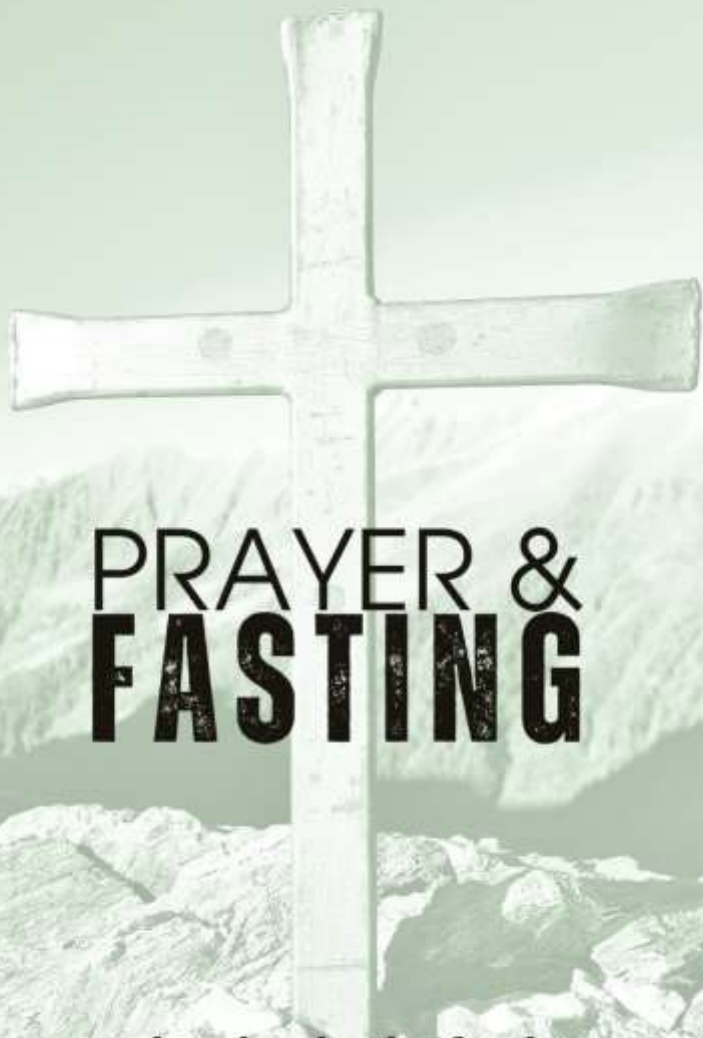


BE STILL
13-27 SEPTEMBER



PRAYER &
FASTING

see church calendar for dates
www.stirlingfamilychurch.au/unitedinprayer

ABOUT THIS BOOKLET

We are looking to share 15 days together in the art of Being Still by praying and fasting before the Lord, as part of Be Still September, from 13 to 27 September

In this booklet, there is some background to biblical fasting, and some ways to go about fasting, and some discussion on being still, and the Help we have in God.

Prayer changes everything, for as our trust is in the Lord strengthens, we can refuse to be anxious about anything, but in everything by prayer and supplication with thanksgiving, we let our requests be made known to God (Phil 4:6).

OUR SHARED CONVICTION

It is the shared conviction of Elders that we continue to press into what the Lord has called us to be, His gathered followers of Jesus who imbue and exhibit:

- “a new anointing, **a new flood of revelation**, a new conviction”
- “an enlargement of ministry and people”, and
- “a gathering of many who have been brought into kingdom of the Lord.”

These words were not ours, but from those who shared their hearts and spoke out what they believed the Lord was saying for our Church in the Adelaide Hills.

A burden to pray and fast arose within the Eldership Team in 2024 for the opportunity to witness a supernatural breakthrough in the midst of several areas of pressure.

- We believe the Lord hasn't changed His mind, and so they're our words today.
- We endeavour to only be who the Lord has called Stirling Family Church to be.
- Fasting is mentioned some thirty times in the New Testament.
- Miracles and the supernatural is a normal part of being clothed in Christ.
- The life of Jesus shows us that everything is spiritual.

We continue this practice as His disciples in “Be Still” September.

BE STILL SEPTEMBER

“Be Still” is a way we move forward in our walk with the Lord. Serving the Lord and doing for the Lord includes being still before Him. Psalm 46:10 says:

“Be still, and know that I am God; I will be exalted among...”

