

## FASTING AND PRAISE

### JANUARY 3, 2018

#### 1. Reasons to fast.

- A. Eradicate doubt. **MATTHEW 17:20-21**
- B. Humble and chasten oneself. **1 KINGS 21:27-29**
- C. Seek a right way. **EZRA 8:21-23**
- D. Show remorse for sin. **1 SAMUEL 7:6**
- E. Petition God to stay judgment. **DEUTERONOMY 9:24-27**
- F. Seek guidance and help. **2 CHRONICLES 20:3**
- G. Promote physical and spiritual health. **ISAIAH 58:6-8**
- H. Increase the anointing. **ISAIAH 40:31**
- I. Set apart for ministry. **ACTS 13:2**

#### 2. Reasons to praise.

- A. Get our focus off self and on God. **PSALMS 35:28, 150:1-2** – Life is not only about us. No matter what the challenge, we must focus on God's goodness, greatness and glory. He's worthy of our praise.
- B. Show appreciation for all He's done. **PSALMS 107:20-22**, - He sent Jesus to bless us beyond measure. **EPHESIANS 1:3**
- C. Put the enemy to flight. **PSALMS 149:6-9** – Praise dispels the darkness that surrounds us and blocks the attacks of evil. **2 CHRONICLES 20:22**
- D. Overcome forgetfulness and negativity. **PS. 103:1-5** – It's hard to murmur and complain while praising God for His benefits. **HEBREWS 13:15** – Continual praise eliminates continual complaining.
- E. Invite God's presence. **PSALMS 22:3** - He lives in our praise and manifests His presence.
- F. Be strengthened with joy. **PSALMS 16:11** – Praise brings God's presence in which is fulness of joy which is our strength.
- G. Express our faith. **PSALMS 118:21** – Praising God before we see the answer shows we believe in His integrity. It's faiths highest expression.
- H. Overcome fear. **PSALMS 34:1-4** – This world we live in presents many fears for us to overcome Job's fears overcame him.
- I. Pave the way for the miraculous. **ACTS 16:25-26** – In response to prayer and praise, God showed up and shook things up for Paul, Silas, the jail keeper and his family, and the city of Philippi.

#### CONCLUSION:

**PSALMS 146:1-6** – Some say the writer went through a shattering experience, who put his trust in men, government and the arm of the flesh, all of which failed. He learned the only way to have success was to learn to trust God and live life by the power of perpetual praise no matter what life brought his way.

The choice is ours. We can be consumed by worry, fear and the pressures of this life, or we can learn to live a life of perpetual praise as Paul and Silas did. Our Lord is worthy of all our praise!