

## THIS YEAR GET OUT OF THE BOAT

### WHY FAST?

#### DISCOVERY POINT:

#### 7 Types of Fasts found in Scripture:

1. \_\_\_\_\_ fast- abstaining from all food, but not from water.
2. \_\_\_\_\_ fast- limiting the diet but not totally abstaining from food.
3. \_\_\_\_\_ fast- avoiding all food and water for a short period of time.
4. \_\_\_\_\_ fast- God suspends the bodily functions (in this case for 40 days)- this is not normal!
5. \_\_\_\_\_ fast- fasting in a way that others don't know about it.
6. \_\_\_\_\_ fast- a call to a sacred assembly to meet with God.
7. \_\_\_\_\_ fast- a nation seeking God in a time of crisis.

BONUS 8. \_\_\_\_\_ fast-husband and wife abstaining from sex for a predetermined period .

The reason we fast is to \_\_\_\_\_ before God  
so we can better \_\_\_\_\_ His \_\_\_\_\_.

#### There are many benefits to fasting:

1. We are humbling ourselves.
2. We will see life's priorities more clearly.
3. We will see balance return to areas of our life where there is imbalance.
4. Our selfish ambition and pride will begin to be washed away (we will appreciate more what we have).
5. We will be more sensitive to God's Spirit, and the gifts of the Holy Spirit will work more effectively in our life.
6. Our hidden areas of weakness or susceptibility will rise to the surface so that God can deal with them.
7. God will make you more unselfish.

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## WINTER SERMON CALENDAR

Jan. SERIES: Get Out of the Boat

Jan 6 WHY PRAY (21 Days of Prayer)

Jan 13 Why Fast? (21 Days of Prayer)

Jan 20 LAUNCH the Believe Boat

Jan 27 The Theology of it All (*Bring Your Phone*)

Feb. SERIES: Believe: Think-Act-Be

Feb 3-GOD

Feb 10- PERSONAL GOD

Feb 17- SALVATION / Football Sunday

Feb 24- THE BIBLE

Mar. SERIES: Believe: Think-Act-Be

Mar 3- IDENTITY IN CHRIST / Ash Wednesday

Mar 10- THE CHURCH / Lent

Mar 17- HUMANITY / Lent

Mar 24- COMPASSION / Lent

Mar 31- STEWARDSHIP / Lent

Apr. SERIES: Believe: Think-Act-Be

Apr 7- ETERNITY / Lent

Apr 14- THE KING IS COMING / Palm Sunday

Apr 21-THE GRAVE ROBBER / Easter

Apr 28- WORSHIP

### DO SOMETHING - DO WHAT YOU CAN

*SPREAD THE GOOD NEWS EACH MORNING.*

*The Family Harvest FACEBOOK PAGE has*

*A SHAREABLE GIFT for you to SHARE with your friends*

**FAMILY HARVEST**  
**CHURCH** 

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