One idea in being still before the Lord is that He is exalted, worshipped and lifted above all the things that consume us, and the difficult matters we face. To Be Still comes from the Hebrew word ‘rapa’, which means “to slacken, let down, or cease.”

To “Be Still” is more than just being “quiet in God’s presence.” Quietness is helpful, but for God’s people, being “still” is about looking to the Lord as our help (Ex 14:13).

The purpose of ceasing what we are doing is to better enable us to see and acknowledge and be aware of what God is doing.

When we wilfully determine to be still before the Lord, we are reminded of His omniscience (all-knowing), His omnipresence (present everywhere), and His omnipotence (all-powerful). We renew our sense of His holiness, sovereignty, faithfulness and goodness. Knowing God changes us...for the better!

Acknowledging God enables us to trust Him more, and surrender to His plan because when we refresh ourselves of who He is, we can know that He is our Help!

The prophet Hosea 12:6 declares:

So by the help of your God, hold fast to love and justice and wait continually for Him.

Consider these passages below, and give a moment to reflect on how the Lord has been your help, how He is your help, and how He will always be your help.

- *Psalm 33:20 - "We wait in hope for the Lord; he is **our help** and our shield."*
- *Psalm 46:1 - God is our refuge and strength, a very **present help** in trouble.*
- *Psalm 54:4 - Behold, God is **my helper**. The Lord is the upholder of my life.*
- *Psalm 118:7 - The Lord is on my side as **my helper**; I shall look in triumph on those who hate me.*
- *Psalm 121:2 - **My help** comes from the Lord, who made heaven and earth.*
- *Ps 124:8 - **Our help** is in the name of the Lord, who made heaven and earth.*
- *Isaiah 41:13 - For I, the Lord your God, hold your right hand; it is I who say to you, "Fear not, I am the one who **helps you**."*
- *John 14:26 -But the **Helper**, the Holy Spirit, whom the Father will send in my name, He will teach you all things and bring to your remembrance all that I have said to you.*
- *Hebrews 13:6 - "So we say with confidence, 'The Lord is **my helper**; I will not be afraid. What can mere mortals do to me?'"*

Being Still put us in our place, that we are not alone but God is our Help!

ABOUT BEING STILL

It is a long bow to connect what the Bible says about “Being Still”, with the multitude of worldly mindfulness self help guides, modern psychology techniques, naturist field trips, experiences of yogic awakenings and other eastern meditative practices. And we haven’t even started being still with mobile games, netflix and our pursuits!

To “Be Still” might be better expressed as prayerfulness. Prayerfulness is the active participation of standing firm, and seeking the Lord for who He is.

Therefore worldly mindfulness is not prayerfulness! I want to carefully caution that worldly practices can drift us, and take the place of ‘Being Still’ before the Lord.

Psalm 37:7 says *“Be still before the Lord and wait patiently for Him...”*

And Psalm 130:5-6 gives a picture of what it means to wait patiently with the example of the watchman who would stand sentry along the ancient walls of the city, awaiting expectantly for the light of God to breakthrough the darkness, like the morning light:

“I wait for the Lord, my soul waits, and in his Word I hope; my soul waits for the Lord more than watchmen for the morning, more than watchmen for the morning.”

To “Be Still” then is a proactive action of faith in God, not a passive sleep or moment of amusement. To Be Still means to be strong and courageous. Psalm 27:14 says:

“Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!”

To take courage comes from hope in His Word, where Psalm 130:5 declares:

“I wait for the Lord, my soul waits, and in His Word I hope;”

And whatever difficulty or fight we are in, or need we have, or peace we lack, we can remember the call and choice of being still from Exodus 14:14:

“The Lord will fight for you; you need only to be still.”

Salvation is that moment of grace we can each remember, but salvation remains an ongoing work and reality for our lives. Genesis 49:18 boldly says:

“I wait for your salvation, O Lord.”

Therefore to Be Still in prayerfulness is when we make lifestyle choices to create room for, and to be intentional about, praying by faith, and aligning our attitudes, our actions and our confessions with the Spirit and Word of God.

Being Still isn't just about what you hope to see happen at the end of the wait, but it is also about what happens as we wait and be still before the Lord!

