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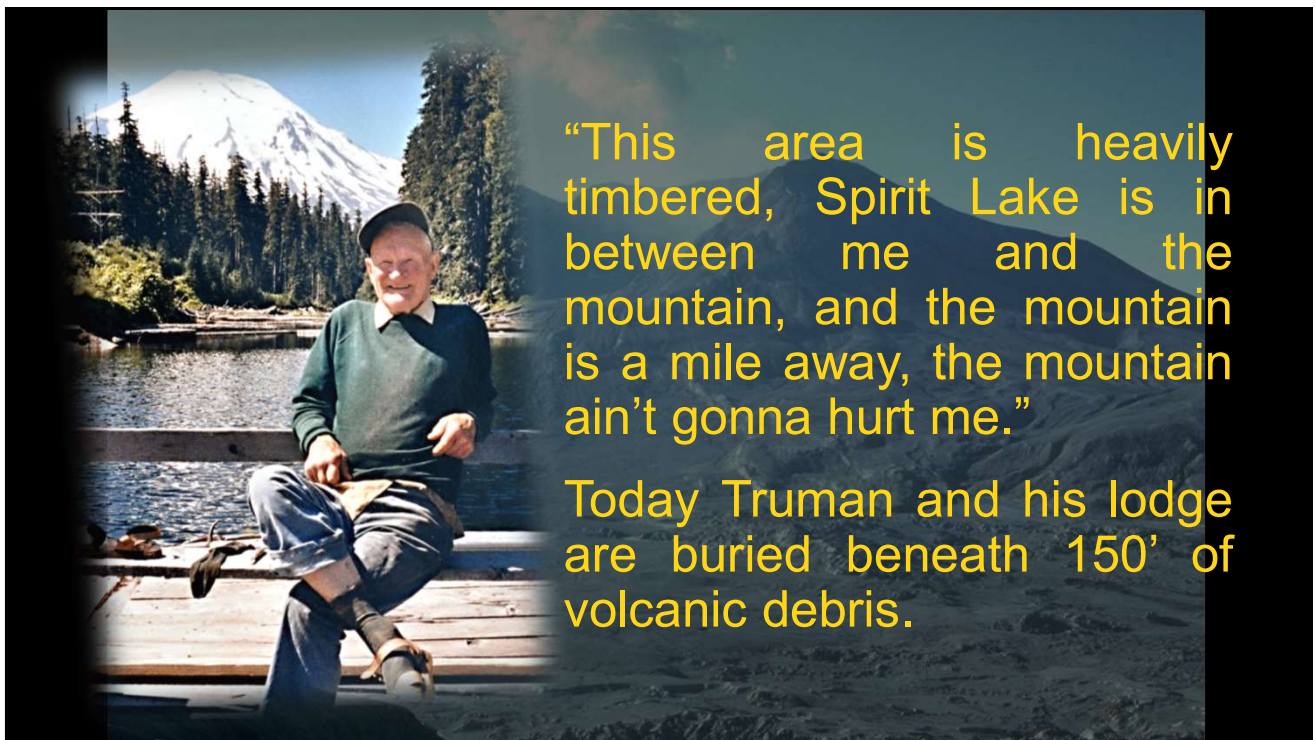
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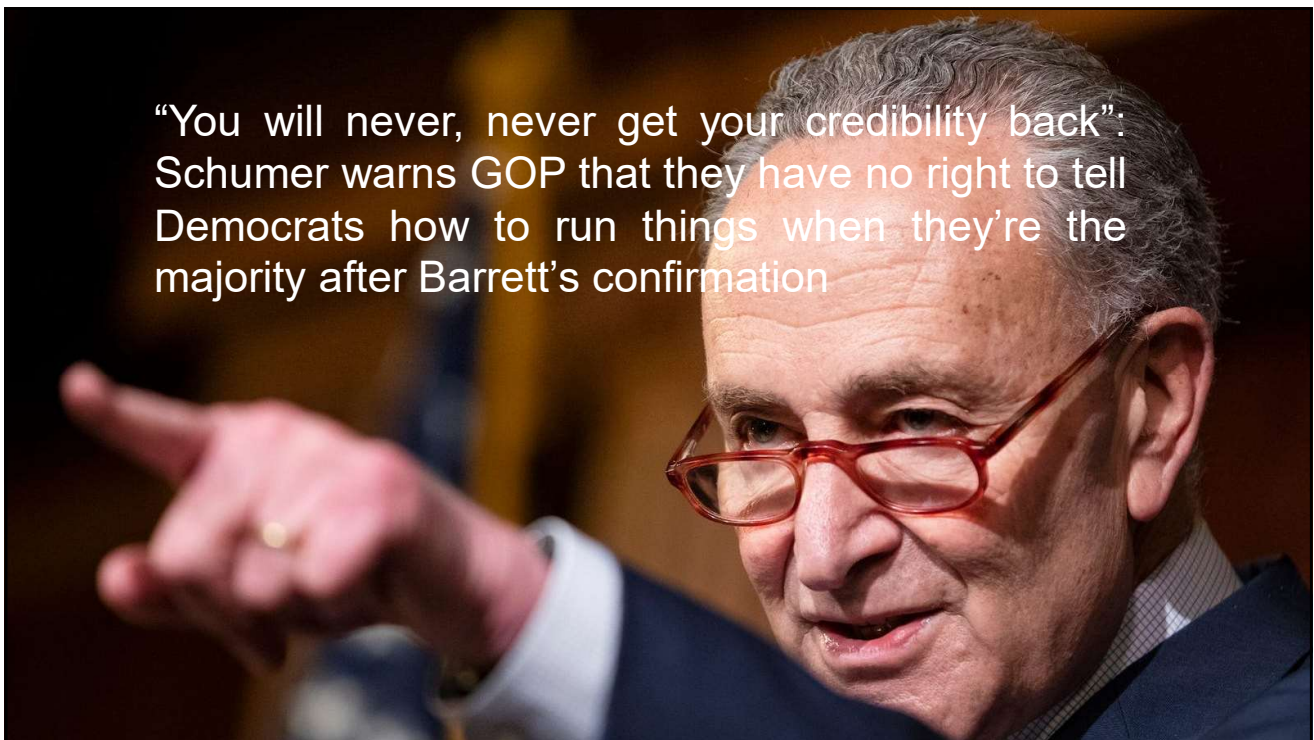
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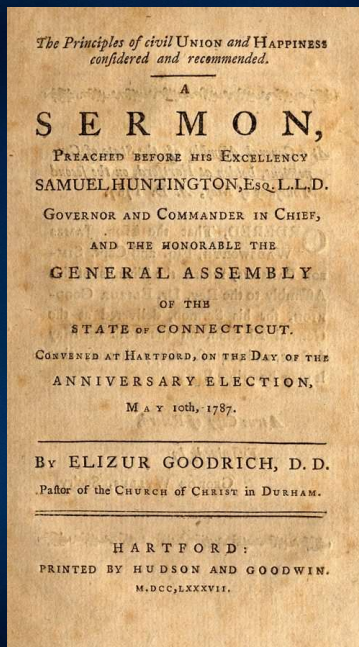


Simeon Howard
Pastor, West Church, Boston

Massachusetts election sermon, May 31, 1780:

"There can be no doubt but God often brings distress and ruin upon a sinful people through the ill management of their rulers, given up to error and blindness. ... therefore, if a people desire to have rulers of wise and understanding hearts, counseled and directed by Heaven, they should take care that they be men who fear God."

