

SPIRITUALLY PREPARED TO MAKE A DIFFERENCE

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I. WHAT IS FASTING?

FAST, FASTING - going without food or drink voluntarily, for a set period of time, with a specific purpose.

Fasting - **the flesh/physical in order to feed our Spirit.**

II. WHEN SHOULD WE FAST?

We should *fast* when we are in a _____ (a problem that we are powerless to fix)

"Even now, declares the Lord, return to me with all your heart, with fasting and weeping and mourning." **Joel 2:12 (NIV)**

MEMORY VERSE: *"And he said unto them, this kind can come forth by nothing, but by prayer and fasting."* **Mark 9:29 (KJV)**

III. WHAT

WHEN WE FAST?

"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." **Genesis 2:7 (KJV)**

Body + Spirit = Living soul

"So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want." **Galatians 5:16-17 (NIV)**

"But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him. But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God." **1 Corinthians 2:9-10 (KJV)**

IV. WHY SHOULD WE FAST?

We should *fast* to receive _____ and _____ from God.

"For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God. What we have received is not the spirit of the world, but the Spirit who is from God, so that we may understand what God has freely given us. This is what we speak, not in words taught us by human wisdom but in words taught by the Spirit, explaining spiritual realities with Spirit-taught words. The person without the Spirit does not accept the things that come from the Spirit of God but considers them foolishness, and cannot understand them because they are discerned only through the Spirit." **1 Corinthians 2:11-14 (NIV)**

V. HOW SHOULD WE FAST?

a. WITH

"Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one's head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the Lord?" **Isaiah 58:5 (NIV)**

b. WITH

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth, they have received their reward in full."

Matthew 6:16 (NIV)

"So that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

Matthew 6:18 (NIV)

c. WITH

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God." **Philippians 4:6 (NIV)**

"But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere."

James 3:17 (NIV)

I WILL THIS TAKE TIME TO GET

TO GOD