

Fast 2019 – Pray – Fast – Give

Matthew 6:6, 16-21 – 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.

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. 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?

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 – Prayer Booklet

Time for reading, meditation and prayer

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

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

Types of Fasts:

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

Group Fast:

Jehoshaphat calls for a fast

2 Chronicles 20:1-24 NKJV

- 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
- 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 20:22-23

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

Begin and end your fast well

- Prepare for the fast
- Break it slow

Isaiah 58:4-12

- We are not fasting to twist God's arm
- We are humbling ourselves
- To break the yoke of bondage, burdens, oppression and pointing the finger
- Share our bread with the hungry and the poor
- Ask God to give us insight for our families
- Health will spring forth
- God will hear our voice and satisfy us

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

Predictable Qualities to Keep You Fresh and Flourishing

Loyalty and Reliability

Proverbs 3:3-4 The Message (MSG)

³⁻⁴ Don't lose your grip on Love and Loyalty. Tie them around your neck; carve their initials on your heart. Earn a reputation for living well in God's eyes and the eyes of the people.

Live in a way that allows people to predict your loyalty

- Be a trustworthy friend
- Don't be constantly moved by changing tides and shifting circumstances of life

Your boss, family and friends need to know that you are reliable

- Predictable in your commitment to do what you said you would do
- Don't be unpredictable when it comes to showing up
- When you're reliable, people know that you can be counted on
- A person that can be called on when adversity or opportunity knocks

Belief

2 Timothy 1:12 (NKJV)

¹² For this reason I also suffer these things; nevertheless I am not ashamed, for I know whom I have believed and am persuaded that He is able to keep what I have committed to Him until that Day.

- Do you know what you believe?
- Do you know the foundations of your faith?
- We must be resolute in our beliefs, not chasing wishy-washy fads
- We need to be confident in both what and Who we believe in

Hebrews 6:1–2 (NKJV) *The Peril of Not Progressing*

Therefore, leaving the discussion of the elementary *principles* of Christ, let us go on to perfection, not laying again the foundation of repentance from dead works and of faith toward God, ² of the doctrine of baptisms, of laying on of hands, of resurrection of the dead, and of eternal judgment.

- The Cross, the Resurrection, the Holy Spirit
- We cannot allow circumstances to sway our belief
- We must be confident in what we know and ready to share it

Keep Your Word and Your Commitments

Matthew 5:37 (NKJV)

³⁷ But let your 'Yes' be 'Yes,' and your 'No,' 'No.' For whatever is more than these is from the evil one.

Is your word better than a contract?

- Be honest and strait forward in your dealings and communication
- Don't give people any room to assume that you're not telling the truth
- *Yes* means *yes*, not *maybe* or *perhaps not*
- Honesty will propel you forward in your destiny with God

To many people are good starters but poor finishers

- Be a finisher
- We all make resolutions at the beginning of the year but where are we at the end of the year?
- It's not how you start that matters it's how you finish

2 Timothy 4:7 (NKJV)

⁷ I have fought the good fight, I have finished the race, I have kept the faith.

Vision

Acts 2:17 (NKJV)

¹⁷ *'And it shall come to pass in the last days, says God, That I will pour out of My Spirit on all flesh; Your sons and your daughters shall prophesy, Your young men shall see visions, Your old men shall dream dreams.*

- Realize who and what you are about
- Don't be easily swayed off course or discouraged
- Live with a vision that is attached to the cause of Christ
- No matter your age there is room in the Kingdom for you
- Everyone can make a contribution

The Great Commission doesn't have an age, race, creed or culture attached to it

- He just said, GO!
- People my age are thinking about retirement
- I'm sixty and never felt better!
- The word of God is generational
- Abraham, the Isaac, then Jacob

Psalms 145:4 (HCSB)

⁴ *One generation will declare Your works to the next and will proclaim Your mighty acts.*

- I'm not done declaring yet
- How about you?

God is calling us to possess the land

Deuteronomy 11:11 (NIV)

¹¹ But the land you are crossing the Jordan to take possession of is a land of mountains and valleys that drinks rain from heaven.

- Trish has been seeing the number 11
- Recently we realized this was our 11th year back in TC
- Eleven is the number of transition
- As it is often said, the 11th hour comes right before the start of a new day

God's promise to Israel in **Deuteronomy 11:11** was that when they finally made it to the Promised Land, they would transition into a season in which they were under God's continual blessing from the beginning of the year to the end

- Eleven is a very interesting number to study in the Bible
- While we normally refer to it as a symbol of transition
- 11 is also associated with revelation that will help transition us into something new and overdue

Genesis 32

Jacob returns to the land of his inheritance with his 11 sons

- Originally he left because Esau was angry that he *stole his birthright*
- He wrestles the Angel of the Lord and He changes his name

Genesis 35

God speaks to Jacob and tells him that he will prosper, and kings would come from his sons

- Joseph was the 11th son
- His major gift was revelation and he was used by God to transition Israel into a new season of blessing

I want to be a king maker!

Psalm 45:16 (NKJV)

¹⁶ Instead of Your fathers shall be Your sons, whom You shall make princes in all the earth.

- We need to be making room for others to grow
- Always have the next generation in mind
- To do that I must continue to stretch and to grow

Living the, Above and Beyond life is as much about leaving a legacy as it is about you

- What will your legacy, and the generations that follow say about you?

Deuteronomy 29:29 (NKJV)

²⁹ “The secret *things belong* to the LORD our God, but those *things which are revealed belong* to us and to our children forever, that *we may do all the words of this law.*

- Do you want to know all that’s been revealed?
- Are you passionate for the things of God
- Are you spiritually alive?
- Vibrant, grace filled, faith filled, welcoming and unjudgmental?
- Do I love God, love people and have a love for life?
- Am I constantly focusing on the Great Commission wherever needed regardless of the cost?
- Youthful in spirit, generous at heart, faith filled?

1 Corinthians 2:9–10 (NKJV)

⁹ But as it is written: “*Eye has not seen, nor ear heard, Nor have entered into the heart of man The things which God has prepared for those who love Him.*” ¹⁰ But God has revealed *them* to us through His Spirit. For the Spirit searches all things, yes, the deep things of God.

Let’s commit to living a life that is alert, active, enthusiastic, and moving forward to access everything God is doing

- Let’s live a life that is Above and Beyond all that we can imagine!