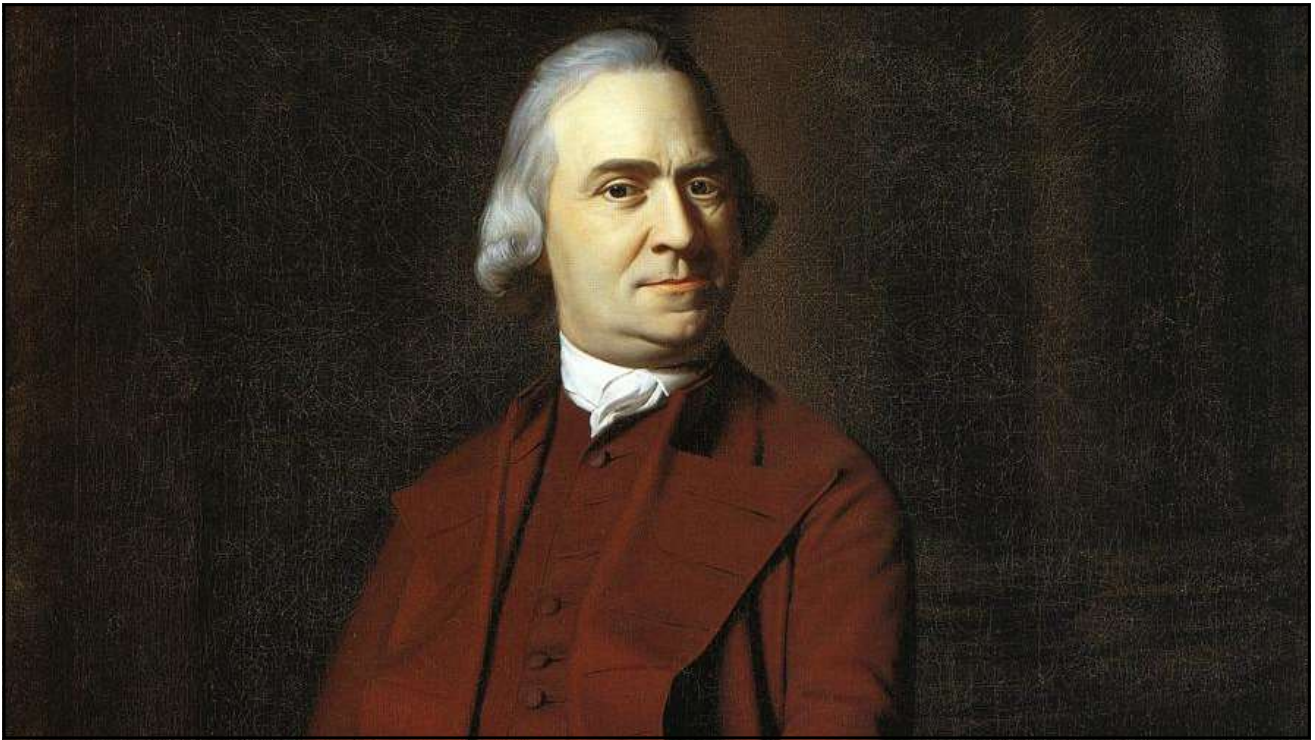
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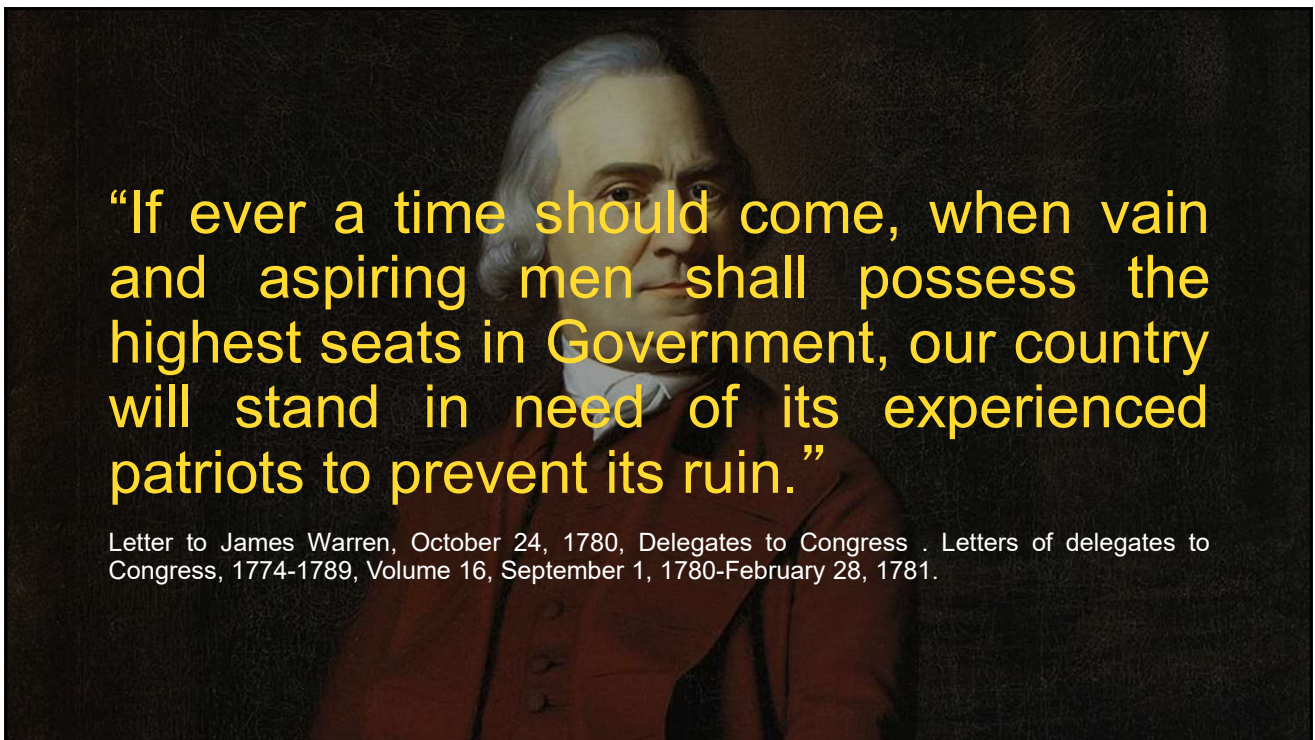
Elizur Goodrich Connecticut election sermon, May 10, 1787:

"Not only may a people be delivered into the hands of tyrants, as the rod and scourge of heaven for their impiety and madness; but through their own folly, ... Such a 'people shall be oppressed every one by another, and every one by his neighbor.'"

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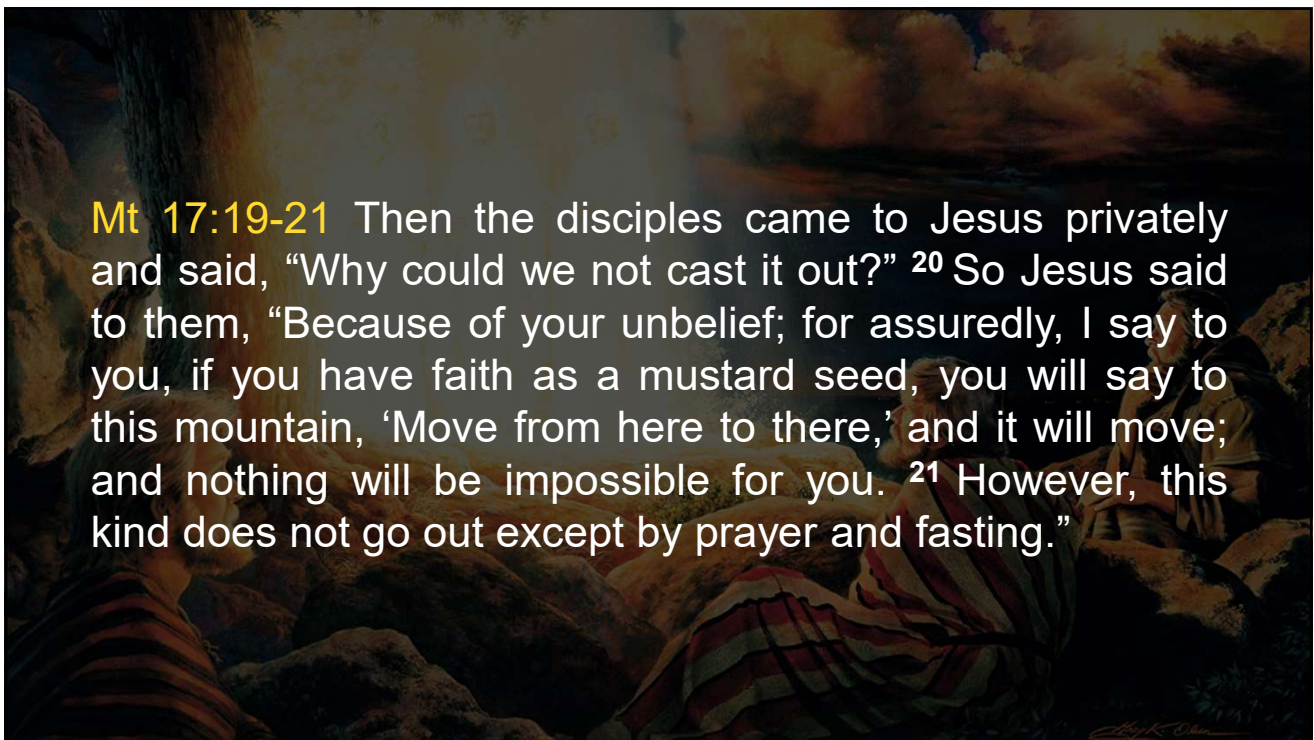
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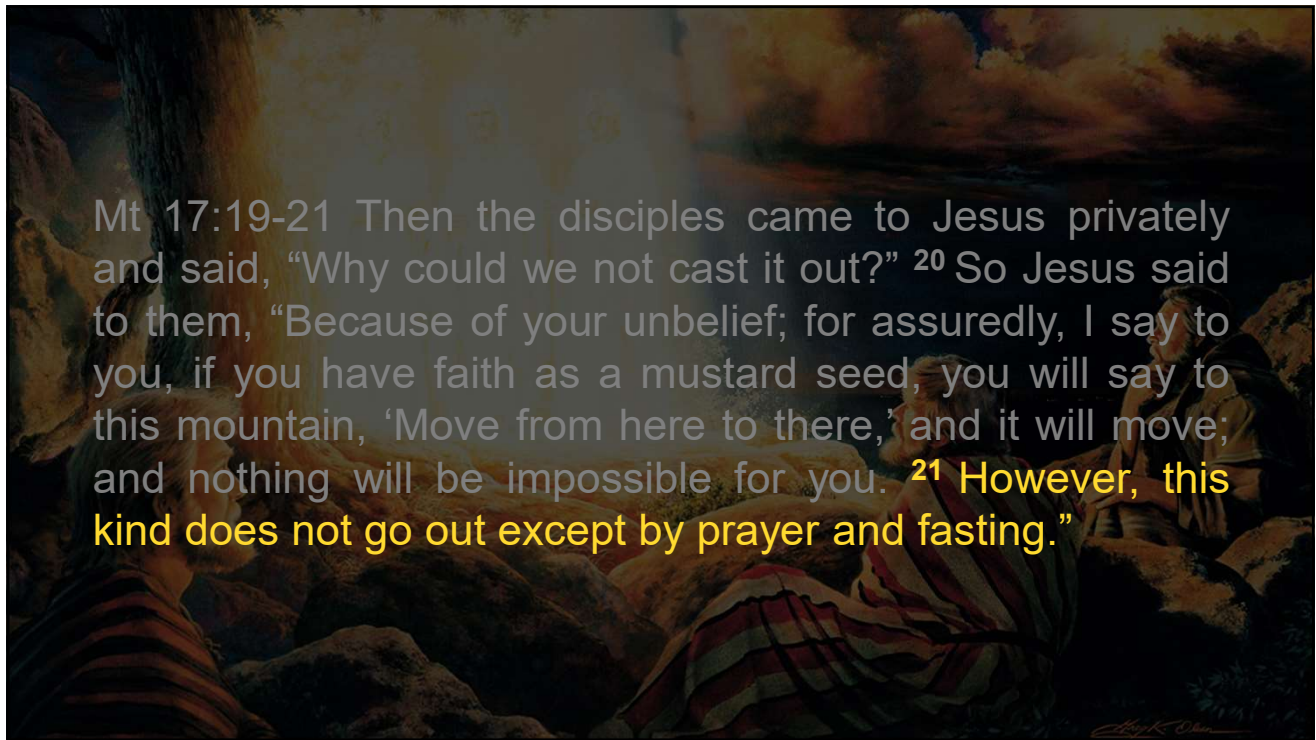