Being Still before the Lord isn't about having perfect circumstances, it's about a heart that is more and more surrendered to a perfect God.

Being Still is fixing our eyes on an all-knowing, all-powerful Saviour who grounds and sustains us, giving us an eternal perspective of Hope we have.

In Being Still, we cannot help but declare He is worthy of worship even when we don't understand. Examples of how Being Still in God is made practical include:

1. Remembering that God has never failed. (Joshua 21:45)

God has never failed His people. The Bible declares God to be faithful and victorious in every situation. His promises have never been broken and each one He has kept throughout all time and history.

Numbers 23:19 says: *"God is not a man, that He should lie..."*

To Be Still means to remember that we need to lean into the Lord and learn to trust Him more. And surrender the outcome to His all-knowing, sovereign plan.

2. The is not just earthly, but spiritual. (Ephesians 6:12)

The Lord is at work strengthening our faith and reminding us that we are overcomers of the Highest King. We can choose to wrestle in our own strength, or wrestle-with the Lord, and cry out to our Heavenly Father to intervene.

Spiritual battles require spiritual disciplines. Our identity in Christ means we have access and necessity to put on spiritual armour. (Ephesians 6:10-18)

The enemy is not just a person or situation. Nor is the enemy yourself. The real enemy is the 'spirits of this world'. The battle we fight is not only earthly, rather Spiritual wars are fought on spiritual grounds as we Be Still before the Lord.

3. Remember Who you are waiting on. (Jeremiah 32:27)

God is all-powerful, not limited by time, space, or matter. We are waiting on the God of the Universe to move on our behalf, to be our HELP! When we encourage the depths of truth of God's nature spoken to us through His Word, we surrender with humility into a stillness of soul that is unexplainable, full of peace and His strength – the is a rest in surrender, a rest in waiting, a rest in Being Still.

Philippians 4:4-7 says: *Rejoice in the Lord always; again I will say, rejoice...*

While we are still waiting, and remain waiting upon Jesus, we can know again the joy of salvation, an eternity that overcomes temporal problem. We can know His hope, comfort, and counsel, we can know His Peace.

MAKING ‘BE STILL SEPTEMBER’ PRACTICAL

1. Believe and our posture

- a. God who saved you hears your cries (Micah 7:7).
- b. Humbly declare dependence upon God (1Cor 6:19)(Proverbs 3:5-6).
- c. Resist fretting, be still, and choose patience (Psalm 37:7-8).

Determine in your heart to know that Jesus is with you, and wants to hear from you. And determine to hear from the Lord, being patient through silence and space to listen. This means that some space without distraction is needed, and some preparation is needed to enjoy an uninterrupted being-still waiting upon the Lord.

2. Engage with hope and thanks

- a. Put your hope in his Word (Psalm 130:5-6).
- b. Continue in prayer, be watchful with thanksgiving (Colossians 4:2).
- c. Have an attitude of expectancy (Psalm 5:3).

Work through a number of scriptures that remind you about the promises of the Lord, and how we are called to have Hope in God. Thankfulness reminds us of what He has already done for us, and an attitude that expects means our faith is stirred by the Word to believe and trust.

3. Expectantly wait upon God’s promises (Acts 1:4).

- a. Declare His blessings (Isaiah 30:18).
- b. Be strong and be single minded / consistent (Psalm 27:13-14; 31:24).
- c. Listen for God to speak in His goodness (Psalm 27:13)(Lam 3:25-26).

We need discipline our minds on the Word in order to refrain from needless fear and worry that overwhelms us and takes our eyes off of Christ. The Bible says that we have not been given a spirit of fear. That means we get to choose and remember what we have been given - a spirit of power and love and self-control. (2 Tim 1:7).

Even though we live industrious lives, it is good for us to be still and be quiet. This is a part of God-glorifying waiting, and maturing that occurs in us when we Be Still! This idea is not us creating something, rather notice Psalm 62.

Psalm 62:5 says *“For God alone, O my soul, wait in silence, for my hope is from him.”* This follows Psalm 62:1-2 which declares that *“For God alone my soul waits in*

silence; from him comes my salvation. He alone is my rock and my salvation, my fortress; I shall not be greatly shaken."

May we read scripture, allow it to renew us, and walk in its Truth, as we Be Still.

