

FIRST FRUITS FAST

Loving and Seeking God!

Gain Spiritual Victories!

Eat less... Be Strengthened More!

Silencing the noise of the world!

Feasting on God and His Word!

21 DAY FAST

JANUARY 10-31, 2010

January 24, 2010

DEATH
BY
VEGETABLES



“I Recommend the Blue Plate Special!”

DENNIS MURPHY, Lead Minister

MESSAGE NOTES

Genesis 44:33



“Loving God, Loving People, Serving the World”



Week 4 REASONS TO FAST

DAY 1 Facing Difficult Circumstances

Read Nehemiah 1

Nehemiah 1:4 When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

- ◆ What were the circumstances that Nehemiah was facing at the time?
- ◆ What is the first thing Nehemiah did when he heard the terrible things his people were going through?
- ◆ Read Nehemiah's prayer and list out the types of things that were included in his prayer.
- ◆ Have you ever faced or are you facing impossible circumstances?
- ◆ Pray out Nehemiah's prayer filling in your name and circumstances.

Other scripture involving praying and fasting during difficult circumstances: 1 Samuel 31:13

DAY 2 Repentance from sin, Personal and Corporate

Read 1 Samuel 7

1 Samuel 7:6 When they had assembled at Mizpah, they drew water and poured it out before the LORD. On that day they fasted and there they confessed, "We have sinned against the LORD." And Samuel was leader of Israel at Mizpah.

- ◆ In verses 2-4, Samuel challenges everyone in the house of Israel to do 3 things? What were they? Why might the people be willing and ready to do that? What was the result of them doing it?
- ◆ In verses 5-6, Samuel assembles the House of Israel together. What is this an example of? What did they do once they were assembled?
- ◆ These are examples repentance from sin both personal and corporate. Spend some time in prayer confessing and repenting from any personal sin.
- ◆ Other examples of repentance from sin both personal and corporate: Nehemiah 9:1; Jonah 3:5

**HOPE FLOW...LETTING GOD'S LOVE FLOW
THROUGH US EVERY DAY!**

DAY 3 Hear from God, New Guidance

Read Ezra 8: 15- 23

Ezra 8:21 There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.

- ◆ Have you ever had to make a decision that would impact not only your life but your families?
- ◆ Did you pray and fast before making the decision?
- ◆ Did you feel that God helped you in making the decision? How?
- ◆ If you ever have to make a big change or little change, will you pray and fast for direction from the Lord?

Day 4 Provoke God to Move on Behalf of Others

Read Esther 4

Esther 4:16 "Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."

- ◆ Have you ever asked others to fast and pray on your behalf or on the behalf of someone close to you?
- ◆ Do you believe God heard the prayers?
- ◆ Were the prayers answered in the way you expected?

Other Scriptures: 11 Chronicles 20:3 Alarmed, Jehoshaphat resolved to inquire of the LORD, and he proclaimed a fast for all Judah.

Day 5 Petition the Lord

Read Hebrews 5:7-10

Hebrews 5:7 During the days of Jesus' life on earth, he offered up prayers and petitions with loud cries and tears to the one who could save him from death, and he was heard because of his reverent submission.

- ◆ Jesus always reached out to the father in prayers and petitions. The above passage tells why the father always heard him. What two things can we learn from Jesus?
- ◆ Again, Do you believe God hears your prayers?
- ◆ Do you know that God Loves You?

Other scripture: Acts 10:30 Cornelius answered: "Four days ago I was in my house praying at this hour, at three in the afternoon. Suddenly a man in shining clothes stood before me