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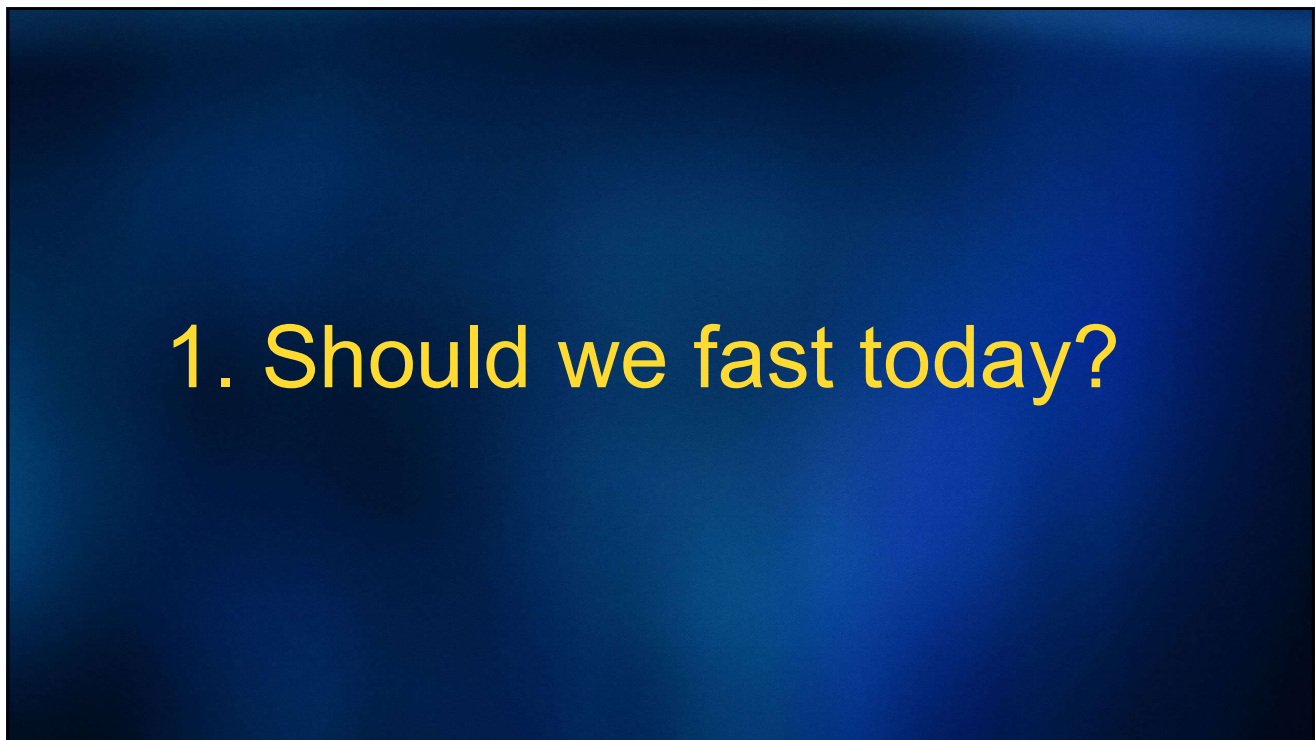


Mt 17:19-21 Then the disciples came to Jesus privately and said, "Why could we not cast it out?" ²⁰ So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. ²¹ However, this kind does not go out except by prayer and fasting."

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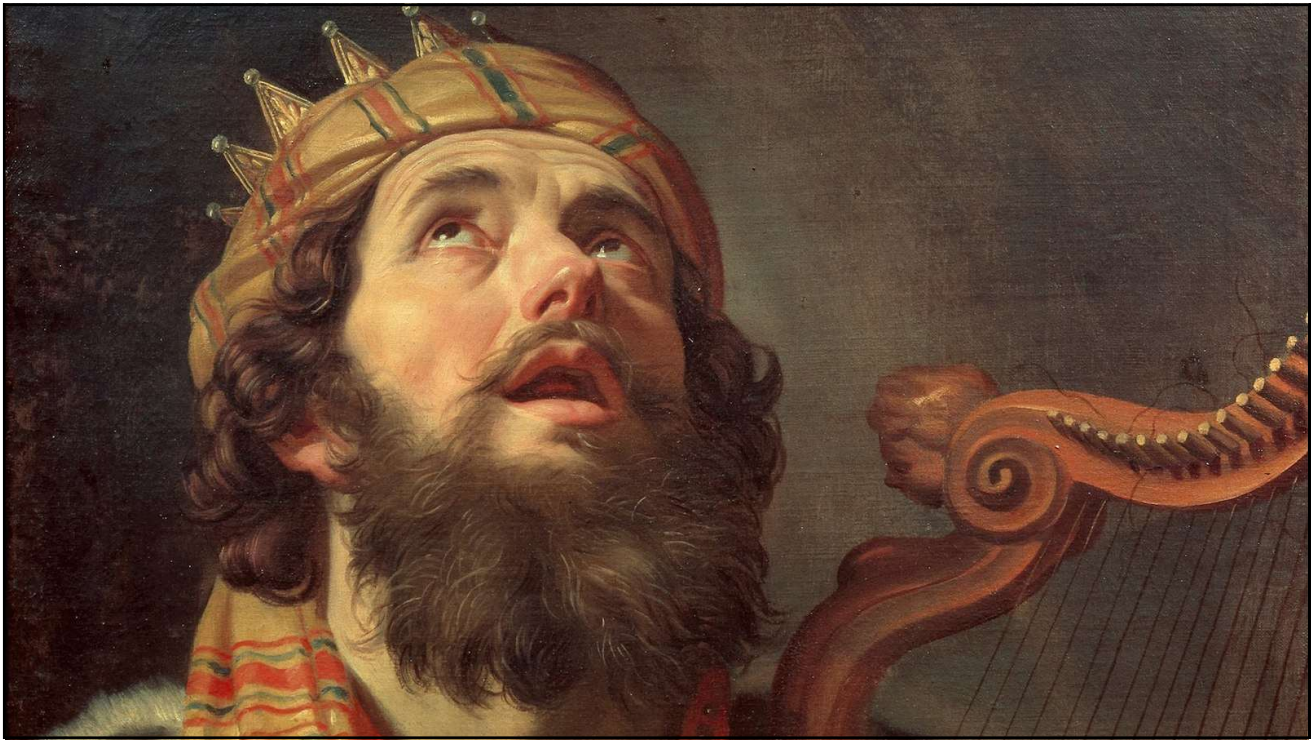
Joel 1:14 Consecrate a fast, call a sacred assembly; gather the elders and all the inhabitants of the land into the house of the Lord your God, and cry out to the Lord.

2:12-14 “Now, therefore,” says the Lord, “Turn to Me with all your heart, with fasting, with weeping, and with mourning.”
¹³ So rend your heart, and not your garments; return to the Lord your God, for He is gracious and merciful, slow to anger, and of great kindness; and He relents from doing harm. ¹⁴ Who knows if He will turn and relent, and leave a blessing behind Him –

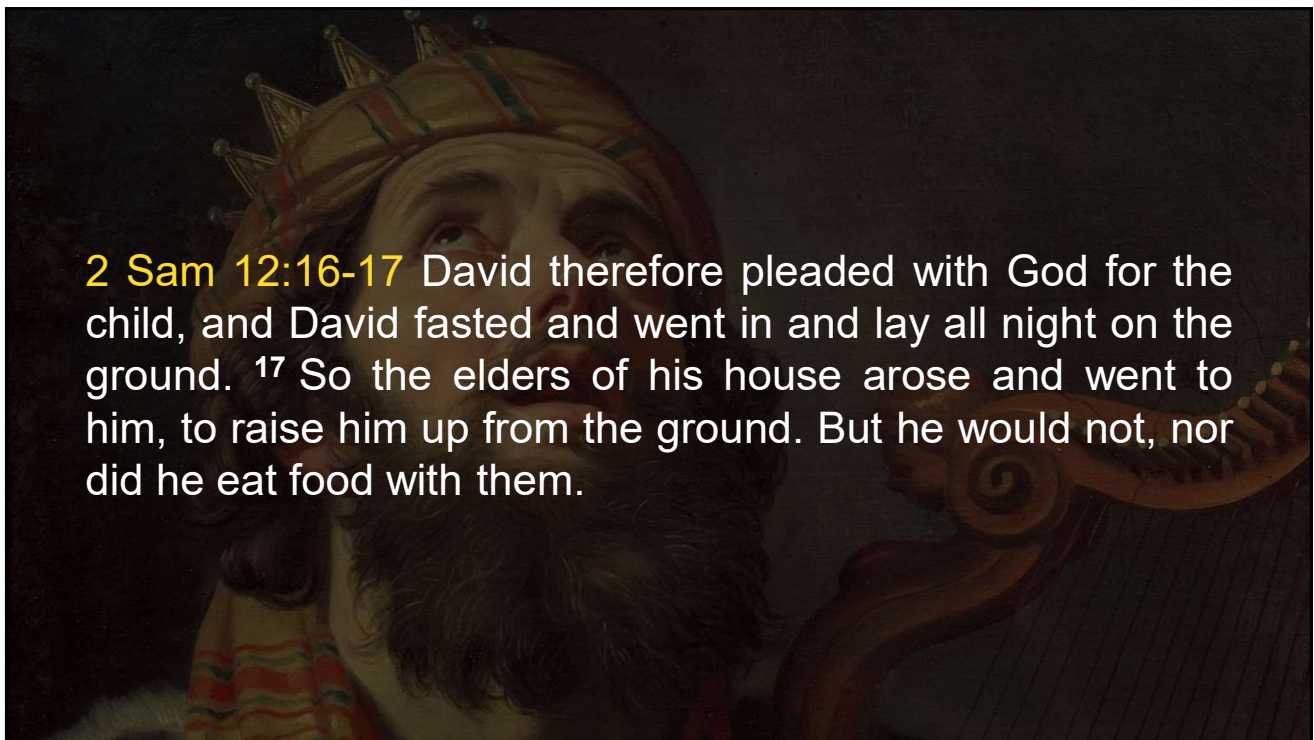
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Mt 6:16 “Moreover, when you fast,...

