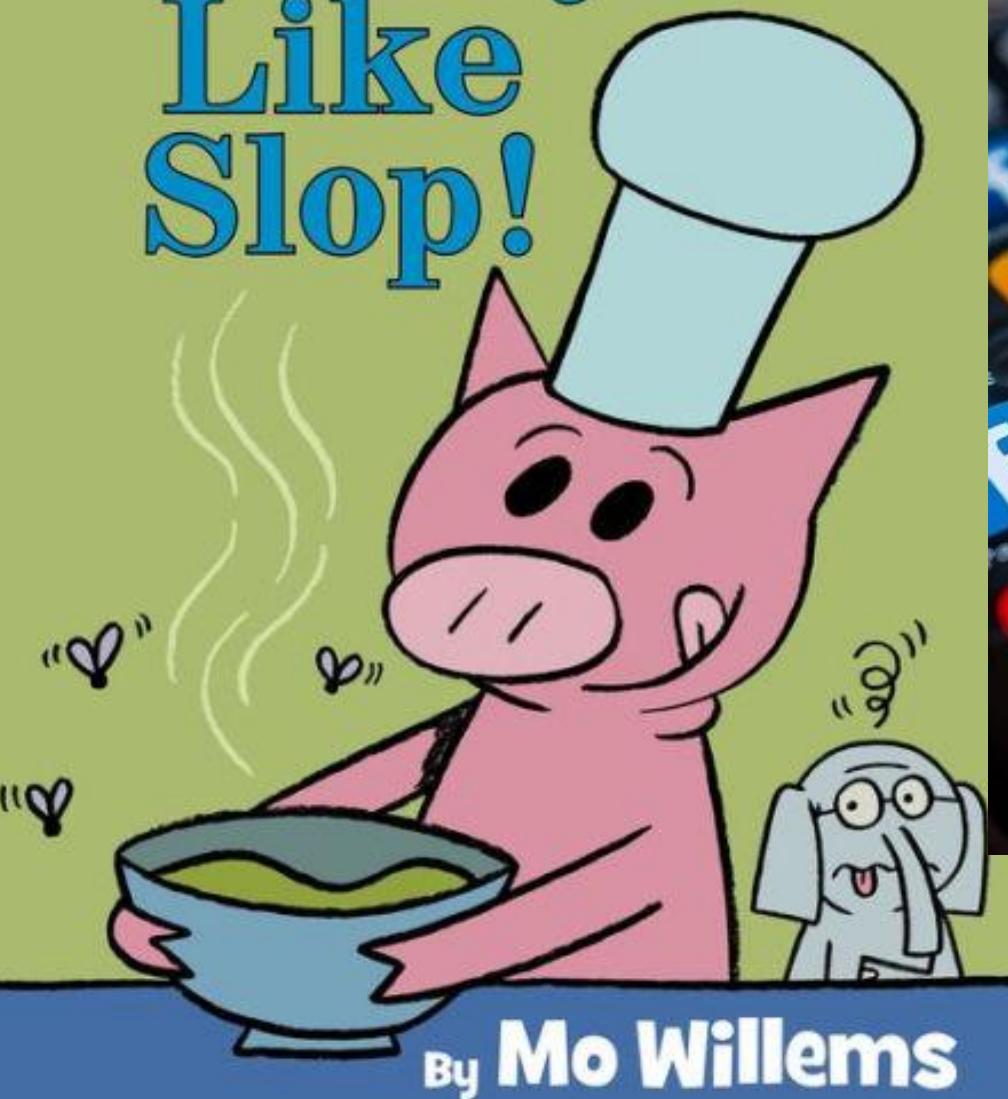
Turn to the Lord. Turn away from...





