

Fast 2019 – Pray – Fast – Give

Matthew 6:6, 16-21 – Pray – Fast – Give

Matthew 6:16-18

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

We will commit to...

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

Isaiah 58:5-6, 8-9, 11-12

- Fasting will break the power of sickness and infirmity and release healing in your life
- Fasting will release God's glory for your protection
- Fasting will result in answered prayer
- Fasting releases divine guidance
- Fasting will break generational curses
 - Poverty, Sexual Impurity, Fear, Doubt and Unbelief
- Fasting will break the powers of Carnality, Division, Gossip and Strife

Fasting should be a discipline that is a regular part of prayer and service

- When we choose to fast we must practice it well enough and often enough to become experienced at it
- It shouldn't be, "*Oh, I fasted once, I didn't like it.*"
- It should be a discipline that becomes a habit

Only then does it become an effective part of our prayer life and direct service to God

Before we are called to minister to others we are called to minister to Him

Maintenance

- Read God's word daily
- Find a small group or Bible study
- Pray with understanding and in other tongues
- Confess the blood and authority of Jesus
- Make a list where you have been taken captive by the enemy in the past and have a plan to stay free
- Take every thought captive – **2 Corinthians 10:5**
 - The mind is the battlefield
- Pray for the Lord fervently to make you alert and vigilant against wrong thoughts – **1 Peter 5:8-9**
 - Rebuke the familiar thought patterns
 - This is a signal that the enemy is approaching
 - Take authority over the enemy and release angels – **Luke 10:19, Hebrews 1:14**

Maintaining your breakthrough

John 8:36 (NKJV)

³⁶ Therefore if the Son makes you free, you shall be free indeed.

- Seasons of prayer and fasting are an important part of the life of a believer
- Fasting leads to victory and deliverance from strongholds
- Fasting produces greater levels of spiritual strength and maturity

One of the main keys to maintaining deliverance that is obtained after a season of fasting and prayer is by activating the spiritual gift of self-control

Proverbs 25:28 (NKJV)

²⁸ Whoever *has* no rule over his own spirit *Is like* a city broken down, without walls.

- CEB – “*a breached city, one with no walls.*”
- Cities without walls are open to invasion and attack from the enemy
- An undisciplined lifestyle will bring you right back into bondage
- There is no lasting deliverance and freedom without discipline

To maintain your deliverance you need to have self-control in these areas

Thinking

Philippians 4:8 (NKJV)

⁸ Finally, brethren, whatever things are true, whatever things *are* noble, whatever things *are* just, whatever things *are* pure, whatever things *are* lovely, whatever things *are* of good report, if *there is* any virtue and if *there is* anything praiseworthy—meditate on these things.

- The things you think on become actions
- Actions become habits
- Habits dictate the outcome of your life
- It's not what you do once and a while but daily

Appetites

Proverbs 23:2 (NKJV)

² And put a knife to your throat If you *are* a man given to appetite.

- Moderation is key in dietary consumption
- Too much of anything is not good for you, spiritually or naturally

Speaking

Proverbs 10:19 (NKJV)

¹⁹ In the multitude of words sin is not lacking, but he who restrains his lips *is* wise.

- It is possible to talk too much
- Learning to keep our mouth shut is a great spiritual discipline

Sexual Character

1 Corinthians 9:27 (NKJV)

²⁷ But I discipline my body and bring *it* into subjection, lest, when I have preached to others, I myself should become disqualified.

- Undisciplined sexual character will blemish your witness
- Keep yourself pure in thought, word and actions
- 1 Corinthians 6:18 – “*Flee sexual immorality*”

Emotions

Proverbs 15:13 (NKJV)

¹³ A merry heart makes a cheerful countenance, but by sorrow of the heart the spirit is broken.

- Don't let depression take root
- The joy of the Lord is your strength

Temper

Ecclesiastes 7:9 (NKJV)

⁹ Do not hasten in your spirit to be angry, for anger rests in the bosom of fools.

Stay resolute in your decision to live a life of Prayer and Fasting

Hebrews 10:35–36, 39 (NKJV)

³⁵ Therefore do not cast away your confidence, which has great reward. ³⁶ For you have need of endurance, so that after you have done the will of God, you may receive the promise:

³⁹ But we are not of those who draw back to perdition, but of those who believe to the saving of the soul.

- We do not draw back
- Get rid of the quit option
- Make up your mind
- No matter what the enemy throws at you
- I've had prayers answered
- I have prayers that remained unanswered
- I've seen miracles
- I've endured huge disappointments
- I've had high mountains of vision and direction
- I've had low valleys where I've felt alone and God-forsaken
- I'm not in this for what I can get from Jesus
- I'm in this because He loved me first and gave His life for me

When I recognize my weakness and trust His strength He will give me the mercy and grace I need to endure

Hebrews 4:16 (NKJV)

¹⁶ Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

If the Lord were never to answer another prayer, I will never quit

Job didn't quit

Job 13:15 (NKJV)

¹⁵ Though He slay me, yet will I trust Him. Even so, I will defend my own ways before Him.

Shadrach, Meshach, and Abednego didn't quit

Daniel 3:17–18 (NKJV)

¹⁷ If that *is the case*, our God whom we serve is able to deliver us from the burning fiery furnace, and He will deliver *us* from your hand, O king. ¹⁸ But if not, let it be known to you, O king, that we do not serve your gods, nor will we worship the gold image which you have set up.”

Even if God didn't choose to deliver them from the fiery furnace they still would not bow the knee to Nebuchadnezzar's idols

- I have no emergency plan
- I have nothing to go back to

My worst day with Jesus is better than my best day without Him

- I'll still be in church
- I'll still lift my hands
- I'll still worship Him with my tithe
- My mind is made up!

2 Corinthians 11:23–28 (NKJV)

²³ Are they ministers of Christ?—I speak as a fool—I *am* more: in labors more abundant, in stripes above measure, in prisons more frequently, in deaths often. ²⁴ From the Jews five times I received forty *stripes* minus one. ²⁵ Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep; ²⁶ in journeys often, *in* perils of waters, *in* perils of robbers, *in* perils of *my own* countrymen, *in* perils of the Gentiles, *in* perils in the city, *in* perils in the wilderness, *in* perils in the sea, *in* perils among false brethren; ²⁷ in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness—²⁸ besides the other things, what comes upon me daily: my deep concern for all the churches.

- He was determined to finish the race – with joy!
- The attacks of the enemy didn't change his resolve
- If anything it made him stronger
- He had a made-up mind

Romans 8:37–39 (NKJV)

³⁷ Yet in all these things we are more than conquerors through Him who loved us. ³⁸ For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, ³⁹ nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.