

WHEN YOU FAST

JANUARY 2, 2019

MATTHEW 6:16-18

Three basic disciplines.

1. Giving – Transferring what we have to another.
2. Praying – Talking to, praising and petitioning God.
3. Fasting – Abstaining from the physical to gain the spiritual.

REASONS

1. Practice self-discipline. Improves willpower.
2. Experience intimacy with God. By removing the distractions.
3. Ignite spiritual initiative. Denying the flesh weakens it while we strengthen ourselves spiritually.
4. Prepare for a new season. **EZRA 8:21-23**
 - A. Ezra proclaimed a fast to prepare them for a new season. They left Babylon to travel to Jerusalem. The journey was long (4 months), and dangerous (many robbers). They had over 4 million dollars' worth of silver and gold. They needed God's protection and guidance.

NAVIGATING 2019

1. Every individual, family, church and nation need God's protection and guidance.
2. Fasting and prayer is a way to humble ourselves before God And show Him we need what only He can provide in order to succeed.
3. **ISAIAH 58:6-14** – God's chosen fast.