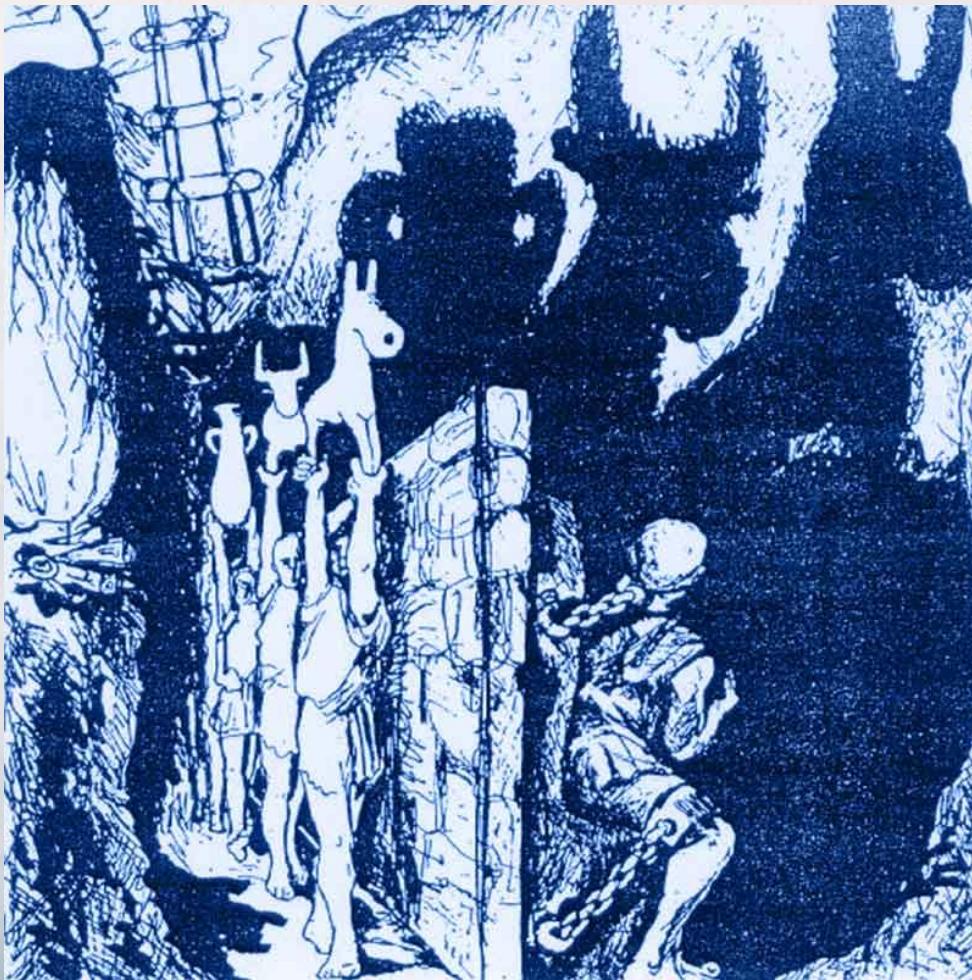
An ELEPHANT & PIGGIE Book

I *Really* Like Slop!



By Mo Willems





“the chained men only see the shadows...”



“these men
have had their
legs and necks
chained since
childhood,
they can only
see before
them...”

“But their minds were hardened. For to this day, when they read the old covenant, that same veil remains unlifted, because only through Christ is it taken away. Yes, to this day whenever Moses is read a veil lies over their hearts. But when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.” - 2 Corinthians 3:14-18

“Who among us is a disciple of the Word, seeking to ascend with our Lord from the low ground, from superficial and ignoble thoughts to the spiritual mountain of sublime concentration?

This mountain leaves behind all shadows cast by the rising hills of wickedness, this mountain is lit up on all sides by the rays of true light, from the summit of this mountain everything that is invisible to those imprisoned in the cave may be seen the pure air of truth.” - St. Gregory of Nyssa



