



ANTIOCH
CAPE TOWN

Fasting

EXPERIENCING TRANSFORMATION RATHER THAN A HUNGER STRIKE

“Is this not the fast which I choose, to loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free and break every yoke?” – Isaiah 58:6

In a society that trains us to be independent and strong, fasting can seem very unnatural and unnecessary. But God uses fasting as a doorway to intimacy with Him and a key for breakthrough.

Why do we fast?

We fast for transformation in ourselves – Many people think we fast for God so He will hear us or love us more. However, we already have His love and His ear! In reality, fasting is for us. It humbles us and teaches us to depend on God and not ourselves.

Ways to experience personal transformation through fasting:

- Block out time over meals to worship and pray (rather than filling them with tasks)
- Every time you grow hungry, acknowledge God’s presence around you
- Carry a Bible with you and feast on the scriptures

We fast for transformation in others – Fasting is a key for breakthrough in others because when we are dependent on Him we will naturally pray more and with more faith! Ways to see God “break every yoke” through fasting:

- Go into the fast with a couple people or situations in which you are praying for breakthrough
- When you are hungry, pray for those people/situations
- Journal anything God speaks for those people/situations and watch God answer prayer! (Psalm 5:3)

Join us as we fast and experience the transformation He has planned. It’s a new day for our city, our nation and the nations!

“Blessed is the man who hungers and thirsts for righteousness...” Matthew 5:6

I love fasting...kind of.

But I really do love the fruit of fasting. When I take time and set aside food or some other comfort, it gives God room to renew my heart and my mind. His power becomes preeminent above my own abilities and that makes fasting worth it.

This coming Thursday, April 2nd, is our church-wide prayer and fast. I encourage everyone to commit to fasting and praying that day as we believe God for breakthroughs personally and corporately. It could be as simple fasting one meal a day or laying aside media or some other comfort to make more space for God. You could choose to fast from food the whole day and drink water or juice. Whatever you choose, please take a look at these resources to help you along the way.

On Thursday please be praying:

- For personal repentance and a renewed love for Jesus (Acts 3:19)
- For people to be saved and prodigals to come home (Luke 15)
- For the building of God’s House; families to be restored, the church strengthened and new vitality and health in everyone’s personal life
- For the churches of our city; for Cape Town to be “a city set on a hill” (Matthew 5:14)
- For our churches around the world to flourish and abound in the grace and power of God.

On Friday morning at 9 am we will gather at Rhodes Memorial to celebrate what God has done. We will take time to worship and pray for our city, the nation and nations.

Please join us!