

Mark 2:18-22
Pastor Dale Piscura
November 2, 2025



SERMON NOTES & QUOTES

Old Testament Examples of Fasting

Moses - Exodus 34:28
David - 2 Samuel 12:16
Elijah - 1 Kings 19:8
Daniel 9:3, 10:2-3
Ezra 8:21-23
Nehemiah 1:4
Esther 4:15-16
People of Ninevah - Jonah 3:5-10
Jehoshaphat - 2 Chronicles 20:3
Anna - Luke 2:36-37

New Testament Examples of Fasting

Jesus - Luke 4:1-2
John the Baptist - Matthew 9:14
Paul - Acts 9:9
Church Leaders - Acts 13:2-3

Seven Reasons to Fast (from Pastor Joe)

1. To humble ourselves before God (Ezra 8:21) – Fasting reminds us of our need to be brought low before Him.
2. To seek direction and guidance (Acts 13:2-3) – The early church fasted, and God directed them to send Paul and Barnabas into the mission field.
3. To return to God (Joel 2:12) – Fasting is often an act of repentance, a turning of our whole hearts back to Him.
4. To seek God more deeply (Luke 2:37) – The prophetess Anna fasted as part of her lifelong worship.
5. To mourn (2 Samuel 1:12) – Fasting is a response to grief and deep sorrow.
6. To prepare for ministry (Matthew 4:2) – Jesus fasted before launching into public ministry.
7. To increase the effectiveness of our prayers (Ezra 8:23) – The people fasted and God listened.

Activity

Using Isaiah 58, find the blessings promised to those who fast God's way. (There are more than 10.)

Book recommendation

Seeing and Savoring Jesus Christ by John Piper

QUOTES ABOUT FASTING

"Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us."

-Bill Bright, founder of Campus Crusade for Christ

"If you are serious enough to take up the discipline of fasting, you can expect resistance, interference, and opposition. Do not be caught unawares. Remember that you are attempting to advance in your spiritual journey and gain ground for the Kingdom. That necessitates taking ground away from the enemy - and no great movement of the Holy Spirit goes unchallenged by the enemy."

-Elmer Towns, cofounder of Liberty University

PRAYER TARGETS

- Pray that the Lord would grow our understanding of how fasting is a regular part of Christian lifestyle.
- Pray that the combination of Prayer and Fasting would be known and practiced as a powerful combination in our spiritual lives at CVC.
- Pray fervently and frequently for those God has placed in your life that have not yet surrendered to Christ.
- Pray that we as a church would recognize that God uses our suffering for His glory and our good.
- Pray for a filling of the Holy Spirit that our joy in Christ and our love for Him will cause us to live new in fresh faith.
- Pray that we would know the love of Christ in ever increasing levels throughout our journey home.

WORSHIP SET FOR TODAY

Only King Forever - Elevation Worship

Reason I Sing - Phil Wickham

All Hail King Jesus - Jeremy Riddle

Make Room - The Church Will Sing