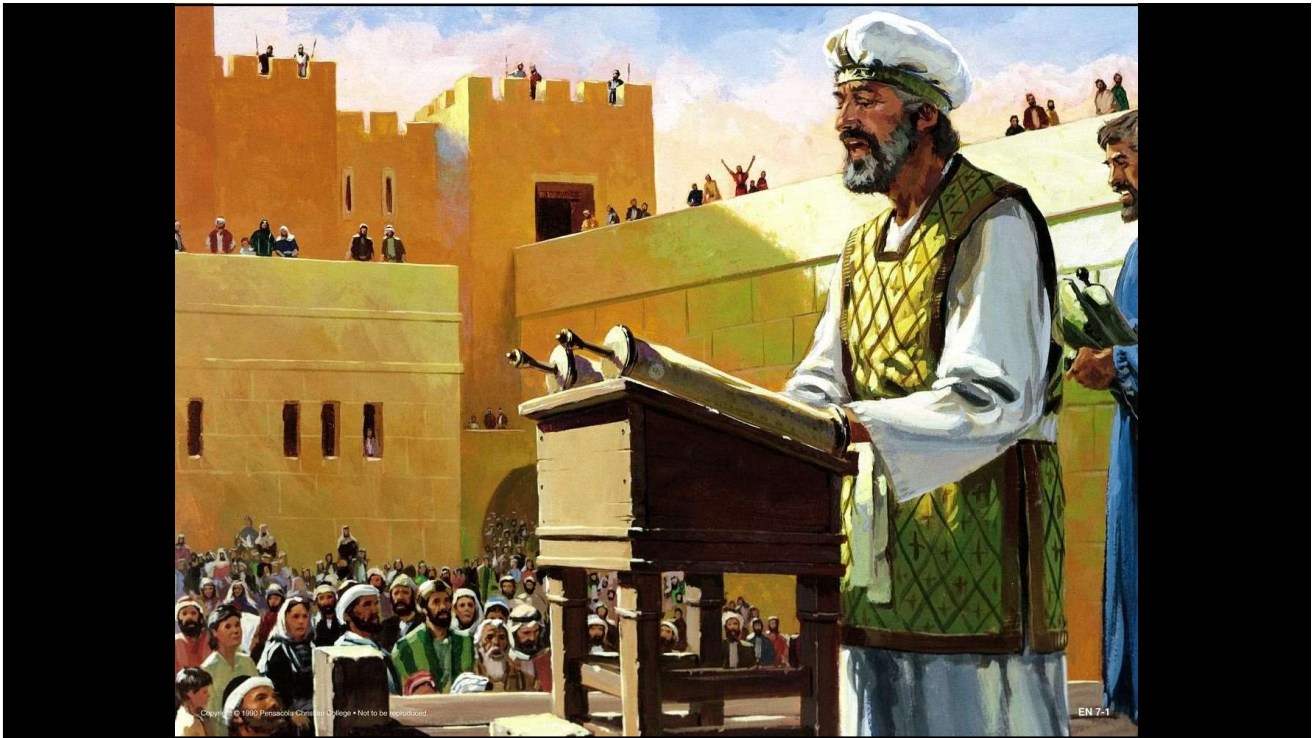
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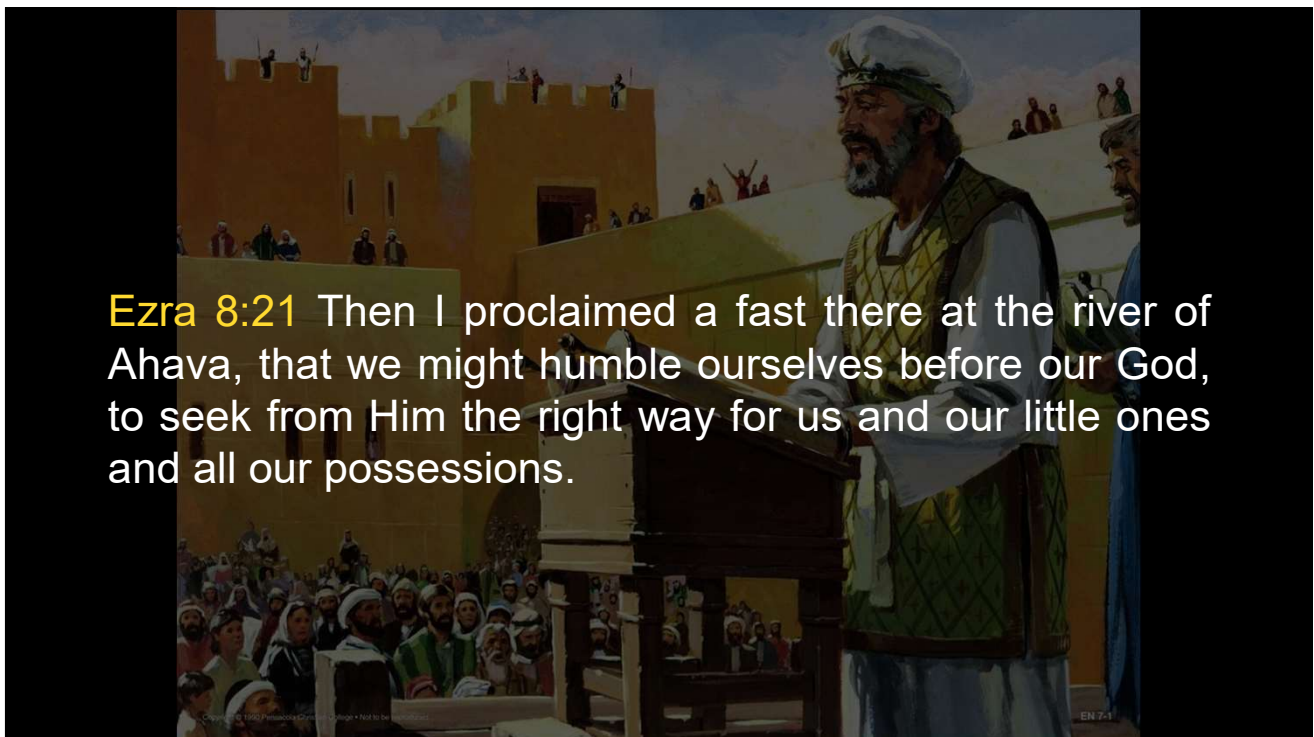
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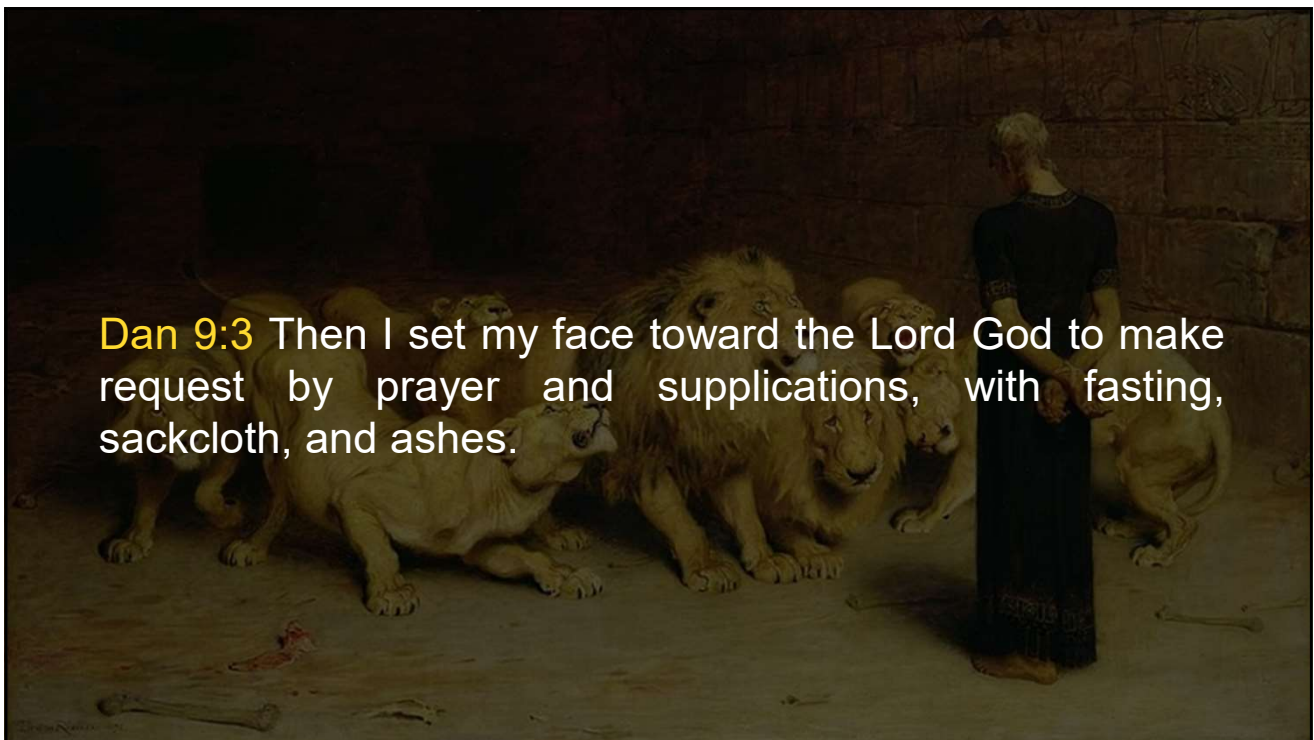
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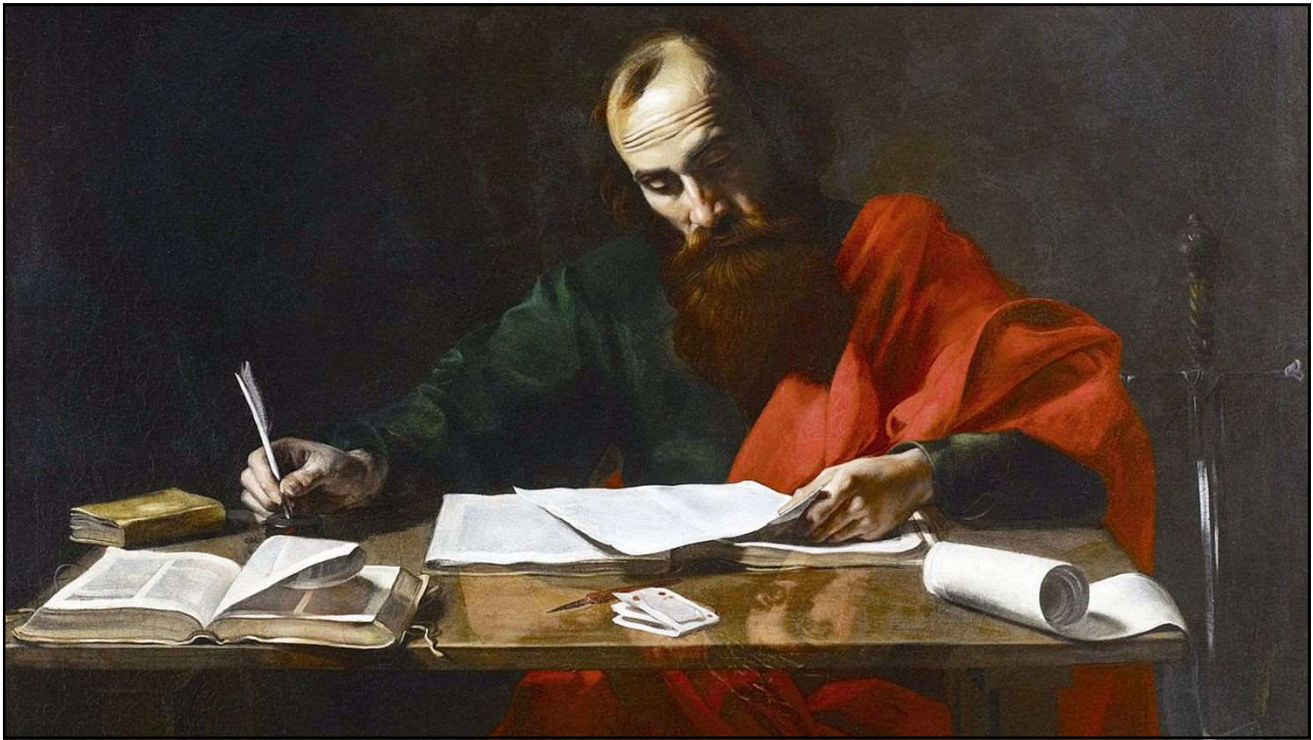
