

**The dictionary defines a "routine" as a sequence of actions regularly followed. Routines are things we practice on a regular basis.**

**There is a supernatural power that becomes available to us as we incorporate biblical routines or practices into our lives and make them a permanent part of who we are.**

**Philippians 4:9 | AMPC (9)** Practice what you have learned and received and heard and seen in me, and model your way of living on it, and the God of peace (of untroubled, undisturbed well-being) will be with you.

**Matthew 6:16-18 NKJV**

(16) "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

(17) But you, when you fast, anoint your head and wash your face,

(18) so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

Jesus said that His disciples would fast: "...when you fast..."

The Apostle Paul fasted:

**2 Corinthians 6:4-5 | NKJV**

(4) But in all things we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses,

(5) in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fastings;

- ✓ **There are many types of fasts:**
  - **Absolute fast** – no food or water are consumed
  - **Normal fast** – no food and just water is consumed
  - **Partial fast** – like the Daniel fast
  
- ✓ **The length of time is variable depending on how the Lord leads you but it must be a sacrifice (Romans 12:1)**
  
- ✓ **When fasting, if it doesn't mean anything to you, it won't mean anything to God.**
  
- ✓ **Without being combined with prayer and the Word, fasting is little more than dieting.**
  
- ✓ **Understand that fasting changes you, not God.**
  
- ✓ **Fasting does not win you points with God. God was there the whole time – fasting makes us more aware of Him and His Presence.**

### **What should you do while you are fasting?**

- ✓ **Spend more time in God's Word and prayer than you would otherwise.**

Fasting itself is a form of continual prayer to God. There may be days when it seems as though heaven opens and your heart is prompted to deep times of prayer but then there may be other days when your energy is sapped and you just cannot seem to focus on prayer at all. Do not condemn yourself. God sees your sacrifice.

It may seem as though you are not receiving anything from

the Lord at all. But you cannot be moved by what you are feeling during the fast because at first your senses will lie to you. Fasting will eventually quite those things down as your spirit rises to supremacy.

### **What is happening to me when I fast?**

✓ **Fasting is also like spring cleaning for your body.**

The headache we often get is not the devil attacking you, it is the result of toxins being flushed out of your system. They usually subside after two or three days.

If you push through the discomfort, hunger, headaches and lack of angels and violins, things will clear up and you will arrive at a deeper place in God where the rest just does not matter.

It has been proven that fasting sharpens your mental process and aids and improves your sight, hearing, taste, touch, smell, and all sensory faculties.

✓ **Fasting breaks the addiction to junk food and can break the power of an uncontrollable appetite.**

✓ **Fasting helps you to be able to hear the voice of the Lord and receive clear direction for your life.**

Acts 10:9-16 – Peter was fasting on the rooftop when God gave him a new revelation and called him to take the Gospel to the Gentiles.

✓ **Fasting prepares you for the new thing that God wants to do in your life.**

**Mark 2:20-22 | NKJV**

(20) But the days will come when the bridegroom will be taken away from them, and then they will fast in those days.

(21) No one sews a piece of unshrunk cloth on an old garment; or else the new piece pulls away from the old, and the tear is made worse.

(22) And no one puts new wine into old wineskins; or else the new wine bursts the wineskins, the wine is spilled, and the wineskins are ruined. But new wine must be put into new wineskins."

- ✓ **Fasting will allow the Lord to be able to step in and defeat harassing enemies in our lives.**

**2 Chronicles 20:15-17 NKJV**

(15) And he said, "Listen, all you of Judah and you inhabitants of Jerusalem, and you, King Jehoshaphat! Thus says the LORD to you: 'Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God's.

(16) Tomorrow go down against them. They will surely come up by the Ascent of Ziz, and you will find them at the end of the brook before the Wilderness of Jeruel.

(17) You will not need to fight in this battle. Position yourselves, stand still and see the salvation of the LORD, who is with you, O Judah and Jerusalem!' Do not fear or be dismayed; tomorrow go out against them, for the LORD is with you."

## *21 Days of Prayer and Fasting*

### **1. Have a purpose for your fast.**

- Declare our dependence on God. (first things set the priority)
- Ask for forgiveness.
- Refocus on the spiritual.
- Invite the presence of God in our lives.
- Believe God for answers to specific needs.

### **2. Decide what you will do.**

*Make a commitment and stick with it! There are resources available online about types of fasting.*

### **3. Expect results.**

#### **Isaiah 58:8-9 | NIV**

(8) Then your light will break forth like the dawn, and your **healing** will quickly appear; then your **righteousness** will go before you, and the glory of the LORD will be your rear guard.

(9) Then you will call, and **the LORD will answer**; you will cry for help, and he will say: **Here am I...**

I am praying these things for you:

- Healing
- Holiness
- Hearing from God
- Help