

## Fast 2014 – 3

### Matthew 6:6 – Pray

6 But you, **when you pray**, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. NKJV

### Matthew 6:16-18 – Fast

16 "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. NKJV

### Matthew 6:19-21 – Lay up

19 Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; 20 but **lay up for yourselves treasures** in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. 21 For **where your treasure is, there your heart will be also**. NKJV

- Have you lost the passion and focus you once had?
- Is your heart settled in heaven?
- Are you giving the way you should?
  - Time, Treasure, Talents

### Matthew 6:25-34 – Don't Worry – Life, Clothes, Food

We will commit to...

- Make time to pray – Throughout the year
- Make time to fast – Throughout the year
- Learning to create “Space” for God

Garbage in – garbage out

- What am I reading?
- What am I listening to?
- What am I watching?

Types of Fasts: Don't make it legalistic

- Specific food or activity fast
- Juice and liquid fast
- Water fast
- Total fast

### Agreement – Alignment – Assignment

Many times we get comfortable in our situation

We think well it's not that bad – But is it God's best?

We are not trying to get God to change His mind.

We are asking Him to align us with His will.

To align with His will we must first be in agreement with it

No Slide: Amos 3:3

3 Can two walk together, unless they are agreed? NKJV

- When I fast and pray I am coming into agreement with the will of the Lord
- Once I'm in agreement He can start to reveal areas that are out of alignment so I can make corrections

Open up to God and expose areas of selfishness

**James 3:16-18**

16 For where envy and self-seeking exist, confusion and every evil thing are there. 17 But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy. 18 Now the fruit of righteousness is sown in peace by those who make peace. NKJV

- With self out of the way we can yield to God's wisdom – What does He want me to do?
- We can walk in peace with ourselves, God and one another

**Galatians 5:16-17**

16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. 17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. NKJV

- To draw closer to God, crucify the Flesh and yield to the Spirit
- To learn obedience
- Repentance (change direction)
- When we fast we become less sensitive to our flesh and more responsive to the Spirit of God
- Many Christians are living carnal lives (babes)
- We must tap into the Spirit to live successful lives
- Reasoning and rationalizing won't get it
- We must walk in the Spirit

For me to come into alignment with God I must allow Him to remove doubt and unbelief

### Matthew 17:14-16

14 And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, 15 "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. 16 So I brought him to Your disciples, but they could not cure him." NKJV

- We see here the disciples were not able to do what was expected
- They could not cure him

### Matthew 17:17-18

17 Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me." 18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. NKJV

- Faithless – without faith or trust in God and His principles
- Perverse – filled with perversity – off track – out of communion with God – Carnal – A life full of self and our own desires
- Hardness of heart – believers can have a hard heart

### Matthew 17:19-21

19 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.**" NKJV

- To much of the world will bring unbelief
- Do I have more of this culture in my life or more of the culture of heaven?
- Will I take this time to say God I want you
- I'm setting aside this time for you
- Come and fill me
- Come and lead me
- Come and guide me
- I repent

Its time to...

- Believe God for the impossible
- Believe God for a miracle
- Believe God for freedom from oppression and doubt
- Believe God for a turn around in your finances
- Believe God for a healing in relationships

### No Slide: Joel 2:13

13 So rend your heart, and not your garments;  
Return to the LORD your God. NKJV

We can then enter into the assignment God has for us

### Acts 10:30-31

30 So Cornelius said, "Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and behold, a man stood before me in bright clothing, 31 and said, 'Cornelius, your prayer has been heard, and your alms are remembered in the sight of God. NKJV

- An angel tells Paul in a vision to go to Joppa
- Cornelius allows Peter to preach in His house
- The Gospel begins to be preached to the Gentiles
- The start of the greater part of Paul's ministry
- Our calls are related – Cornelius and Paul needed each other's obedience

### Acts 13:2-3 NKJV

2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." 3 Then, having fasted and prayed, and laid hands on them, they sent them away.

Fasting brings Refreshing, Resolve, Reform and Results

### Nehemiah 8:1-3

1 Now all the people gathered together **as one man** in the open square that was in front of the Water Gate; and they told Ezra the scribe to bring the Book of the Law of Moses, which the LORD had commanded Israel. 2 So Ezra the priest brought the Law before the assembly of men and women and all who could hear **with understanding** on the first day of the seventh month.

3 Then he read from it in the open square that was in front of the Water Gate from morning until midday, before the men and women and those who could understand; and the ears of all the people were attentive to the Book of the Law. NKJV

- The people of God have traveled back to Jerusalem
- They have fasted and prayed
- They have made the repairs where the wall was dilapidated
- Through the process the Lord builds unity

Re-building the walls

### Nehemiah 3:1-4

1 Then Eliashib the high priest rose up with his brethren the priests and built the Sheep Gate; they consecrated it and hung its doors. They built as far as the Tower of the Hundred, and consecrated it, then as far as the Tower of Hananel. 2 Next to Eliashib the men of Jericho built. And next to them Zaccur the son of Imri built. 3 Also the sons of Hassenaah built the Fish Gate; they laid its beams and hung its doors with its bolts and bars.

4 And next to them Meremoth the son of Urijah, the son of Koz, made repairs. Next to them Meshullam the son of Berechiah, the son of Meshezabel, made repairs. Next to them Zadok the son of Baana made repairs. NKJV

- Next to them – working together
- Establishing the Kingdom
- I've got your back
- In the Body of Christ I make a difference

### Nehemiah 3:28-29

28 Beyond the Horse Gate the priests made repairs, each in front of his own house. 29 After them Zadok the son of Immer made repairs in front of his own house. NKJV

- Repairs must be made in front of my house
- We are not done
- Will I make repairs throughout the year?

The work is completed

### Nehemiah 8:10

10 Then he said to them, "Go your way, eat the fat, drink the sweet, and send portions to those for whom nothing is prepared; for this day is holy to our Lord. Do not sorrow, for the joy of the LORD is your strength." NKJV

- There is a time to fast
- There is a time to pray
- A time to act
- There is a time to rejoice
- There is a time to celebrate
- The Joy of the Lord!



## Isaiah 58:4-12

4 Indeed you fast for strife and debate, And to strike with the fist of wickedness. You will not fast as you do this day, To make your voice heard on high. 5 Is it a fast that I have chosen, A day for a man to afflict his soul? Is it to bow down his head like a bulrush, And to spread out sackcloth and ashes? Would you call this a fast, And an acceptable day to the LORD? 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? 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. NKJV