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Sermon Notes

Slide Deck

HF Kids

Kids Christmas Program

Register your child to be in this year's Christmas Production.

PLEASE READ THE FOLLOWING INFORMATION CAREFULLY

Performances will be held during each church service on December 13 and 14.

Mandatory rehearsals will be held at Harborview Fellowship on November 29 from 10am-noon and December 6 from 10am-noon.

A mandatory dress rehearsal will be held at Harborview Fellowship on December 12 from 4:00pm - 6:30pm.

This year preschoolers will have their very own pajama choir! They will perform at whatever service you attend the weekend of December 13 and 14. Rehearsals will take place during Children's Church preschool class in the weeks leading up to the performance. You do not need to register your preschooler for the pajama choir. Preschool families should watch for more information as the program approaches.

Learn more, or register here:

<https://harborviewfellowship.ccbchurch.com/goto/forms/477/responses>



Love First

Thanksgiving Basket Brigade

The Thanksgiving Basket Brigade is in its 32nd year. They are an outreach that provides about 1,300 Thanksgiving meals to families in the Gig Harbor and Key Peninsula area. Harborview Fellowship has committed to providing 800 cans of Corn, and 800 cans of Evaporated milk. Please come the next two weeks with either of these items to bless a local family in need. You can also give financially to the link within the bulletin.

Learn more, or register here:

<https://gghf.info/GHBBdonate>

Prayer

Freedom Prayer

We provide a prayer opportunity for anyone who feels the need for increased freedom and personal breakthrough in their lives. You will be walked through a process of Freedom Prayer by 2 or 3 of our trained Ministry Team Members.

Come with an expectant and receptive heart for the Lord to powerfully minister to you!

Learn more, or register here:

<https://harborviewfellowship.org/prayer>



Intercessory Prayer

Join us for Intercessory prayer, Tuesday nights at 6:30pm, or Thursday mornings at 6:30am.

Learn more, or register here:

<https://harborviewfellowship.org/prayer>



Re-Gen

Regen, 2nd and 4th Sundays

Re-gen, for 18 to 30s, meets here at Harborview on the second and fourth Sunday's beginning at 5:30pm.

Learn more, or register here:

<https://harborviewfellowship.org/re-gen-young-adults-ministry>



Small Groups

Small Groups

Small Groups exist to help each one of us grow up into the life of God within us.

They are a primary mechanism for shepherding through relationship + discipleship.

Learn more, or register here:

<https://harborviewfellowship.ccbchurch.com/goto/forms/368/responses>



The Edge

Wednesday Night Youth Group

The Edge Youth Group for Middle School and High School meets at Harborview Fellowship at 6:15pm every Wednesday Night.



Baptism

Baptism Weekend, November 8-9

Baptism is the believer's public declaration of their commitment to follow Christ.



WHY SHOULD I BE BAPTIZED?

- Jesus was baptized. "At that time Jesus came from Nazareth and was baptized by John in the river." - Mark 1:9
- Jesus said we should be baptized. "Jesus said, 'Go then, to all people everywhere and make them my disciples, baptize them in the name of the Father, the Son and Holy Spirit, and then teach them to obey everything I have commanded you.'" - Matthew 18:19-20
- Water baptism is a public announcement that you are a Christ-follower. Many of the people who heard Him believed and were baptized. - Acts 18:8

Please plan to attend an information meeting at 10am on Sunday, October 26th and November 2nd in the Fireside Room.

Learn more, or register here:

<https://harborviewfellowship.ccbchurch.com/goto/forms/472/responses>

Giving

Thank you for being a part of Harborview Fellowship Church. Your donations are used to support, grow, and advance God's kingdom through a number of ministries at Harborview Fellowship including Children and Youth ministries, Outreach, Missions, Operations, and Jesus Ministry training both locally and globally.

You can mail a check, or give online to the link below.

Harborview Fellowship
4819 Hunt Street NW
Gig Harbor, WA 98335

Learn more, or register here:

<https://harborviewfellowship.org/give>



TPUSA Club for High Schoolers

TPUSA has a new High School chapter for Pierce County meeting bi-weekly, here in Gig Harbor. If you know a high school student that is interested in putting the fun back into politics, learning from political leaders, and getting involved in local events. Fill out the online form to be contacted by the local chapter to find out more.

Learn more, or register here:

<https://docs.google.com/forms/d/e/1FAIpQLSe7PClb5qAhmLbQROkweZs>

JESUS ON FASTING

Matthew 6:16-18

*CHURCH MISSION STATEMENT

SCRIPTURE

**Matthew 6:16–18 (NKJV) “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.*

*INTRODUCTION

- Throughout this sixth chapter of Matthew, Jesus has been teaching about how to do our ‘acts of righteousness’.
 - He started by giving to the poor.
 - He then proceeded to pray.
 - And now he addresses the topic of fasting.
- We see Moses fasting while he's on Mt. Sinai (Ex. 34:28), and Jesus fasted for 40 days in the wilderness (Matt. 4:2).
- Both testaments contain many other examples of people who fasted.
 - Sometimes, they fasted as a way of mourning (2 Sam 12:16).
 - Other times, they looked for guidance from God (Dan. 9:3).
 - And sometimes, it was an act of worship and commissioning (Acts 13:2-3).
 - In the face of war (Deut. 20:1–3; Judg. 20:26; 1 Sam. 7:6),
 - Death of leaders (1 Sam. 31:13; 1 Chron. 10:12; 2 Sam. 1:12; 2 Kings 25:23–5)
 - The destruction of Jerusalem (2 Kings 25:1-4; Jer. 52:12-13).
- In Jesus’ time, fasting appeared to be a typical practice of a faithful Jew.
 - In Luke 5:33, Jesus is asked why his disciples do not fast like John’s disciples and the Pharisees.
 - In Luke 18:12, Jesus told a parable about a Pharisee and a tax collector who went to pray.
 - In the parable, the Pharisee boastfully claimed to fast twice a week.
- It is not commanded anywhere in Scripture, except for the Day of Atonement.
- Yet the Bible has a lot to say about fasting.
- And Jesus appeared to assume that His followers would fast after He was gone (Matt. 9:15).

