



P40 *days of* Prayer

Bonus Week

CC
COMMUNITY
CHRISTIAN
church

Bonus Sermon Notes:

Prayer & Fasting: Matthew 17:14-21

Problem

Un _____ : disconnected from _____

&

Per _____ : way too connected to the _____

Solution

P _____ : connects you to _____

&

F _____ : disconnects you from the _____

Matthew 9:14-15, Acts 13:1-3, 2 Corinthians 11:27

Three parts:

- 1. B** _____
- 2. S** _____
- 3. S** _____

Setting up your fast:

- 1. Set an** _____
- 2. Decide the** _____ **of fast**

Isaiah 58:8-9

Types of Fasts

Complete Fast

In this type of fast, you drink only liquids, typically water with light juices as an option.

Selective Fast

This type of fast involves removing certain elements from your diet. One example of a selective fast is the Daniel Fast, during which you remove meat, sweets, and bread from your diet and consume water and juice for fluids and fruits and vegetables for food.

Partial Fast

This fast is sometimes called the “Jewish Fast” and involves abstaining from eating any type of food in the morning and afternoon. This can either correlate to specific times of the day, such as 6:00 am to 3:00 pm, or from sunup to sundown.

Soul Fast

This fast is a great option if you do not have much experience fasting food, have health issues that prevent you from fasting food, or if you wish to refocus certain areas of your life that are out of balance. For example, you might choose to stop using social media or watching television for the duration of the fast and then carefully bring that element back into your life in healthy doses at the conclusion of the fast.

FOR MORE INFO GO TO:

www.londonccc.com/40-days-of-prayer-journal