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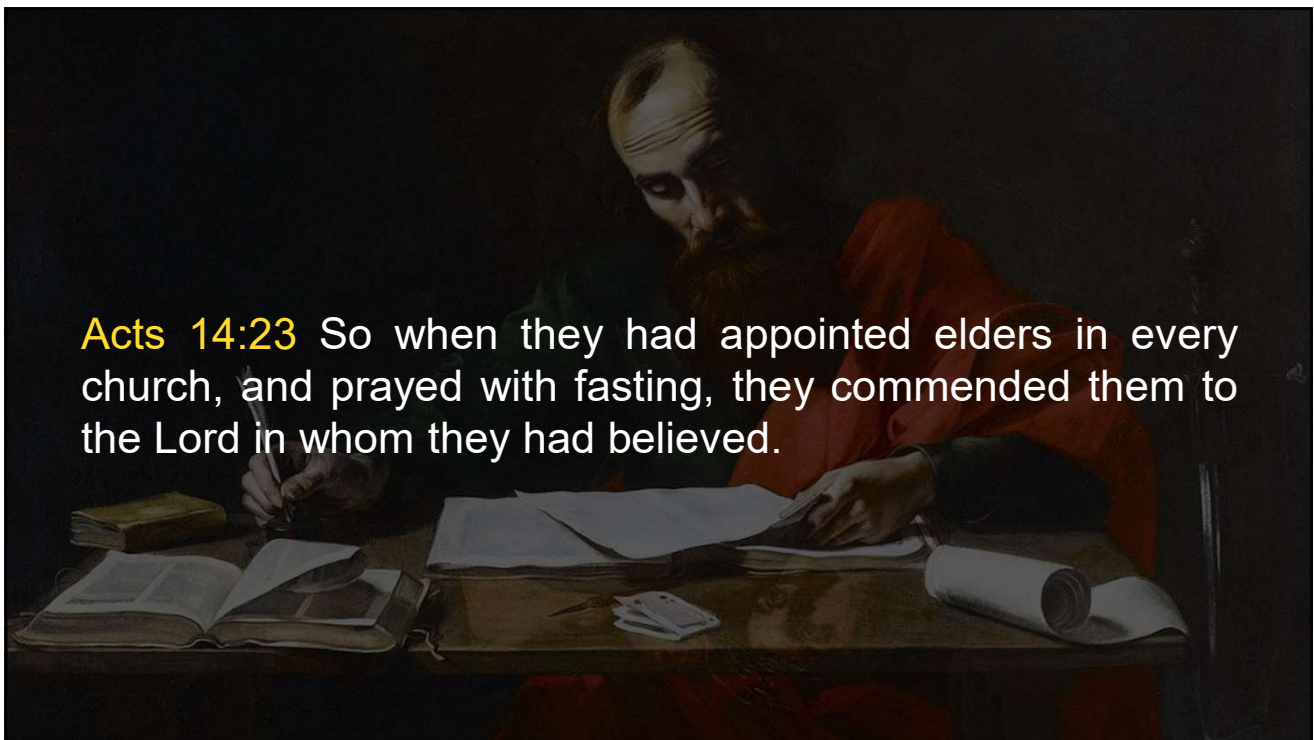
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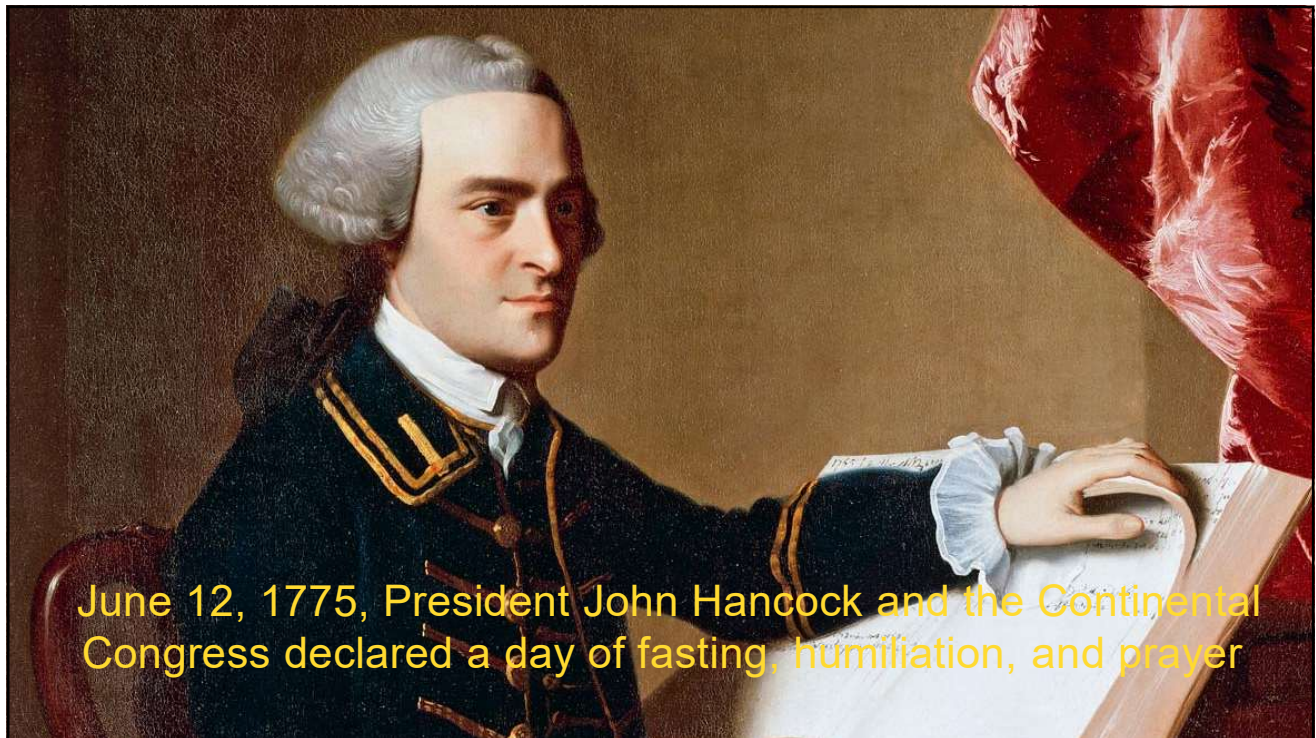
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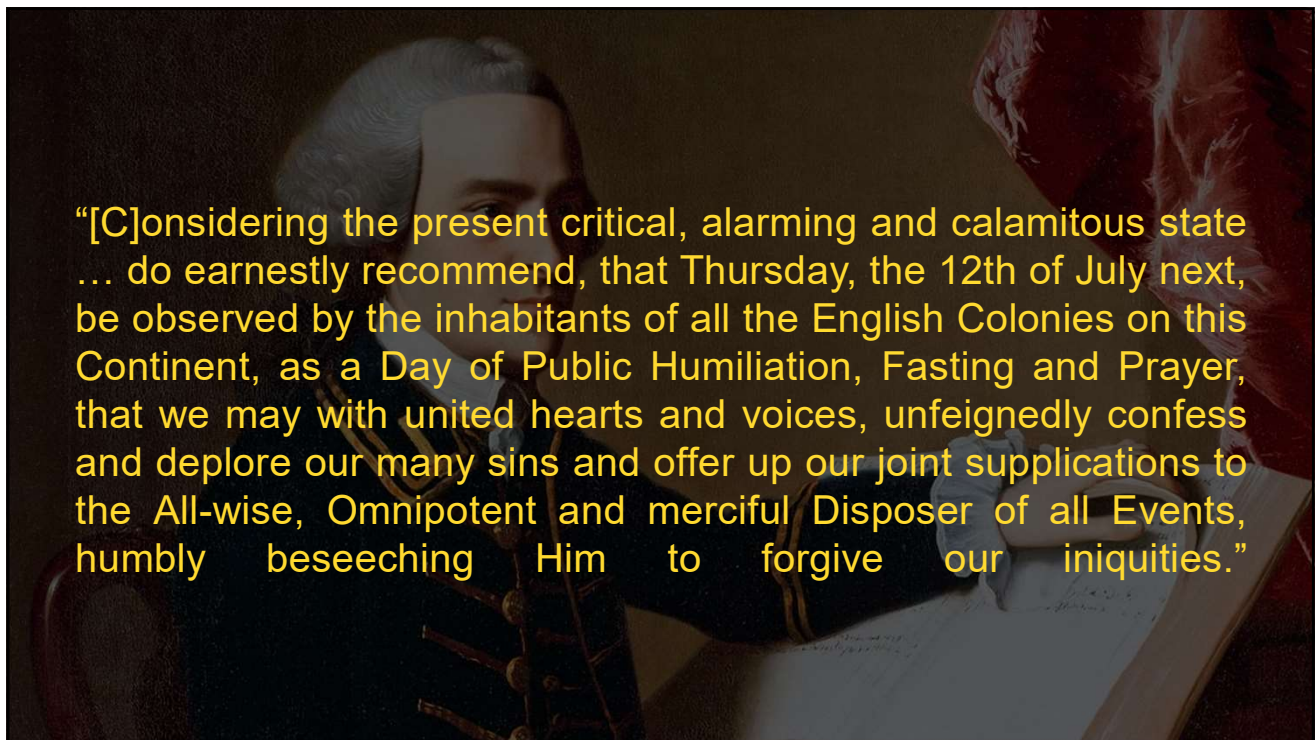


