



Matthew 6 | SCRIPTURE
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The Benefits of Fasting | SERMON

Matt 6:16-18

Fasting is a willful abstaining from natural pleasures for a spiritual purpose

Fasting is as much about what you are separating yourself from as what you are separating from.
2 Timothy 2:21

Men of God in the Bible went to be secluded during fast.
They went to the mountain or wilderness to fast so that they were not distracted.
Don't let things distract you during a fast. You have to protect your environment during a fast.

Fasting is a personal commitment to renounce the natural to invoke the spiritual.

Fasting is the dedication to period of time to devote oneself to spiritual priority of prayer without food.

1. Physical Health - Naturally and Supernaturally

Isaiah 58:8 (CEB)

2. Preparation for Temptation

Matt 4:1-11

It's training your body, appetites, desires, lusts to submit to your will.
It strengthens our spirit and weakens our flesh. It gives spirit dominance over our flesh.

THE FIRST TEMPTATION WAS WITH FOOD.

Genesis 3:1

The first temptation of Israel was with food.

Exodus 16:3

The first temptation of Jesus was with food.

Matthew 4:4

After 40 days of fasting, Jesus was at the peak of his strength not at his weakest point.

3. Unlocks Your Calling - or next season in your calling. Too often people seek approval and recognition of man or platform but neglect to seek God first. The promotion comes from the Lord

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." Acts 13:2

NOTES



4. Releases Devine Power - in ministry and everyday life.

Deut 8:18

Luke 4:14

5. Answered Prayer

Ezra 8:23

Daniel 9:3

6. Positions You for Deliverance - it's not the fasting itself that brings the deliverance, but spiritual fasting leads to deliverance

Esther 4:16 and Nineva.

Mark 9:29

7. Revelation of God's Word

Isaiah 58:8 (CEB)

Psalms 119:130

Psalms 119:105

HOW TO FAST

1. START WITH A CLEAR GOAL.

Why are you fasting? Do you need direction, healing, restoration of your marriage or family issues?

Are you facing financial difficulties?

Ask the Holy Spirit for guidance. Be specific.

2. PREPARE SPIRITUALLY.

Confess your sins to God.

Ask the Holy Spirit to reveal areas of weakness.

Forgive all who have offended you and ask forgiveness from those you may have offended.

Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you.

3. DECIDE WHAT TO FAST.

Are you fasting food? Food and water? Or are you fasting from something that isn't food, like social media or television?

WHAT TO EXPECT

Persistent hunger, Tiredness, Irritability, Headaches, and Poor focus (but only first 5-7 days)

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