

Two of the Most Powerful Weapons

in our spiritual arsenal are prayer and fasting!

Jesus connected the two together and actually said that certain bondages, addictions, and strongholds are broken by uniting prayer & fasting. (Matthew 17:21)

What is fasting? To abstain from food for spiritual purposes.

WHY do we fast? Answer: FOCUS!

Fasting is not so much about going without food as it is about taking our eyes and appetites off ourselves and sharpening our focus on Him!

Fasting is about realigning our Priorities!

Fasting is about Humbling ourselves before God.

Biblical fasting takes a lot of discipline and strength. Fasting is one of the most powerful weapons God has given us for our daily lives. We all go through times when we feel like we are not living up to our full potential. Sometimes we lose our energy and our spiritual sharpness...This causes us to lose our edge. It is like a lumberjack swinging away at the tree without sharpening his axe. The axe will soon become dull and ineffective. Going through our daily routines in our own strength wears us down. Little by little, we lose our closeness to God. Without that closeness, we become ineffective for the purposes God has planned for us. Fasting can help us get back our passion! It will recharge you!

Through fasting, you can experience spiritual renewal and direction for your life ...restoration of relationship... healing...release from bondages...and so much more!

Pastor Calvert calls upon SONSHINE volunteers for 21 days of fasting, twice a year: Beginning the first Sunday of January and beginning the first Sunday of August.

TYPES OF FASTING

Full Fast

Drink only liquids (you establish the # of days).

The Daniel Fast - 21 Days

Eat no meat, sweets or bread. Major on fruits & vegetables. Drink only water and juices.

3 - Day Fast

A full fast, Daniel fast or give up at least one item of food.

Partial Fast

A partial fast is sunrise to sunset.

Corporate Fasting

When the church or groups fast at same time.

Scripture references for fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14,

Prayer & Fasting
More of Him & Less of Me
Seeking God With My Whole Heart