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June 12, 1775, President John Hancock and the Continental Congress declared a day of fasting, humiliation, and prayer

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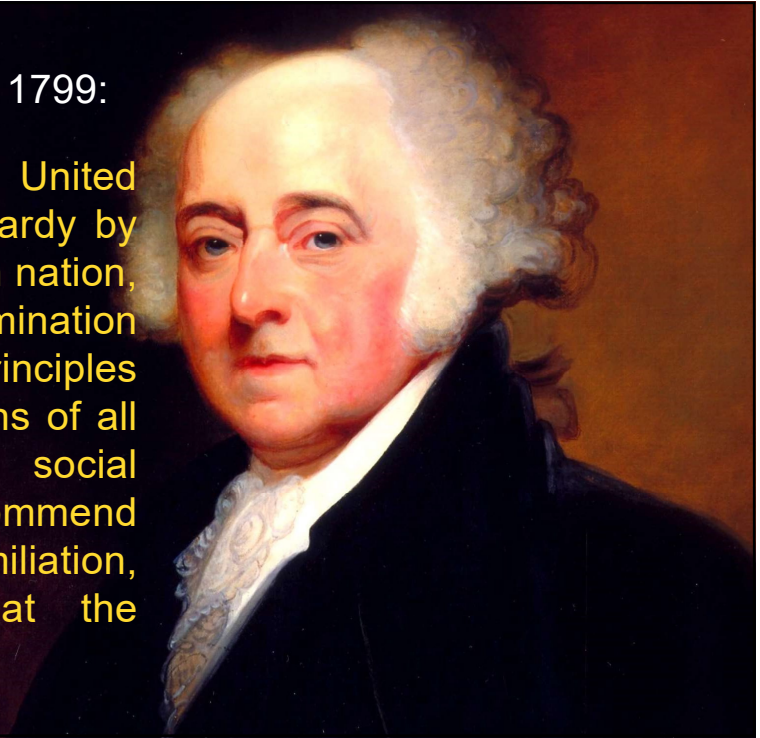


"[C]onsidering the present critical, alarming and calamitous state ... do earnestly recommend, that Thursday, the 12th of July next, be observed by the inhabitants of all the English Colonies on this Continent, as a Day of Public Humiliation, Fasting and Prayer, that we may with united hearts and voices, unfeignedly confess and deplore our many sins and offer up our joint supplications to the All-wise, Omnipotent and merciful Disposer of all Events, humbly beseeching Him to forgive our iniquities."

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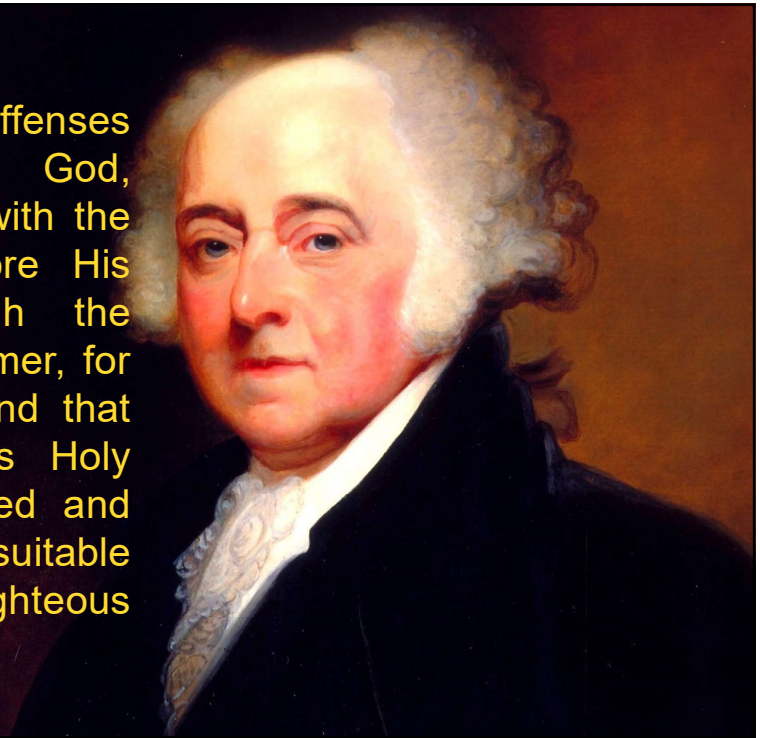
March 23, 1798 & March 6, 1799:

“As ... the people of the United States are still held in jeopardy by ... insidious acts of a foreign nation, as well as by the dissemination among them of those principles subversive to the foundations of all religious, moral, and social obligations ... I hereby recommend ... a Day of Solemn Humiliation, Fasting and Prayer; That the citizens ...

