

INVITATION TO FAST

We are desiring to continue to travel on our most amazing journey in Christ.

Matthew 6: 'When you give, when you pray, when you fast' is basic to our life in Christ. There are practical benefits in fasting and clarification of purpose and priorities come. Nehemiah's example is inspiring. You may want to see numbers of things turned around; you may be hungry for breakthrough or change. There may be an area in your own life that you need to say no to – Titus 2:11 (all things are permissible but not all things are beneficial – God desires that nothing would master us). We know then that life-controlling issues can be changed for good through prayer and fasting. We encourage everyone to apply a fast – each individual will have an individual approach to choose.

1. Individual fast: we have plenty of Biblical example in the life of Christ and the apostles. See Acts 10:30 – Cornelius may have missed the things of God while Jesus walked near him but supernatural doors opened to a man on the fringe while fasting. Peter in prayer saw a vision that brought amazing liberty to what could be eaten. As with Nehemiah (1) who believed God but was perhaps oblivious to His major plan was living in ignorance of the state of his people and nation. Upon hearing the news that Jerusalem and her people were distressed a brokenness came upon Nehemiah, he fasted and prayed and THEN he spoke. With individual fasting and prayer comes personal revival.
2. Corporate fast: Acts 13 saw Paul and Barnabas released – the corporate fast will bring radical release. See Nehemiah 9:1-3 The people:
 - a. Assembled with fasting: they came together – it is our desire that this fast will bring about a greater connection to God, a greater awareness of His presence. A greater connection to people and with Jesus' intentioned life (running not after the things of this world) Loving God, loving people, loving life.
 - b. Separated themselves: to Father's purposes – this is holiness
 - c. Confessed their sins: Godly sorrow is rich, powerful and productive 2 Corinthians 7
 - d. Stood up and read and worshipped: a sincere thankfulness and gratitude is resultant

Results then:

- Closer walk with God
- Matthew 6:33 will be our reality (heaven as it is on earth)
- Clarity in His will (Proverbs 16:9 & 19:21)
- Greater love and concern for others
- Patterns of lifestyle will change for the better (wellness)

It is God's desire that we would live long and prosper, and we can model a new way of life whilst revealing Christ to a world that needs to see Him, see Him truly as He is.

1 Timothy 4:8: 'For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.'

Matthew 6:32: 'For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.'

Philippians 3:19: 'whose end *is* destruction, whose god *is their* belly, and whose glory *is* in their shame—who set their mind on earthly things.'

1 Corinthians 6:19-20: 'Or do you not know that your body is the temple of the Holy Spirit *who is* in you, whom you have from God, and you are not your own? ²⁰ For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.'

1 Corinthians 9:22-27: 'to the weak I became as weak, that I might win the weak. I have become all things to all *men*, that I might by all means save some. ²³ Now this I do for the gospel's sake, that I may be partaker of it with *you*.²⁴ Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain *it*. ²⁵ And everyone who competes *for the prize* is temperate in all things. Now they *do it* to obtain a perishable crown, but we *for* an imperishable *crown*. ²⁶ Therefore I run thus: not with uncertainty. Thus I fight: not as *one who* beats the air. ²⁷ But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.'

2019 holds precious things for us all as we walk according to the heart, mind, character, attitude, plans, purposes and what delights Father, through Christ and by His Holy Spirit, our precious and empowering companion. Isaiah 44:2; Jeremiah 9:23-24 – those who know their God shall do great exploits – we are set to know Him this year – set to see a great harvest of others coming to know Him, set to see as many as possible knitted in and set to let His mind be in us, Philippians 2:1-10.