

WHEN YOU FAST – 2

JANUARY 9, 2019

REVIEW: MATTHEW 6:16-18

Three disciplines Jesus taught: Giving, praying and fasting.
Four reasons for fasting: Self-discipline, intimacy with God, ignite our spiritual initiative, and to prepare for a new season.

CONTINUE: MORE REASONS

- 1. To show remorse for sin. DANIEL 9:3-6**
 - A.** Daniel was aware of his nations condition and added fasting to his prayer to demonstrate humility and true repentance. **DANIEL 9:21-22** – His efforts brought Gabriel to deliver him a message.
 - B. JEREMIAH 11:14, 14:10-12** – It’s awful to be in a place where God refuses to honor your fast or accept your burnt offering. Fasting, prayer and repentance should be practiced long before unconditional judgment comes. **2 KINGS 20:1-6**
- 2. To receive God’s help in time of need.**
2 CHRONICLES 20:3-13
 - A.** Jehoshaphat knew divine intervention was needed. He sought the Lord, proclaimed a fast and prayed the Word, appealing to the covenant God made with them. God intervened.
- 3. To overcome doubt. MARK 9:28-29**
 - A.** Fasting changes us, not God. God is always the same before, during and after we fast. When we fast, we deny our flesh to give attention to our spirit.
 - B.** Fasting can contribute to our becoming more confident with our faith. It helps get the doubt out!