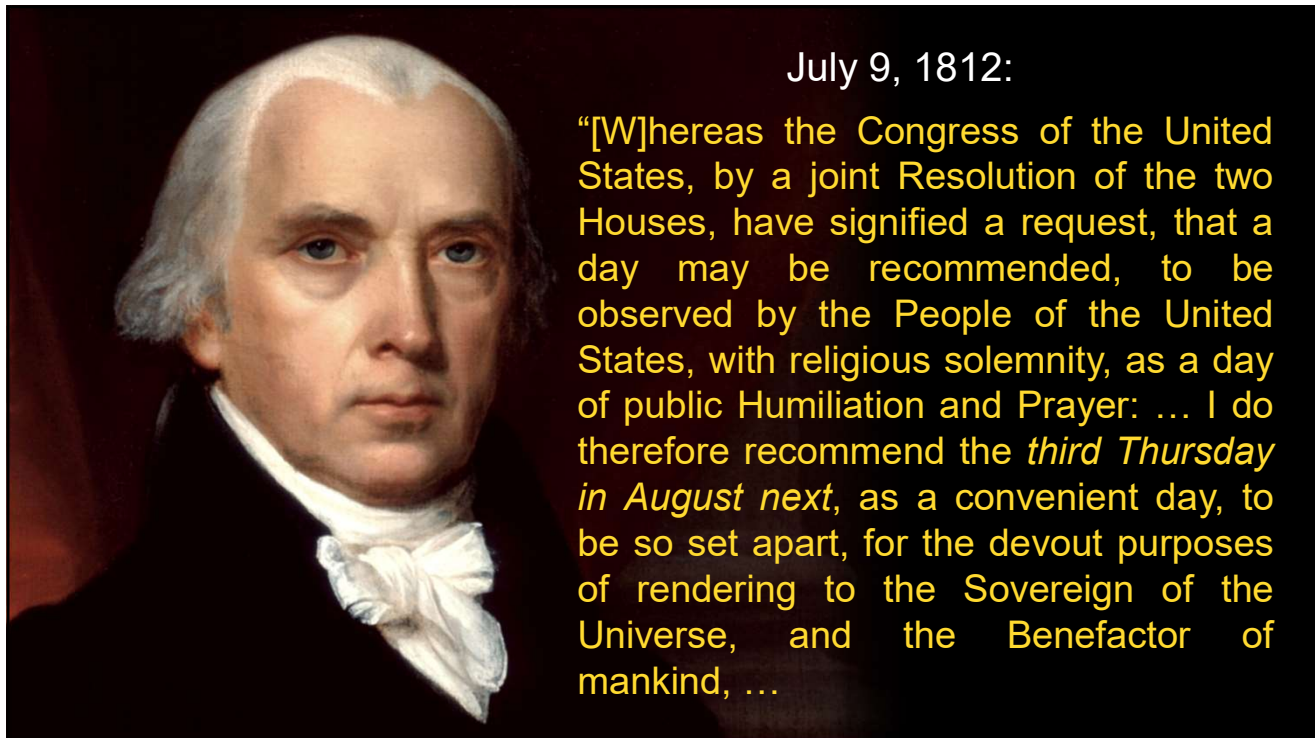


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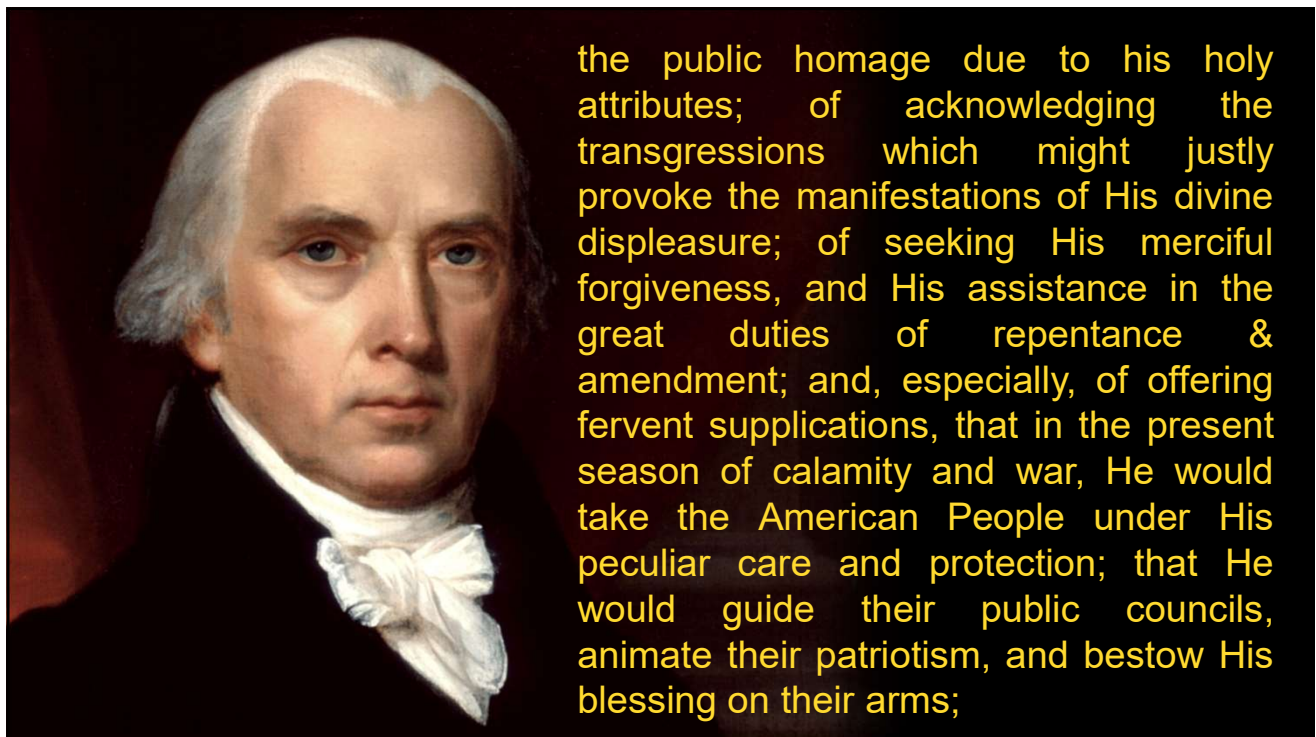
call to mind our numerous offenses against the Most High God, confess them before Him with the sincerest penitence, implore His pardoning mercy, through the Great Mediator and Redeemer, for our past transgressions, and that through the grace of His Holy Spirit, we may be disposed and enabled to yield a more suitable obedience to His righteous requisitions ...”



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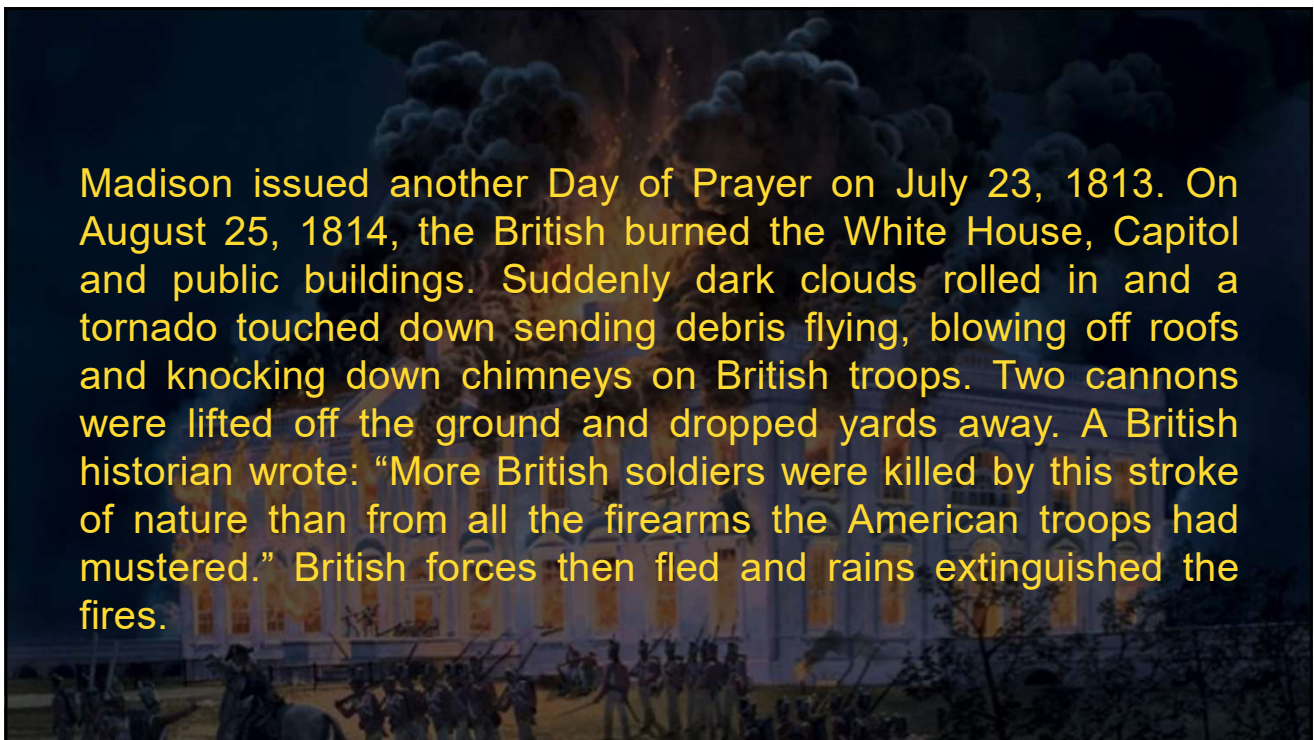
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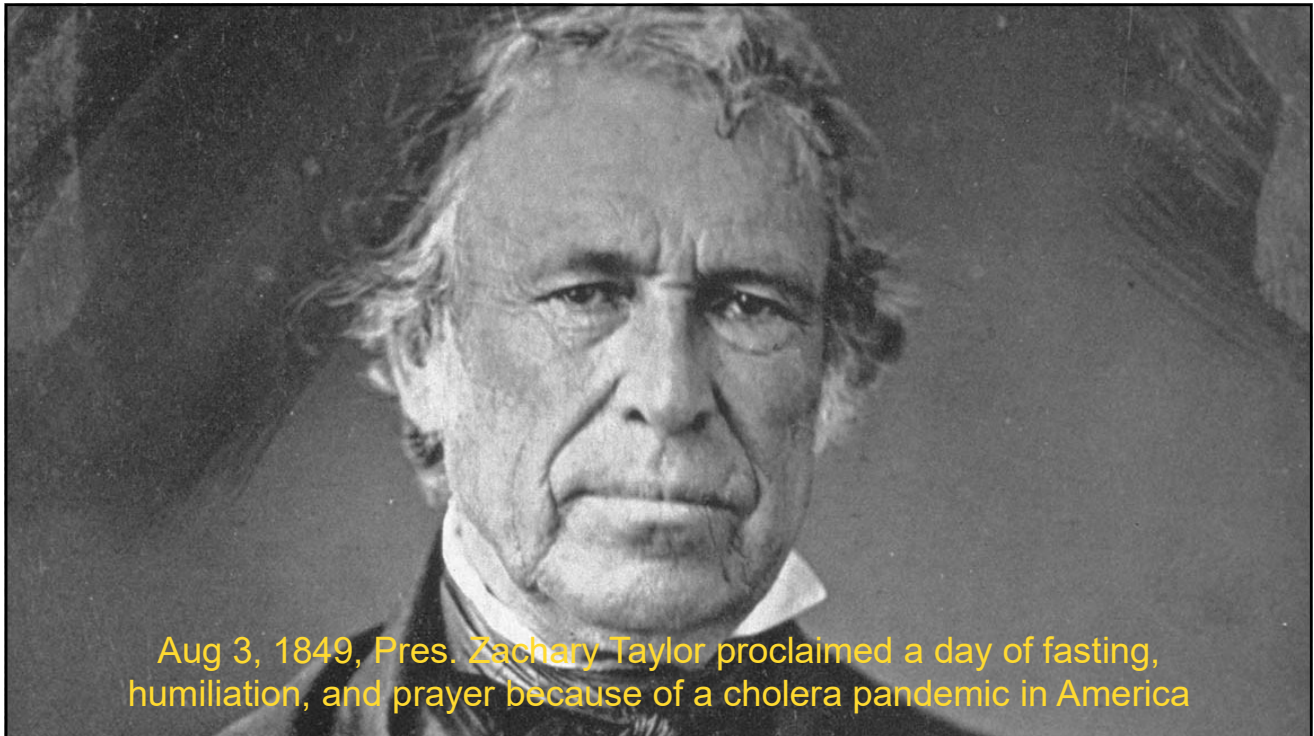
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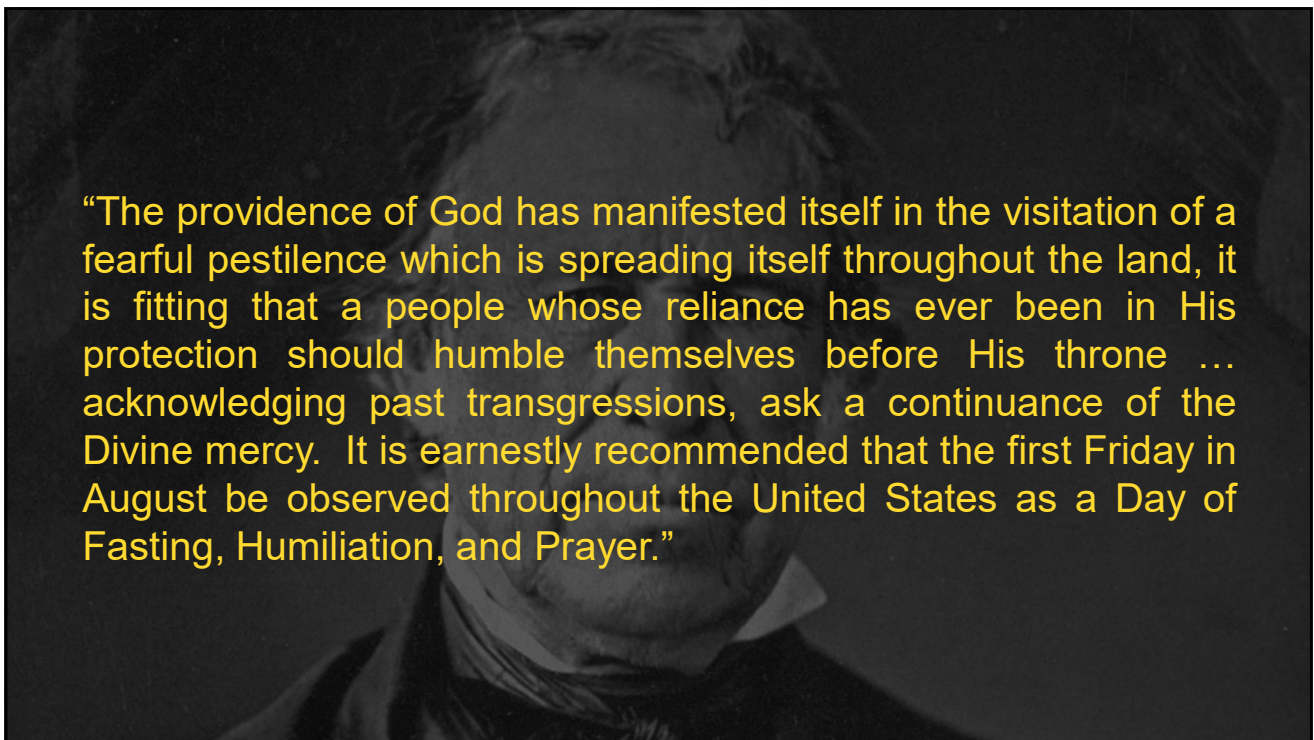
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2. Why fast?

