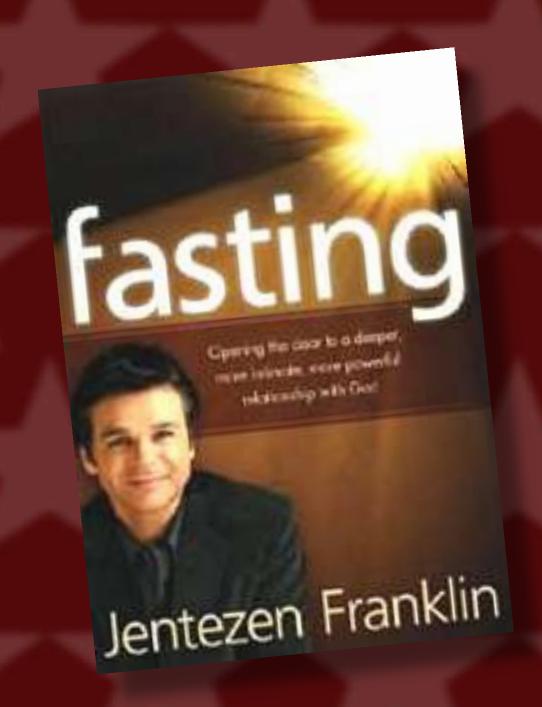


Welcome!

Today's Message:

Hungering for Real Change





"Lord, have mercy on my son.
He is an epileptic and is suffering greatly. He often falls into the fire or into the water. I brought him to your disciples, but they could not heal him."

Matthew 17:15-16

"This kind does not go out except by prayer and fasting."

Matthew 17:21



REAL CHANGE

FASTING FOR SPIRITUAL BREAKTHROUGH



A 21-DAY JOURNEY

PART OF THE REAL CHANGE WEEKEND MESSAGE SERIES



Normal fast: abstaining from solid food and drinking only water and 100% juice

Partial fast:
abstaining from meats, breads,
sweets, wines and sodas and eating
only vegetables and fruit
and drinking only water and juices

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full."

Matthew 6:16-18

"But when you fast, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Matthew 6:16-18

Benefit #1:
Fasting can increase the intimacy
of your walk with God

...She never left the temple but worshiped night and day, fasting and praying.

Luke 2:37

Benefit #2:
Fasting can increase your power to withstand temptation

...their god is their stomach... Philippians 3:19

Benefit #3:
Fasting can bring special protection and provision for you and your family

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
of our possessions.

Ezra 8:21

Benefit #4:
Fasting can bring clarity
and direction to tough decisions

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them."

Acts 13:2

Benefit #5:
Fasting can lead
to spiritual renewal in people's lives

...On that day they fasted and there they confessed, "We have sinned against the Lord."

1 Samuel 7:6

Benefit #6: Fasting can bring about physical healing and renewal "Seek first the kingdom of God and his righteousness, and all these things shall be added to you."

Matthew 6:33



January 10-11
Contending for Real Change