- *Psalm 37:7 - "Be still before the Lord, wait patiently for him; do not fret when people succeed in their ways, when they carry out their wicked schemes."*
- *Isaiah 30:18 - Therefore the Lord waits to be gracious to you, and therefore He exalts Himself to show mercy to you. For the Lord is a God of justice; blessed are all those who wait for Him.*
- *Isaiah 64:4 - From of old no one has heard or perceived by the ear, no eye has seen a God besides You, Who acts for those who wait for Him.*
- *Lamentations 3:25 - The Lord is good to those who wait for Him...*
- *Philippians 4:6-7 - Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*
- *James 5:11 - Behold, we consider those blessed who remained steadfast. You have heard of the steadfastness of Job, and you have seen the purpose of the Lord, how the Lord is compassionate and merciful.*
- *Pr 20:22 - "Do not say, 'I will repay evil;,' wait for the Lord, He will deliver you."*
- *Ps 118:5 - "Out of my distress I called on the Lord; the Lord answered me..."*
- *Romans 12:12 - "Rejoice in hope, be patient in tribulation, be constant in prayer."*
- *Psalm 25:4-5 - "Make me to know your ways, O Lord; teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; for you I wait all the day long."*
- *2 Peter 3:11-13 - "Since all these things are thus to be dissolved, what sort of people ought you to be in lives of holiness and godliness, waiting for and hastening the coming of the day of God, because of which the heavens will be set on fire and dissolved, and the heavenly bodies will melt as they burn! But according to his promise we are waiting for new heavens and a new earth in which righteousness dwells."*

SHARING IN PRAYER AND FASTING

The Bible is a testimony of moments where God intervenes. We all have stories and know of stories of how the Lord acted on our behalf for His purposes that glorify Him.

Our opportunity then is unified participation in preparing ourselves for a breakthrough, a miracle, a supernatural moment that can only be ascribed to the Lord. To Be Still and allow the Lord to fight for us, to allow the Lord to remind us of who He is, and to know that we have seat at His table where our cup overflows. Ps23 is a passage we know, and being Still helps us to live in His promises and peace!

The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

In our unity of Being Still, and in Prayer and Fasting, we are seeking Him to move upon us, and over our circumstances – for breakthrough and favour.

In being still, we declare our dependence on the Lord, for it is the Lord who brings the victory according to Psalm 20:7. Proverbs 21:31 says *the victory is of the LORD*.

You will have a number of areas to pray and fast and wait up the Lord. And as a Church together in Being Still September, we desire to fast and pray into 5 areas across our fellowship, all which are interconnected and interdependent.

We are seeking the Lord for:

1. An increasing desire, commitment and urgency for prayer to be more evident and celebrated in our fellowship, and that this would be noticeable at our prayer gatherings, our worship gatherings and at our small group gatherings,
2. An expectation of testimonies of the goodness and favour of the Lord as we live in His power and presence, that we might encourage one another with the Word, and in prayer around our expectations by faith;
3. An increase dependency and witness of the spiritual gifts, like the gifts of healing, word of knowledge and gift of discernment, in operation as we outreach in our communities;

4. An urgency of praying to the Lord of the Harvest, for workers, for the harvest is ripe. We are praying for new families and people to be brought into the Kingdom, and be planted into our Church family;
5. A breakthrough in our facility and operational needs, we are believing for the windows of heaven to be open, and for His favour. We are seeking a providential move of the Lord in our plans and circumstances in order to facilitate the vision the Lord has given us.

1	HOUSE OF PRAYER: Every person would determine to be at one opportunity for gathered prayer each week.
2	SHARING TESTIMONY: Every person desiring to share a testimony once a month of the goodness of God at work in and through them.
3	EAGERLY DESIRING THE GIFTS: Every person would eagerly desire the Gifts of the Spirit to: 1/ meet a need, 2/ give witness of the power of God, and 3/ share the good news of Jesus.
4	HE WILL BUILD HIS CHURCH: Every person would join in praying for 5 new individuals/families to belong to our Church.
5	PROVISION AND OUR FACILITY: Every person asking the Lord for His favour upon the provision for our fellowship and for commencing redevelopment across our property.

GATHERING TOGETHER DURING BE STILL SEPTEMBER

For Be Still September, we ask that you consider how you can participate together between 13 and 27 September.