Ps 35:13 But as for me, when they were sick, my clothing was sackcloth; I **humbled myself** with fasting; And my prayer would return to my own heart.

69:10 When I wept and **chastened my soul** with fasting,

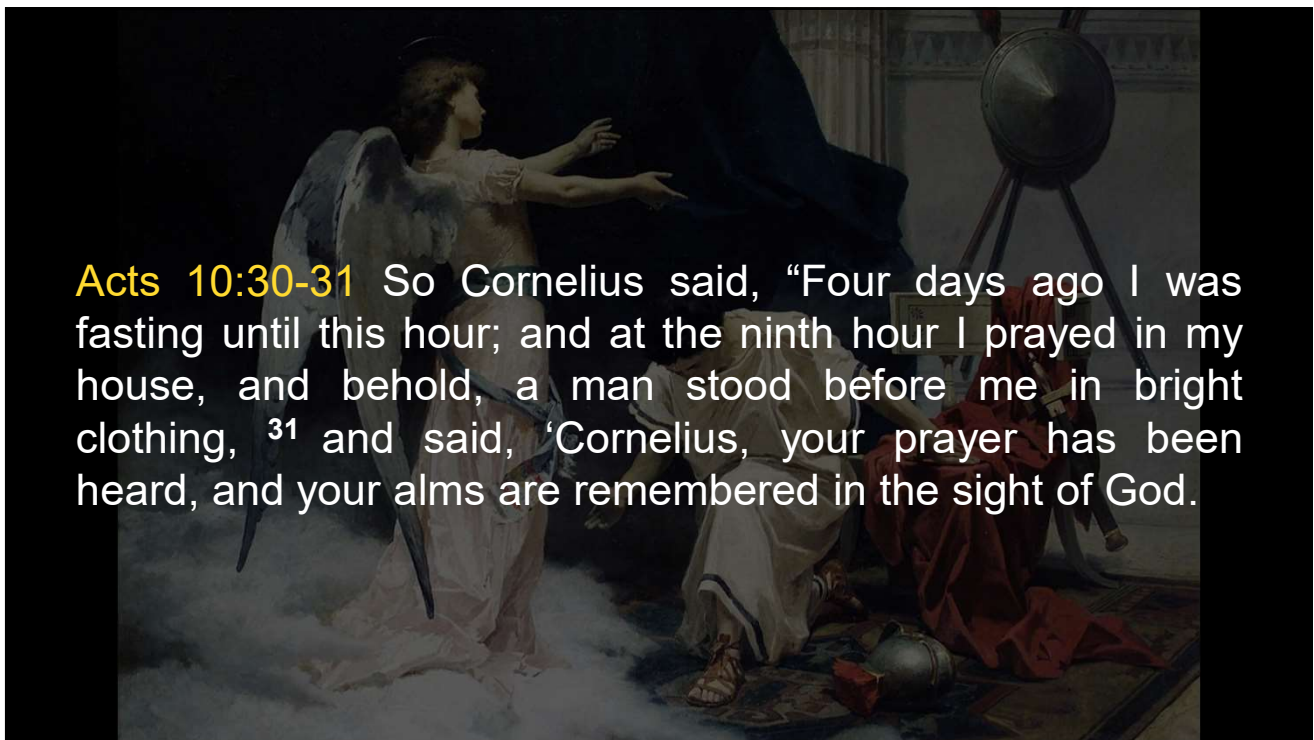
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It gets results

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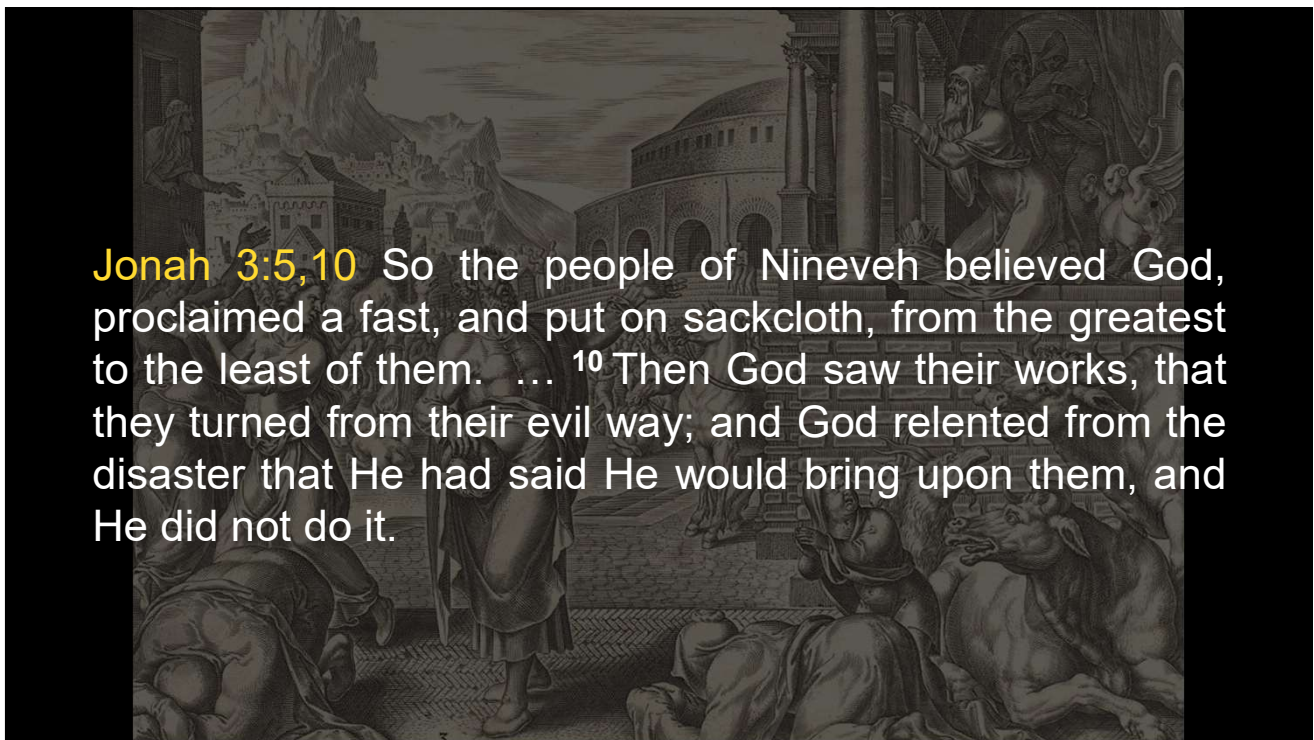
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Jonah 3:5,10 So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them. ... ¹⁰ Then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it.

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3. How should we fast?

Mt 6:16-18 “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

47

Jer 14:12-16 When they fast, I will not hear their cry; and when they offer burnt offering and grain offering, I will not accept them. But I will consume them by the sword, by the famine, and by the pestilence. ¹³ Then I said, “Ah, Lord God! Behold, the prophets say to them, ‘You shall not see the sword, nor shall you have famine, but I will give you assured peace in this place.’” ¹⁴ And the Lord said to me, “The prophets prophesy lies in My name. I have not sent them, commanded them, nor spoken to them; they prophesy to you a false vision, divination, a worthless thing, and the deceit of their heart.

48

Is 1:11-20 “To what purpose is the multitude of your sacrifices to Me?” Says the Lord. “I have had enough of burnt offerings of rams and the fat of fed cattle. I do not delight in the blood of bulls, or of lambs or goats. ¹² “When you come to appear before Me, who has required this from your hand, to trample My courts? ¹³ Bring no more futile sacrifices; incense is an abomination to Me. The New Moons, the Sabbaths, and the calling of assemblies – I cannot endure iniquity and the sacred meeting. ¹⁴ Your New Moons and your appointed feasts My soul hates; they are a trouble to Me, I am weary of bearing them. ¹⁵ When you spread out your hands, I will hide My eyes from you; even though you make many prayers, I will not hear. Your hands are full of blood.

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¹⁶ “Wash yourselves, make yourselves clean; put away the evil of your doings from before My eyes. Cease to do evil, ¹⁷ Learn to do good; seek justice, rebuke the oppressor; defend the fatherless, plead for the widow. ¹⁸ “Come now, and let us reason together,” says the Lord, “Though your sins are like scarlet, they shall be as white as snow; though they are red like crimson, they shall be as wool. ¹⁹ If you are willing and obedient, you shall eat the good of the land; ²⁰ But if you refuse and rebel, you shall be devoured by the sword”; for the mouth of the Lord has spoken.

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