

Challenge verses:

Romans 15:13 (NKJV)

¹³ Now may the God of hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.

Luke 6:38 (NKJV)

³⁸ Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

Setting the Bar

Fasting.

Derek Prince: Fasting is a discipline of abstaining from something good, like food, so we can concentrate on our spiritual lives and find satisfaction in God.

Tim Challis, “In fasting you are withholding from yourself something you need (food) in order to pursue something you need even more (communion with God).”

Saint Basil the Great (330-379)

Fasting gives birth to prophets and strengthens the powerful.

Fasting makes lawgivers wise. Fasting is a good safeguard for the soul, steadfast companion for the body, a weapon for the valiant and a gymnasium for the athlete. Fasting repels temptations, anoints unto piety and is the comrade of watchfulness. In war it fights bravely. In peace it teaches stillness.

(Homily on fasting)

Matthew 6:5-10 (NLT2)

⁵ “When you pray, don’t be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get.

⁶ But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.

Matthew 6:7-10 (NLT2)

7 “When you pray, don’t babble on and on as people of other religions do. They think their prayers are answered merely by repeating their words again and again.

8 Don’t be like them, for your Father knows exactly what you need even before you ask him!

9 Pray like this: Our Father in heaven, may your name be kept holy.

10 May your Kingdom come soon. May your will be done on earth, as it is in heaven.

Matthew 6:16-18 (NLT2)

16 “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get.

17 But when you fast, comb your hair and wash your face.

18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Different kinds of fasts.

Individual

Cooperate

Partial

Total

Different lengths of fasts

The Purpose of Fasting:

- 1. To draw close to the Lord.**
- 2. To develop a sensitivity to the Spirit of the Lord.**



The Purpose of Fasting:

3. To open our eyes to the needs around us and to develop a heart to find ways of meeting those needs; both spiritual and physical.

Isaiah 58:6-7 (NKJV)

⁶ "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

⁷ Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?

The Benefits of Fasting.

Isaiah 58:6-14 (NKJV)

Isaiah 58:8-14 (NKJV)

*⁸ Then your light shall break forth like the morning,
Your healing shall spring forth speedily, And your
righteousness shall go before you; The glory of the
LORD shall be your rear guard.*

*⁹ Then you shall call, and the LORD will answer; You
shall cry, and He will say, 'Here I am.' "If you take away
the yoke from your midst, The pointing of the finger, and
speaking wickedness,*

10 If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.

11 The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.

12 Those from among you Shall build the old waste places; You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.

*13 "If you turn away your foot from the Sabbath,
From doing your pleasure on My holy day, And
call the Sabbath a delight, The holy day of the
LORD honorable, And shall honor Him, not doing
your own ways, Nor finding your own pleasure,
Nor speaking your own words,*

*14 Then you shall delight yourself in the LORD;
And I will cause you to ride on the high hills of the
earth, And feed you with the heritage of Jacob
your father. The mouth of the LORD has spoken."*

The Benefits of Fasting Correctly

1. Light
2. Physical Health
3. Righteousness
4. Protection
5. Prayers Answered

The Benefits of Fasting Correctly

6. Emotional Health

7. Guidance The Lord will guide you – continually.

8. Satisfaction

9. Strength

10. Joy

11. Conduit or Hope and Restoration