Fasting:
Swapping weakness for power

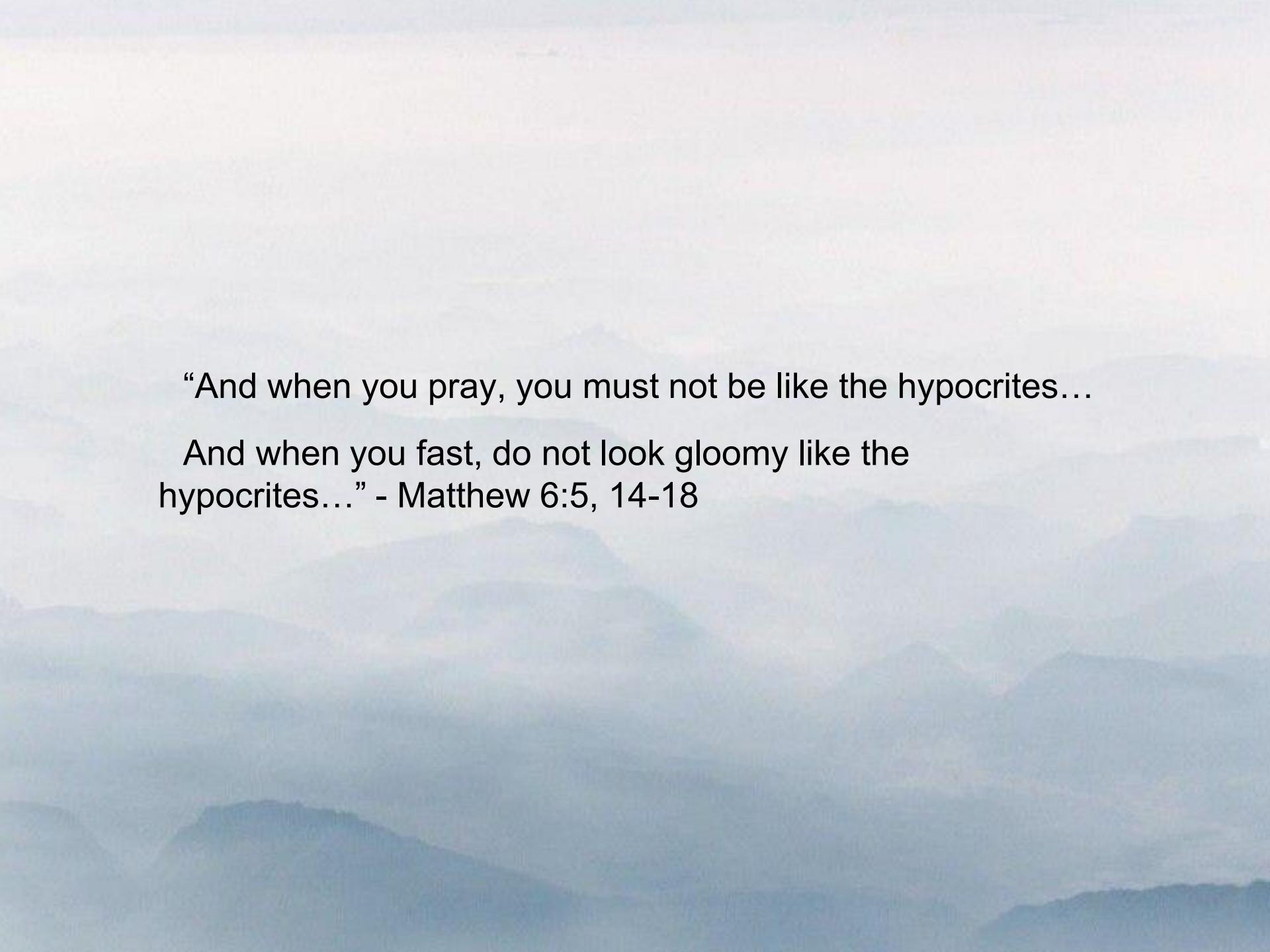
“Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heavens were opened, and the Holy Spirit descended on him in bodily form, like a dove; and a voice came from heaven, “You are my beloved Son; with you I am well pleased...

