

When You Fast

Fasting for Our City

Jonah 3 • December 11, 2022

Spiritual fasting entails reducing the intake of food and replacing these activities with the exercise of prayer and preoccupation with spiritual concerns.

Biblical fasting always deals with food. The Greek word which is translated “fasting” literally means one who has not eaten, one who is empty, one who is hungry.

Three Types of Fasts

Normal: no intake of food for a prescribed period of time, though there may be an intake of liquids;

Partial: diet is limited, though some food is allowed

Absolute: a total abstinence from food and liquids in all forms

There was a clear call to _____.

Our city doesn't need a change in politicians or a change of legislation, it needs _____.

We are the messengers of _____.

“How then shall they call on him in whom they have not believed? and how shall they believe in him of whom they have not heard? and how shall they hear without a preacher?” Romans 10:14

Our message is not _____, but the Gospel message.

“Arise, go unto Nineveh, that great city, and preach unto it the preaching that I bid thee.” Jonah 3:2

Repentance was demonstrated in fasting and _____.

True repentance brings about _____.

There was a brokenness and _____ over sin.

*“For I acknowledge my transgressions: And my sin is ever before me.”
Psalm 51:3*

The people of Nineveh were concerned about their city, not just _____.

Residents of Nineveh saw the need and _____ to repentance.

Their belief moved them to _____.

There was a _____ amongst the people for repentance that reached the king.

We must spread the word of the coming _____ and the Savior who can deliver.

How does your belief _____?

God spared _____.

Fasting for my city might not bring about the change I want in my city, but it will bring about a _____.

