

“I HUMBLLED MY SOUL WITH FASTING” *Psalm 35:13*

We are living in a day when our nation has turned from God’s standard of morality and Biblical holiness. As Christians, our response must be brokenness and humility. David knew this to be the proper heart attitude as he said when compassed about by the wicked, “I humbled my soul with fasting” **Ps 35:13**. God confirms this in **Isaiah 57:15** which says “I dwell in the high and holy place, with him also that is of a contrite and humble spirit, to revive the spirit of the humble, and to revive the heart of the contrite ones.”

Consider the example of Nehemiah when he heard the report concerning the condition of Jerusalem. “And they said unto me, The remnant that are left of the captivity there in the province are in great affliction and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire. And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven” **Neh 1:3,4**. Note that he wept, and mourned **certain days** and fasted and prayed. Again King David has a similar experience when he says “I wept, and chastened my soul with fasting” **Ps 69:10**.

We must realize that nothing of lasting and eternal value will happen at a revival meeting unless God by his grace and mercy comes down in mighty Holy Spirit power to build back the broken down walls in the lives of His people and His churches. Jesus said, **“Without me ye can do nothing” John 15:5**. In light of this text, the condition of our nation, and the declining spiritual temperature of churches and their members; would you prayerfully consider spending some time in fasting and prayer prior to the revival meeting? Here are a few suggestions on how to implement prayer and fasting for yourself and also some ideas to encourage others:

On an individual basis:

1. Fast and pray at least one day a week for the four weeks prior to the revival meeting - or fast and pray one day a week for the seven weeks prior to the meeting.
2. For those physically able, consider an extended fast of two, three or possibly up to seven days as the Lord leads.

On a group basis as a church:

1. Have a ***21 Day Prayer Countdown to the Revival Meeting*** sign up sheet. Enlist volunteers among the congregation to fast on each of the 21 days preceding the Advance. If the group is too small enlist other members of the church to participate or shorten the number of days in the countdown.
2. Encourage spouses to fast and pray together.
3. Continue to have seasons of fasting and prayer after the revival meeting throughout the year.

As we prepare for the revival meeting may our hearts be humbled before God. Let us seek God for revival in the lives of those not just in your church, but also in our whole nation. Whatever you can do in this vital and often neglected discipline of fasting and prayer would be appreciated. Remember it was said of the woman who broke the alabaster box of precious ointment and poured it on Jesus’ head, “She hath done what she could” **Mark 14:8**. For the sake of our own hearts, our families, our churches, and our Lord let us do what we can!

Available resources from C.L.M.

God’s Chosen Fast by Arthur Wallis
Fasting a Neglected Discipline by David Smith

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