

**FASTING FACTS**  
**MAY 31, 2017**

1. Fasting is a way to humble ourselves. **PSALMS 35:13**
  - A. **1 KINGS 21:27-29** – King Ahab was an evil king whose evil activities were incited by his wife Jezebel. Elijah was sent to pronounce judgment upon him. Ahab humbled himself with fasting and judgment was averted in his day.
  - B. **JAMES 4:6-10** – Humbling ourselves can lead to an outpouring of God's grace, which is His power in operation.
2. Fasting can help align our heart with the heart of God.
  - A. **DANIEL 10:12 (AMPC)** – When we humble ourselves to align our hearts with the heart of God, God hears our prayers and releases the things we need to know and do.
3. Fasting disciplines the body.
  - A. **1 CORINTHIANS 9:27 (AMPC)** – By disciplining the body and denying it the right to dominate our spirits, we become more sensitive to the things of God.
4. Fasting and repentance activate God's mercy and grace.
  - A. **JOEL 2:12-13** – It's when people turn to God with their heart that they get God's attention. Rending one's clothes is an external sign of sorrow that can be done hypocritically.
  - B. External signs of repentance must come from the heart or they are without significance. **JONAH 3:5-10**
5. Prayer checklist
  - A. Current president and family.
  - B. President's cabinet and staff.
  - C. Senators and congressmen.
  - D. State officials.
  - E. Local officials.
  - F. For deception to end in America.
  - G. Stand against the evil forces behind terrorism.
  - H. The body of Christ.
  - I. For Israel and Jerusalem.
  - J. For our church to be effective in fulfilling the call.
  - K. For missionary and evangelical outreaches.
  - L. For protection for police and firefighters.
  - M. For college campuses to be safe.
  - N. For national and local revivals.
  - O. For increase of the healing anointing.
  - P. Youth
  - O. Finances.