

Fast 2014

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

A fast will bring physical health benefits as well as spiritual:

Cleanses your body of toxins

It also cleanses you of spiritual toxins

Garbage in – garbage out

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

Fasting can also sever addictions to alcohol, drugs, tobacco, pornography or other hidden sin

Fasting is like spiritual “Drano”

We are choosing to set aside “21 Days”

Reason: to establish a habit – a lifestyle

- Experience surrender
- Experience passion for God
- Experience God’s goodness

You will need:

A Bible

A Reading Plan

Journal or something to write on

Time for reading, meditation and prayer

It's important to choose a time and a place where you will hear what God is speaking

Where you can read your Bible every day

Read daily

- You are better reading a little every day rather than powering out several hours at once.
- Don't bite off more than you can chew.
- Don't compare to others
- Remember: we're learning to hear God

Read Prayerfully

- If you don't understand something pause and ask Holy Spirit for help
- We are learning to have a relationship with God
- Speaking and listening

Read with expectation

Believe that God is going to speak to you through His word

Be prepared to do something with what he shows you

Things you've written in your journal

The SOAP method – Wayne Cordeiro – *Divine Mentor*

Scripture

Observation

Application

Prayer

S for Scripture

- Read prayerfully
- Take notice of a scripture that catches your attention
- Mark it in your Bible
- Reread it
- Write it in your journal

O is for Observation

- Focus on scripture
- Tune in and listen
- What stands out?
- Ask Holy Spirit for direction

A is for Application

- How does this verse apply to my life?
- Is there an instruction, encouragement, revelation or instruction?
- Use your journal

P is for Prayer

- Talk to God about it
- Could be thanking Him or asking for greater insight
- Remember prayer is about relationship
- A two way conversation

Additional help:

www.crosswalk.com

www.biblegateway.com

Types of Fasts:

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

Group Fast:

Jehoshaphat calls for a fast

2 Chronicles 20:1-4 NKJV

1 It happened after this that the people of Moab with the people of Ammon, and others with them besides the Ammonites, came to battle against Jehoshaphat. 2 Then some came and told Jehoshaphat, saying, "A great multitude is coming against you from beyond the sea, from Syria; and they are in Hazazon Tamar" (which is En Gedi).

3 And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah. 4 So Judah gathered together to ask help from the LORD; and from all the cities of Judah they came to seek the LORD...

- We will be seeking the Lord together
- This will build unity
- I believe the Lord will break fear off our lives
- We will walk in a new boldness and victory

2 Chronicles 20:20 NKJV

20 So they rose early in the morning and went out into the Wilderness of Tekoa; and as they went out, Jehoshaphat stood and said, "Hear me, O Judah and you inhabitants of Jerusalem:

Believe in the LORD your God, and you shall be established; believe His prophets, and you shall prosper."

- Reading the Bible is a big part of fasting
- If You just skip meals you will just be hungry
- This is not a diet

2 Chronicles 20:21-24

21 And when he had consulted with the people, he appointed those who should sing to the LORD, and who should praise the beauty of holiness, as they went out before the army and were saying: "Praise the LORD, For His mercy endures forever." 22 Now when they began to sing and to praise, the LORD set ambushes against the people of Ammon, Moab, and Mount Seir, who had come against Judah; and they were defeated. 23 For the people of Ammon and Moab stood up against the inhabitants of Mount Seir to utterly kill and destroy them. And when they had made an end of the inhabitants of Seir, they helped to destroy one another. 24 So when Judah came to a place overlooking the wilderness, they looked toward the multitude; and there were their dead bodies, fallen on the earth. No one had escaped. NKJV

- Worship needs to be a part of our fast
- The Lord surrounds us with songs of deliverance – Psalm 32:7
- Results:
 - Brought deliverance
 - Judah did not fight, their enemies destroyed one another
 - When we fast the power of God is released
 - Strongholds are destroyed

Total Fast – no food or water:

Esther – fasted 3 days – Esther 4:15-16

- Results:
 - She received favor with the King
 - She received a divine plan (wisdom from God)
 - She received total deliverance for her people

Paul – fasted 3 days – Acts 9:8-9

- Results:
 - He received his call from God
 - He received healing for his eyes

No Pleasant Food Fast:

Daniel 10:1-3

1 In the third year of Cyrus king of Persia a message was revealed to Daniel, whose name was called Belteshazzar. The message was true, but the appointed time was long; and he understood the message, and had understanding of the vision. 2 In those days I, Daniel, was mourning three full weeks. 3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled. NKJV

- Results:
 - The angel defeated the Prince of Persia
 - Your answer is coming
 - Daniel was strengthened
 - Daniel received a vision of what will happen in the latter days
 - Commonly called “The Daniel Fast”

Extended Fast:

Moses – 40 days – Deuteronomy 9:9

Elijah – 40 days – 1 Kings 19:8

Jesus – 40 days – Matthew 4:2

- Jesus was tempted
- You will be tempted
- Make up your mind to succeed
- *I will* make it through the fast
- Expect God to speak

Start where you are

- Take into consideration whether or not you've ever fasted
- Your work and family schedule
- Physical condition

Find your fast zone

- Different fasting combinations work better for different people
- It's the place where you feel most spiritually in tune
- Your mind can easily focus on God and spiritual things
- If consuming something takes your focus off God eliminate it

Begin and end your fast well

- Prepare for the fast
- Break it slow
- A cheeseburger may make you sick
(*you have just detoxified*)

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