



FASTING

Joel 2:2-16 • Pastor Stephen Cutchins
 SUNDAY, FEBRUARY 20, 2022

LAST WEEK: When we give generously and sacrificially, it's not because God needs anything, but because we want to show our love for Him.

QUOTE: Fasting is abstaining from anything that _____.
 - Andrew Bonar

THOUGHT: Fasting is an intimate sacrificial _____.

QUESTION: What do you need to fast to offer yourself as a _____?

BOTTOM LINE: Fasting shifts our moments of _____ towards a prayer of intense _____ on God.

BIG IDEA: Some issues can only be resolved by _____ and _____.

WHY IT MATTERS: The rewards of fasting lead to a more _____ and _____ experience with our Father.

POWER IN THE TEXT: "Yet even now," declares the Lord, "return to Me with all your _____, with _____, with _____, and with _____." - Joel 2:12

FAST FAITHFULLY

Fasting is a tangible way of demonstrating to God that we are _____ our own desires and physical needs to focus on _____.

Fasting should allow the Holy Spirit a _____ to do an _____ and intense work in us.

WHY WE FAST

- _____ deep passion for intense prayer
- _____ sensitivity to the Holy Spirit
- _____ our resolve to obey God
- _____ our desire for His presence
- _____ our motives
- _____ us to pray without ceasing
- _____ us so our focus is on the Lord.

Fasting channels _____.

THREE TYPES OF FASTING

- ABSOLUTE FAST
Abstaining from all food & water
- NORMAL FAST
Abstaining from all food but not from water
- PARTIAL FAST
Abstaining from a specific food or item

PRAY POWERFULLY

Prayer enacts God's hand in history like nothing else because prayer is humanity's relational _____ with God.

Talk less. Pray more.

PRAYER

- Cleans you up when you are dirty
- Provides power when there is weakness
- Gives life when things are dying

SEVEN PRINCIPLES OF PRAYER

1. There are very few _____ about prayer
2. When we pray, we must have the right ultimate _____ (filling)
3. _____ time - shut the door, make the meet uninterrupted
4. _____! Stop Talking! DO YOU HAVE ANYTHING TO SAY TO ME?
5. Talk about what's on your _____ heart
before you talk about what's on yours
6. Then talk about what is on _____ heart.
7. Encountering presupposes personal _____

APPLICATION

I am giving up _____
for 21 days to focus on God.

What's at stake if I don't? _____