Our hope is that each person might consider how they can create space during this time to Be Still.

Being Still often includes a place of solitude and quietness, away from distractions. It includes a measure of concentrated prayer, and Bible reflection.

Enter into a time of Being Still prepared – take your bible, your prayer list, a list of the promises of God, your water and coffee, and remain committed to being in the presence of the Lord.

Being accountable to another can help and encourage you.

There is no prescription persay, except that you dedicate space in your life to be with the Lord, and Be Still in His presence.

For Be Still September, we have included two specific opportunities to pray and share and worship, and Be Still before the Lord.

- 7.15-8.30p Thursday 17 September
- 7.00-8.30p Wednesday 23 September

Be Still September also has a part to play in our preparation for Outward October, as we anticipate opportunities to reach our communities with Jesus.

BEING STILL, AND JESUS SHOWED THE WAY

Fasting ultimately points to the cross. Christ gave up life itself in obedience to the Father to establish the kingdom of God for the salvation of humankind.

It is through His willingness to give up His life that Jesus reconciled us to the Father. His suffering and death were for my sins, and His resurrection proves that His offer was acceptable to the Father. So why did Jesus fast?

When Jesus fasted, he identified with God's people. Just as God's people were tested in the wilderness, so Jesus allowed himself to be tested.

In this, He demonstrated His love for the Father, His dedication to His mission, and His love for us. It was an object lesson for us, to reveal to us what was in His heart.

CONSIDER YOUR ABILITY TO FAST

It may be necessary to consult with your doctor or health professional before taking part in any fast, especially for persons with medical conditions.

Consider Isaiah 58 before determining the look and feel of your fast.

All children/youth under the care of parents need to talk with their parents/caregivers if they are taking part in fasting.

ALL ABOUT BIBLICAL FASTING

Biblical Fasting is not:

- about twisting God's arm to make Him move on our behalf
- abstaining from every day habits (ie social media, TV etc)
- abstaining from specific foods (ie chocolate or sweets)
- a religious exercise to feel good

Jesus makes it clear in Matt 6:16-18 that, fasting should not be done to receive notice from others. Fasting can be spiritually harmful when we do it to show off our spirituality or when we focus more on our own fasting than on the clear needs of others (see Isaiah 58:1-11).

We need to avoid boasting about fasting where for example, we only tell people we won't be eating if necessary.

Fasting should not be done for false motives (1 Samuel 14:24-30).

Fasting rests on the finished work of Christ, only the blood of Jesus can atone for your sins.

Fasting is not about Gnosticism. We don't fast because we believe the flesh is evil and spirit is good. We don't fast to starve the flesh to make way for spiritual life.

Rather, we fast to demonstrate that our faith is in God alone and not in anything else. We align ourselves with our heavenly citizenship.

Fasting is not a hunger strike to force God's hand or make God feel sorry for us! We don't impose our will upon God with fasting, but we declare our desire to be spiritually fed by Him. **Biblical Fasting is about saying to God that we want to increase our time and level of intimacy with Him, and seek after His will, and bring before the Lord what is upon our heart!**

Fasting is a way that we draw closer to God. It's an act of devotion and surrender that positions us to seek, and hear from God more clearly. A biblical fast is when you dedicate a period of time to focus on God, and includes at least two things:

1) Going without food, and 2) A focus on prayer and the Word of God.

Fasting is a time to focus our attention on God alone. Fasting is starving the flesh, not the body! Fasting feeds the spirit. It's a subtle but significant difference. The word "flesh" in the New Testament symbolises earthly desires that can distract us from a deeper reliance on God. Consider Galatians 5:16-18 (NKJV):

'Walk in the Spirit, and you shall not fulfil the lust of the flesh. For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one

another, so that you do not do the things that you wish. But if you are led by the Spirit, you are not under the law.”

Paul is describing a battle of the flesh, and the spirit.

As followers of Jesus, the call is to crucify or starve the flesh, so that we can feed the spirit – and scriptures tell us true freedom is found when we do that. Our lives become more and more transformed by the Word. We are fed by the Word, and less so conformed by the world, which feeds our flesh.

Strengthened by the Word, the desire to indulge in unhealthy or even unproductive habits decreases. By the practice of faith, our desire to pray and read His word and extend His love to others grows.

