

# INVITATION TO FAST



START FAST:  
AFTER DINNER  
WEDNESDAY

END FAST:  
FOR DINNER THURSDAY

GOD WHO PROVIDES, GRANT ME THE  
GRACE OF FASTING THAT YOU MIGHT  
GAIN ALL OF ME. ENABLE ME TO DENY  
MYSELF FOR YOUR SAKE. AMEN.

SACRED WAITING,  
BY DAVID TIMMS

START YOUR TIME OF FASTING WITH A DEVOTIONAL  
OR READ SCRIPTURE. A PSALM IS A GREAT WAY TO  
START. THEN USE A STRUCTURE LIKE THE 4 R METHOD  
TO GUIDE YOUR TIME:

RECOGNIZE  
RECEIVE  
REQUEST  
RELEASE

WRITE DOWN ANY THOUGHTS THAT COME TO MIND SO  
YOU CAN REFER BACK AND SEE HOW GOD ANSWERED  
YOUR PRAYERS.

## TEN REASONS TO FAST:

- STRENGTHEN YOUR PRAYERS. NEH 14
- SEE GOD'S GUIDANCE. ACTS 14:23
- DURING GRIEF. JUDGES 20:26
- SEEK DELIVERANCE & PROTECTION. ESTHER 4:16
- EXPRESS REPENTANCE. JOEL 2:12
- HUMBLE YOURSELF BEFORE GOD. PSALM 35:13
- CARE FOR THE WORK OF GOD. DANIEL 9
- MINISTER TO OTHERS. ISAIAH 58:5-6
- TO OVERCOME TEMPTATION. MATTHEW 4
- EXPRESS LOVE & WORSHIP TO GOD. LUKE 2:37