...was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry... And when the devil had ended every temptation, he departed from him until an opportune time. ***And Jesus returned in the power of the Spirit*** to Galilee, and a report about him went out through all the surrounding country.” - Luke 3:21-22, 4:2, 13-14

TIPS ON HOW TO FAST

How to fast: Do it

- Don't put fasting on a pedestal. Just make it part and parcel to your life habits



“And when you pray, you must not be like the hypocrites...
And when you fast, do not look gloomy like the
hypocrites...” - Matthew 6:5, 14-18

How to fast:

- Don't put fasting on a pedestal. Just make it part and parcel to your life habits
- Fasting is not about suffering or that it's "hard" it's about the amazing things God does when you rely on Him

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, 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

How to fast:

- Don't put fasting on a pedestal. Just make it part and parcel to your life habits
- Fasting is not about suffering or that it's "hard" it's about the amazing things God does when you rely on Him.
- Fasting is about prayer

How to fast:

- All of these are genuinely central to what it means to be and to walk as a child of God, but are completely essential when you fast

How to fast:

*Fasting is all
about prayer*

How to fast: Incredible time in prayer is a **must**

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DO THIS

Pray! Pray! Pray!

DO THIS

Every time the thought or feeling of hunger comes about, immediately pray until it goes away (and keep praying!)

Your Stomach growls:

“I hunger and I thirst for righteousness Lord in the Name of Jesus Christ!” (keep praying, even knock over and over like the persistent widow)

You think about being hungry:

“Father I hunger and thirst for You to take away _____’s cancer in Jesus’ Name! Again I pray...”

DO THIS

Every time the thought or feeling of hunger comes about, immediately pray until it goes away (and keep praying!)

“I hunger and I thirst for Your Kingdom to come, and Your will to be done here in Lane County as it is in heaven in Jesus’ Name! Lord I ask in Jesus’ Name please bring Your Kingdom...”

“I hunger and I thirst for Your Church to be a community ready to receive and disciple the variety of people You bring us Lord!”

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**How to fast:
Open your heart to God
and rely on nothing else
(or you will be
miserable)**

“The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!” - Matthew 6:22-23

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.” - Philippians 4:8-9

How to fast: Open your heart to God and rely on nothing else

- Focus on Jesus the entire time.

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How to fast:

- Absolutely no secular media or distractions: no tv, video games, music (other than worship/praise music) or social media.

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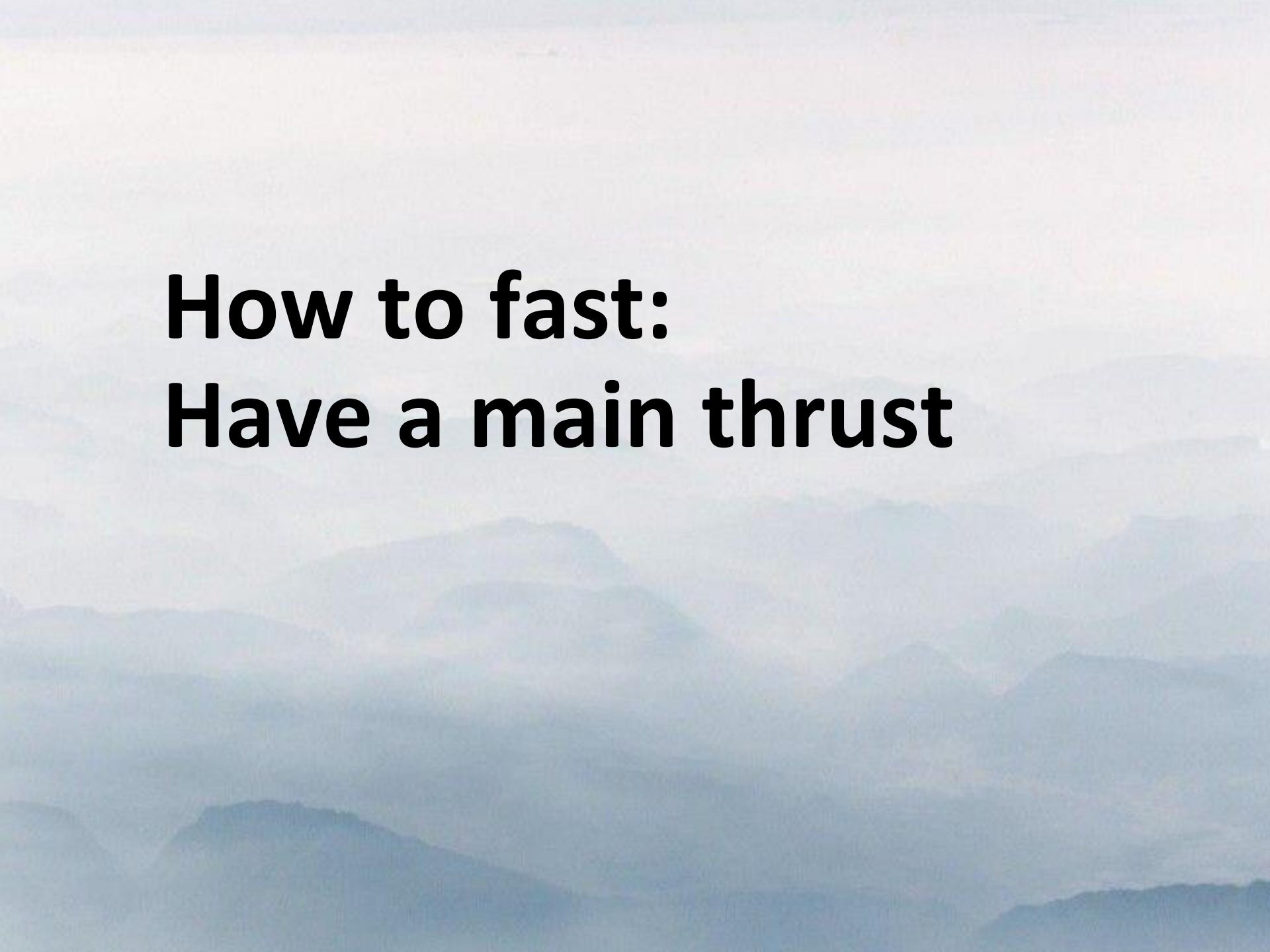
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**How to fast:
Have a main thrust**

