



DANIEL FAST 2018
Monday 8th - Sunday 28th January



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BAPTIST CHURCH

Why does
God want
fasting to
be part of
my life?



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FASTING



1. helps me hear God speak

Acts 13:2

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



What will God say to me?

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2. helps me listen to my heart

Isaiah 58:6

**'Is not this the kind of fasting I have chosen:
to loose the chains of injustice and untie the cords of
the yoke, to set the oppressed free and break every
yoke?'**



What will God deal with?

FASTING



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3. helps me strengthen my NO muscle

Titus 2:11-12

For the grace of God has appeared that offers salvation to all people. It teaches us to say 'No' to ungodliness and worldly passions, and to live self-controlled, upright and godly lives in this present age,



Where do I need to say "No!"

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4. helps me take control of my time

Ephesians 5:15-17

Be very careful, then, how you live – not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is.



Where will I be
more conscious of God?

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5. helps me develop in community

Luke 22:15

And he said to them, 'I have eagerly desired to eat this Passover with you before I suffer.'



How am I going to share this fast with others?



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Teach us to Pray



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The key to Jesus' effectiveness was prayer..

Luke 11:1

One day Jesus was praying in a certain place. When he finished, one of his disciples said to him, "Lord, teach us to pray,



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How's your prayer life?

The Lord's prayer



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The Father's Character

Luke 11: 2

He said to them, "When you pray, say:
"Father, hallowed be your name,



Who is God to you?

The Lord's Prayer



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The Father's Kingdom

Luke 11:2 Psalm 47:7

Your Kingdom come..

For God is the King of all the earth; Sing to him a psalm of praise.

Where are you seeing God's kingdom today?



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The Lord's Prayer



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The Father's provision

Luke 11:2

Give us each day our daily bread.

What has God provided for
you today?



The Lord's Prayer



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The Father's Forgiveness

Luke 11:4

Forgive us our sins as we forgive those who sin against us.



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What do you need to be forgiven for
do you need to forgive?

The Lord's prayer



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The Father's guidance

Luke 11:5

Lead us not into temptation..



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Teach me your ways God!

The Lord's prayer



The Father's Provision

Matthew 6:13

And deliver us from the evil one..

Where are the battles?

What protection do you need?

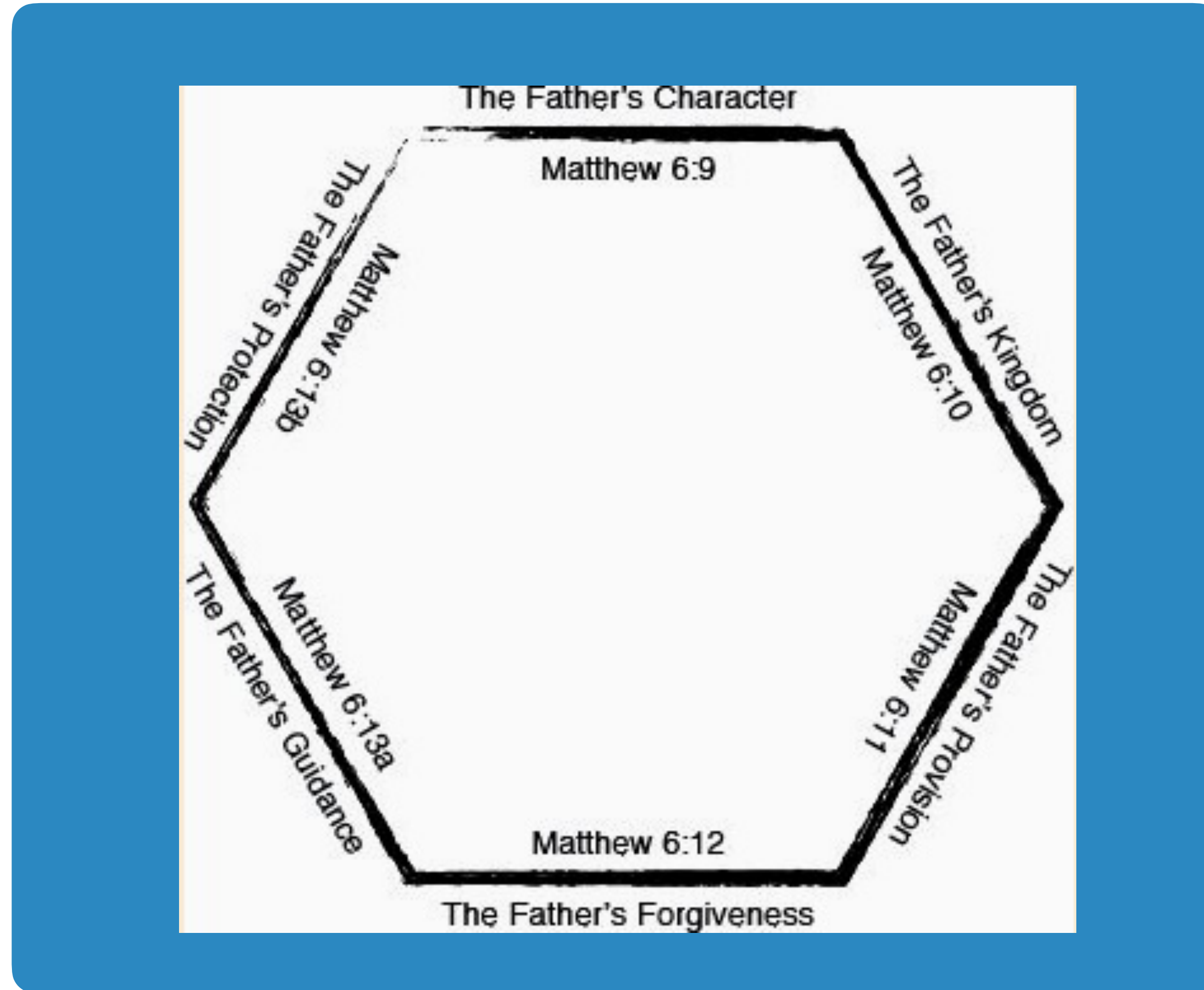


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The Lord's prayer



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The Lord's prayer



Some ideas...

- Pray one side of the hexagon every day.
- Pray for first week about our own relationships with God, second week praying for others who are Christians, praying for those who aren't Christians.
- Even if you are not fasting, why not join in with this praying bit?



Teach us to Pray