

# ***40 Day Fasting—Solemn Assembly*** ***(February 26—April 6, 2007)***

## ***Five Disciplines to Follow***

- 1. Fast from judging others: feast on Christ dwelling in them.**
  - a. Romans 2:1- “You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things.”
  - b. Romans 14:10- “You, then, why do you judge your brother? Or why do you look down on your brother? For we will all stand before God’s judgment seat.”
  - c. Luke 6:37- “Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven.”
  
- 2. Fast from fear of illness: feast on the healing power of God.**
  - a. Isaiah 58:8- “Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.”
  - b. Proverbs 16:24- “Pleasant words are a honeycomb, sweet to the soul and healing to the bones.”
  - c. Deuteronomy 32:39- “See now that I myself am He! There is no god besides me. I put to death and I bring to life, I have wounded and I will heal, and no one can deliver out of my hand.”
  
- 3. Fast from words that pollute: feast on speech that purifies.**
  - a. Proverbs 12:6- “The words of the wicked lie in wait for blood, but the speech of the upright rescues them.”
  - b. Proverbs 22:11- “He who loves a pure heart and whose speech is gracious will have the king for his friend.”
  - c. 2 Corinthians 6:4, 7- “Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; 7. in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left.”
  
- 4. Fast from discontent: feast on gratitude.**
  - a. 1 Timothy 6:6-7- “But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it.”
  - b. 1 Timothy 6:10-11- “For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness.”

- c. Job 36:11- “If they obey and serve him, they will spend the rest of their days in prosperity and their years in contentment.”

**5. Fast from problems that overwhelm: feast on prayer that sustains.**

- a. John 16:33- “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”
- b. Galatians 6:2- “Carry each other’s burdens, and in this way you will fulfill the law of Christ.”
- c. Jeremiah 1:19- “They will fight against you but will not overcome you, for I am with you and will rescue you, declares the Lord.”