Fasting is not our idea. Fasting comes from the Word. When we fast, ideally we intentionally reduce our desire for fleshly things, whilst we choose our spiritual desires, which are strengthened as we give more time and awareness to the Lord.

John Piper says about Fasting - *“The whole-body hungering for God. The absence of fasting is the measure of our contentment with the absence of Christ. If we don’t feel strong desires for the manifestation of the glory of God, it is not because we have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great.”*

Fasting is never shown in Scripture to be the means to heightened spiritual experience, visions, or special insight or awareness. Fasting is often connected to a regular spiritual discipline, or during times of testing, trial, or struggle.

Fasting is a time of focus, giving all our attention to God alone, and we feed our spirit. An obvious aspect decision to fast means we can give the time we spend eating to the Lord, and spend time with God. The Bible says that this sort of fasting has reward (Mt 6:17-18).

However fasting without kingdom purpose is not fasting...at best, it’s dieting.

EXAMPLES OF FASTING IN THE BIBLE

Fasting for Kingdom purpose has breakthrough. Fasting for breakthrough breaks spiritual bondages and oppression (Mark 9:29). Through fasting for breakthrough, we can experience deliverance in areas where we have been held captive.

Fasting for breakthrough facilitates divine revelation and guidance (Dan 9:2-3). As we fast for breakthrough, we position ourselves to receive revelatory insights from the Lord, and understand God’s purposes more clearly.

However in this, we need to keep our heart right, and realise that fasting does not place us into any special righteous state that gets God’s attention (Luke 18:12).

Fasting for breakthrough overcomes obstacles and impossible situations (Ezra8:21). When we fast for breakthrough with faith, we open the way for God to intervene in seemingly impossible circumstances.

Fasting for breakthrough demonstrates our earnestness in seeking God (Ezra 8:21, Daniel 9:3). Our commitment to fasting for breakthrough positions us for God's favour and blessing.

Fasting is not our idea. Fasting is practice of faith in the Word. Fasting for breakthrough aligns our hearts with God's heart for justice and compassion (Isaiah 58:6-8). As we fast for breakthrough, we are sensitised to the needs around us and God's desires.

Fasting for breakthrough ushers in revival, renewal, and spiritual awakening (Joel 2:12-13). Fasting for breakthrough often precedes seasons of spiritual revival and transformation among God's people.

Fasting for breakthrough empowers us for ministry and specific callings (Acts13:2), empowering us for the work God has called us to. Acts 14:23 records what while appointing elders *"with prayer and fasting they committed them to the Lord in whom they had believed."*

The prophet Joel 2:12 writes: *"'Yet even now,' declares the LORD, 'return to me with all your heart, **with fasting**, with weeping, and with mourning; and rend your hearts and not your garments.'"* Here we see that the Lord is declaring that fasting is a practice to draw us closer to himself.

People fasted to see the kingdom of God advance. Paul and Barnabas fasted before their first missionary journey. They committed their desires, hopes and calling to the Lord.

People fast to discern God's will. The Bible connects this spiritual discipline to prayer because it changes and strengthens our prayers as we focus on kingdom needs instead of our needs.

In the same way, we want to see people healed. We want to see lost people come to a saving knowledge of God and be redeemed. We want marriages restored and protected. We need God's favour for decisions, and providence for our journey.

Fasting is not about giving up bad things but giving up good things, namely food, which God graciously provides. We approach the throne of grace boldly, and express our desire before the Lord through fasting. The process of fasting can help us to be honest, and examine our hearts.

Think about this, do we love God more than we love food? Exodus 16:3 records such feeling, and the world has a subtle way of creating needs for us...needs that can superimpose themselves over the Lord.

**With fasting, we affirm that while God meets our daily needs,
what we truly need is to meet God daily.**

The Bible records that fasting was often associated with a holy grief. Nehemiah fasted when he realised that the city of God was in disrepair (Neh 1:4). Naturally, when grief weighs on us, we often lose our appetite.

People fast to seek deliverance from enemies or circumstances. Esther called out a fast when she realised that the enemies of God's people were getting ready to massacre them (Est 4:3, 16).

