

Series: Stand Alone
Title: 21 in '22
Speaker: Bob Marvel
Date: January 8-9, 2022

In the church at Antioch... While they were worshipping the Lord and fasting... Acts 13:1-2

Fasting: _____ **for spiritual** _____ (*Psalm 34:8*)

“When you fast, do not...” Matthew 6:16

Keeping a _____ (*Luke 18:12, Matthew 9:14*)

“Is it only for bowing one’s head like a reed and for lying on sackcloth and ashes? Is that what you call a fast?” Isaiah 58:5

Not just _____ **up but** _____ **up** (*Psalm 63:5*)

“He must become greater; I must become less.” John 3:30 (NIV)

“He must increase, but I must decrease.” John 3:30 (ESV)

Seeking _____ **as a** _____

“Blow the trumpet in Zion, declare a holy fast, call a sacred assembly. Gather the people, consecrate the assembly; bring together the elders, gather the children.” Joel 2:15-16

- **Utilize the** _____
- **Day “0” -** _____ **(Monday Jan 10th)**
- **Daily** _____ **- Set for** _____
- **Midway – One Day** _____

Not an _____ **but an** _____

Not an act of _____ **but a thing of** _____