

THE 24/90 PRAYER VIGIL

Sfg. Bishop C. Shawn Tyson, Pastor

40-DAY FAST – BEGINS 2017 – August 14th thru October 7th

Welcome to “The Fast of Perfect Pursuit”

Matthew 9:14-15 – “Then came to him the disciples of John, saying, Why do we and the Pharisees fast oft, but thy disciples fast not?” ¹⁵And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? But the days will come, when the bridegroom shall be taken from them, and then shall they fast.”

FAST = NESTEVO

- A. To abstain as a religious exercise from food and drink: either entirely, if the fast lasted but a single day, or from customary and choice nourishment, if it continued several days.

PowerPoint: No saint can ever attain to their highest dimension of impact and efficiency in ministry without fasting.

1. By fasting, we abstain from natural things to obtain spiritual things.

1 Timothy 1:12,16 – “And I thank Christ Jesus our Lord, who hath enabled me, for that he counted me faithful, putting me into the ministry; ¹⁶Howbeit for this cause I obtained mercy, that in me first Jesus Christ might shew forth all longsuffering, for a pattern to them which should hereafter believe on him to life everlasting.”

Through fasting, we OBTAIN:

1) **Discipline**

PowerPoint: Where there is no discipline, there will be no destiny.

Fasting gives you the discipline to “*stay the course.*”

- 2) **Deliverance** – First for ourselves, and then for others.

- 3) **Dedication** – To be set apart for sacred use.

- * When you are **dedicated**, you will be instant in season & out of season.
- * A minister who is **dedicated** is always ready to serve because he is always serving.
- * A saint must be as **dedicated** to preparation as you are to presentation.
- * Individuals who are gifted but not **dedicated** don't last long in ministry.
- * Your **dedication** directly impacts your longevity in ministry.

4) **Distinction & Direction**

Ecclesiastes 10:10 – “If the iron be blunt, and he do not whet the edge, then must he put to more strength: but wisdom is profitable to direct.”

Jeremiah 10:23 – O Lord, I know that the way of man is not in himself: it is not in man that walketh to direct his steps.”

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4 TYPES OF FASTING

- 1) **NORMAL FAST** - without food. Midnight to 4:00 p.m. (bear in mind that this is typically sun up to sun down. Due to changing in the day, the time is specified). Beverage is water all day
- 2) **PARTIAL FAST** - omitting a certain food item. This includes the Daniel Fast (Luke 7:33; Daniel 10:3)
- 3) **ROTATIONAL FAST** - omitting certain families of foods. It may be grains this week, dairy one week, meat one week, etc.
- 4) **SOUL FAST** - fast of spiritual rest & restoration (Psalm 46:10).
Jeremiah 6:16 - feed yourself with the Word of God from the Psalms.