Other examples of help and deliverance include:

- Israel fasted after their defeat against the Benjamites (Jdg 20:26).
- Samuel led the people of God to fast after they recovered the ark from the Philistines (1 Sam 7:6).
- The men of Jabesh Gilead fasted to indicate their sorrow over the death of Saul and Jonathan (1 Sam 31:13; 2 Sam 1:12).
- David fasted on behalf of his sick child (2 Sam 12:16).
- Faced with a great multitude of attackers, Jehoshaphat declared a fast (2Chr 20:2) for the nation.

The children of God have engaged in prayer and fasting both as a spiritual discipline, and in a moment of crisis or need. In the Old Testament, fasting was often a reaction from God's people after a disastrous turn of events, or before a significant undertaking. We see Jesus fasting, and we see the early Christian Church fast before starting on a new ministry.

Jeremiah 29:13 says that – *'You will seek me and find me when you seek me with all your heart.'* It seems that fasting helps us to seek the Lord with all our heart!

REASONS FOR FASTING

Urgency: Numerous incidents in the Old Testament connect fasting to prayer, especially intercessory prayer. Fasting does not change whether God hears our prayers, but it can change our praying.

Arthur Wallis (1922-1988) said, "Fasting is calculated to bring a note of urgency and importunity into our praying, and to give force to our pleading in the court of heaven." (Esther 4:16, Ezekiel 22:30, Ezra 8:23, Jer 36:6-9, 2 Chronicles 20:3-4)

Repentance: Joel 2:12-13, 1Sam 7:6, Jonah 3:5, Nehemiah 9:1-2, James 4:8-10

Humility: Prayer and fasting is a posture of, an action in humility before the Lord (1Kings21:27–29). In Psalm 35:13 David says “...*My clothing was sackcloth; [sackcloth is the mark of mourning, and fasting and mourning go very closely together.] I humbled my soul with fasting...*”

Derek Prince writes *that what David was dealing with was his soul. Psalm 35:13 says “I humbled my soul with fasting”. It should be noted that David had a lot of problems and he didn’t always do the right thing, but he learned how to humble himself, humble his soul – and he is known as a man after God’s heart. Every servant of the Lord has to learn to humble his or her soul. 1 Peter 5 captures this idea urging us to “Humble yourselves.”*

Release: In Matthew 17, Jesus casts out a demon from a young boy. Jesus explained that this kind of evil does not go out except by prayer & fasting.

Breakthrough: Matthew 17:21, Ezra 8:21-23, Nehemiah 1:4, Daniel 9:3, Acts 13:2-3, Isaiah 58:6-8, Joel 2:12-13, Mark 9:29, 1 Samuel 7:6, Judges 20:26-28.

Overcoming: Isaiah 58:8, Matt 4:1–11, Isaiah 58:6,11, 1 Cor 9:27, Galatians 5:16, 1 Peter 5:8-9, Rom 8:13.

Jesus overcame temptation while fasting (Luke 4:2-4)

Service: Acts 14:23, Acts 13:2-3, Exodus 34:28

Clarity & Guidance: Fasting is an intentional choice to press into the depths of God’s heart, and when we do, our spirits are more finely tuned to hear His plans and move forward in our divine purposes.

The apostles modelled this in Acts 13:1-3 after fasting and praying, God spoke to them to send out Paul & Barnabas for work He had called them to do.

As with prayer, fasting to seek God’s guidance helps to make us more receptive to his guidance. (Judges 20:26)

Grief: As we see in 1 Sam 31:13, expressing grief is one of the primary reasons for fasting. Ever notice that when you’re moved to tears by grief you lose the urge to eat? When we grieve, our family and friends often have to plead with us to eat because our body’s appropriate response to grief is to fast.

A prime example occurs in 2 Sam 1:12, where David and his men are described as having “mourned and wept and fasted till evening” for their friends, their enemies and their nation.

OUR STATEMENTS OF VISION AND HOPE.

- it is our anticipation that our Church will fulfil its calling in God. Our motto describes this, our vision shows who we are, our mission expresses what we do.

We see a church living in His Power and Presence

- is who we are, expressed as vision.

**We are a church who Make a Difference everyday
in every generation in the name of Jesus**

- is what we do, expressed as mission

Christ-centered, Spirit led, People focused

- is how we describe Stirling Family Church.

**STIRLING
FAMILY
CHURCH**