

About Fasting

Fasting is practiced by people seeking God, normally for a specific purpose. In Scripture, it means going without food (and sometimes liquids) for a specific amount of time. It is not to 'earn' God's attention or favor, but rather as a reminder that we are completely dependent on Him. Fasting is often practiced in sync with a significant event in a person's life or a church's progress. It is practiced personally or together as a church when seeking a movement of God.

Biblical accounts of fasting

- [Moses](#) fasted for forty days and forty nights, twice back-to-back, without food or water. After the first fast, he received the tablets on the mountain with God. Then he entered a second fast when he came down the mountain to find the Israelites practicing idolatry and broke the tablets in anger. ([Deuteronomy 9:7-21](#))
- The [Jews of Persia](#), following [Mordecai](#)'s example, fasted because of a decree to wipe out their people. [Queen Esther](#) declared a three-day fast for all the Jews prior to risking her life in visiting the King uninvited ([Esther 4](#)).
- Saul, later [Paul](#), did not eat or drink anything for three days after he became a follower of Jesus on the road to Damascus.
- Jesus fasted for forty days and forty nights [while in the desert](#), being tempted by Satan to turn stones into bread and eat them, among other temptations. ([Matthew 4:1-11](#), [Luke 4:1-13](#)).
- The prophetess [Anna](#), who proclaimed the baby Jesus to be the Messiah, prayed and fasted regularly in the Temple ([Luke 2:36-38](#)).
- Jesus spoke of fasting as an assumed action of the believer (see: "And when you pray..." Matthew 6:5 - "When you fast..." Matthew 6:16).
- David used fasting as an act of humbling his soul and seeking direction ([Psalm 35:13](#)).
- The church in Antioch was worshipping and fasting when the Holy Spirit told them to send Barnabas and Saul for work ([Acts 13:2-3](#)).
- Paul and Barnabas appointed elders with prayer and fasting ([Acts 14:23](#)).

Fasting During The Jesus Mission

We are thankful you committed to fast during this season at Suncrest. We believe '**The Jesus Mission**' is a significant event for our church family and we eagerly seek Christ and His movement. Below are some helpful guidelines on this Biblical practice.

- Choose a period of time and commit to it. It may be as little as one meal or as much as multiple days. Many at Suncrest are committing to all or part of one day each week.
- Use the time you would normally be eating to pray and seek God. The discomfort of hunger is actually a reminder of how we depend on God for His provision.
- Involve your family. While your children may not participate in the fast with you, it can still be an excellent teaching tool as you model this spiritual step you are taking. Work together with your spouse to make fasting possible for both of you and reflect on the process together afterwards.
- If you have any health concerns, please contact your physician before committing to a fast.
- What do you do for 30-60 minutes? Here is a sample plan:
 - **Prepare.** You'll probably want your Bible and paper/pen to record some thoughts.
 - **Sit and be quiet.** Take the time you need to clear your mind and focus.
 - **Ask God to guide this time.** Tell Him you are open to following Him and ask Him to speak to you.
 - **Read Scripture.** You can look at the fasting passages mentioned above, worship by reading a Psalm, or focus on Jesus by reading one of the gospels. Sometime during your fast, read Acts chapter 1, which contains **The Jesus Mission**. In fact, keep reading the book of Acts and see how God moved through the church at the beginning of Christianity.
 - **Pray.** Seek God. Sometimes it helps to do this out loud. Pray specifically about the two things mentioned below.

What should I pray about?

Pray for your church. Suncrest is making a bold move and placing ourselves in a position dependent on God. Ask God to move through our faith-filled effort at carrying out The Jesus Mission in Highland, South Bend, and Liberia. Pray for the leaders of these efforts and their families, pray for the people who we hope to reach in each of these areas. Pray for our church to respond in powerful ways.

Pray for your part. It is challenging, but begin by telling God you will do whatever you sense He is asking you to do. Then ask Him to speak with clarity. As you pray consider various aspects: your personal involvement with launching a campus or involvement with Liberia, your financial sacrifice to this cause, and your commitment to fast in an ongoing way.