Then I proclaimed a fast there, at the river Ahava, that we might humble ourselves before our God, to seek from him a safe journey for ourselves, our children, and all our goods. For I was ashamed to ask the king for a band of soldiers and horsemen to protect us against the enemy on our way, since we had told the king, ***“The hand of our God is for good on all who seek him, and the power of his wrath is against all who forsake him.”*** So we fasted and implored our God for this, and he listened to our entreaty. - Ezra 8:21-23

And they told Mordecai what Esther had said. Then Mordecai told them to reply to Esther, “Do not think to yourself that in the king’s palace you will escape any more than all the other Jews.

For if you keep silent at this time, relief and deliverance will rise for the Jews from another place, but you and your father’s house will perish. And who knows whether you have not come to the kingdom for such a time as this?”

Then Esther told them to reply to Mordecai, “Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish.” Mordecai then went away and did everything as Esther had ordered him.” - Esther 4:12-17

How to fast: Have a main thrust

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(You can focus about anything but especially have a main focus to be the thrust it's dedicated to)

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- BELIEVE and EXPECT God to act

How to fast: Make the most of your day

“Now John’s disciples and the Pharisees were fasting. And people came and said to him, “Why do John’s disciples and the disciples of the Pharisees fast, but your disciples do not fast?”

And Jesus said to them, “Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. The days will come when the bridegroom is taken away from them, and then they will fast in that day. No one sews a piece of unshrunk cloth on an old garment. If he does, the patch tears away from it, the old from the new, and a worse tear is made. And no one puts new wine into old wineskins, if he does, the wine will burst the skins, and the wine is destroyed, and so are the skins. But new wine is for fresh wineskins”" - Mark 2:18-22

How to fast: Make the most of your day

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How to fast: Make the most of your day

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- Be alert and ready
- Try to plan it to be the best day you can focus on (times you can get away from the house or not be around food especially)

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- Go to Church things available. Do group prayer, group praise, group time in Scripture if given good opportunities

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- Recommendation: don't stuff your face after
- Thank and praise God much throughout the day for His help when you rely on him



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