***HOW NOT TO FAST**

vs. 6:16

Matthew 6:16 (NKJV) *“Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.”*

***Hypocritically**

- Jesus once again emphasizes the importance of avoiding hypocrisy and theatricality.
- Don’t showcase your pious act, or it becomes an impious act.
- Don’t act with false humility, as it’s no humility at all!

***For Temporal Reward**

- Again, just like giving and prayer, when you perform for people, you receive the reward you seek—to be noticed by others.
- Paradoxically, Jesus tells His disciples not to draw attention to their fasting through their appearance.

***HOW TO FAST**

vss. 17-18

Matthew 6:17–18 (NKJV) *“But you, when you fast, anoint your head and wash your face, so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”*

***Humbly**

- Instead of acting out of religious pride, fast in spiritual humility.
- Instead of appearing emaciated and sorrowful, live sincerely without religious pretense.
- Live with a joyful and praise-filled festive spirit.

***For God’s Reward**

- Fast unto God for spiritual and God-honoring reasons.
- God will openly show His favor and bless you.

***WHAT IS FASTING**

- So, what is fasting? Jesus just assumes we’ll know what it is because it was a common practice in Judaism, but most of us probably aren’t as familiar with it.
- **Donald Whitney describes it as:** “Christian fasting is a believer’s voluntary abstinence from food for spiritual purposes.”

***Two Foundational Biblical Principles**

1. ***It’s fasting from food.**

- It's good to fast from lots of things: from social media, from devices, period, entertainment of any kind, for instance.
 - Go ahead and do those things.
- Strictly speaking, though, **Christian fasting is about fasting from food**.

2. *It's for spiritual purposes.

- You can fast to lose weight or for health reasons. However, that's not what Christian fasting is about.
- Christian fasting involves abstaining from food for spiritual reasons.

*How To Fast

- Within the Bible, you'll find all kinds of fasts that satisfy these two criteria.
- Donald Whitney explains various types of fasts mentioned in the Bible.
 1. * **Fasting from food** but not water for up to 40 days, as Jesus practiced (Luke 4:2)
 2. **Partial fasts from certain types of food, as Daniel and John the Baptist practiced (Daniel 1:12; Matthew 3:4)**
 3. **An absolute fast with no food and no water, as Ezra practiced (Ezra 10:6)**
 4. **A supernatural fast — an extended period without food and water for forty days and nights, as practiced by Moses and Elijah (Deuteronomy 9:9; 1 Kings 19:8)**
 5. **A private fast, which Jesus mentions in Matthew 6:17-18**
 6. **Corporate fasts, as mentioned in Joel 2:15-16 and Acts 13:2**
 7. **National fasts (2 Chronicles 20:3)**
 8. **Regular fasts (Leviticus 16:29-31), Day of Atonement**
 9. **Occasional fasts, as the need arises, similar to what Esther practiced (Esther 4:16)**
- So, there isn't just one way to fast. There are many ways to fast, but all of them in Scripture involve voluntarily abstaining from food for spiritual purposes.

*Why Fast?

- Why fast? Jesus says that the Father will reward us for properly fasting.
 - It's not that we suffer enough to earn God's favor and unlock His blessing.
- Fasting is a way to physically show that our spiritual goals come first.
 - Fasting is about expressing our hunger for God.

Donald Whitney lists the following biblical reasons we fast:

1. * to strengthen prayer
2. to seek God's guidance
3. to express grief

4. to ask for safety or help
5. to show repentance and turn back to God
6. to humble yourself before God
7. to express concern about God's work
8. to serve the needs of others
9. to resist temptation and dedicate yourself to God's work
10. to show love and worship to God

* LESSONS FROM NEHEMIAH

1. Start with a heartfelt devotion to God and His Kingdom.
 - Nehemiah received word concerning Jerusalem, and its condition was not what God had designed and desired for Jerusalem.
 - He was moved with God's heart for Jerusalem.
 - God's glory and kingdom were of greater concern for him than his career and comfort.
2. * Fasting and prayer demonstrate a heart of humility and sincere confession before God.
 - Out of sorrow, he prayed for Jerusalem.
 - He presented himself before God in humility, confessed his sin, and went to prayer on behalf of his larger family, the larger community of Israel.
3. * Fasting and prayer demonstrate a heart of faith in God for the miraculous.
 - He was not going to passively accept Jerusalem's condition as acceptable, or that nothing could be done about it.
 - The solution might have seemed humanly impossible, but God is the God of solutions to the humanly impossible.
 - God granted His request!!
 - Fasting and prayer is the soil that grows great faith and the road that prepares the ways for miracles.
4. * Fasting and prayer help us connect with God's heart and mind.
 - God granted Nehemiah divine strategy for a supernatural solution.
 - Fasting and prayer promotes opening us up more intimately to the mind and heart of God.
5. * Fasting and prayer hold importance in spiritual warfare.
 - The prayers of the saints are vital weapons in the spiritual air-war waged in the heavenlies.
 - Prayer initiates divine activity in the heavenlies and deploys the heavenly hosts.
 - Fasting and prevailing prayer result in breakthroughs in the heavenlies, resulting in triumph in the natural realm.

* Daniel 10:2–3 (NKJV) *In those days I, Daniel, was mourning three full weeks. 3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.*

* Daniel 10:10–13 (NKJV) *Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands. 11 And he said to me, "O Daniel, man greatly*

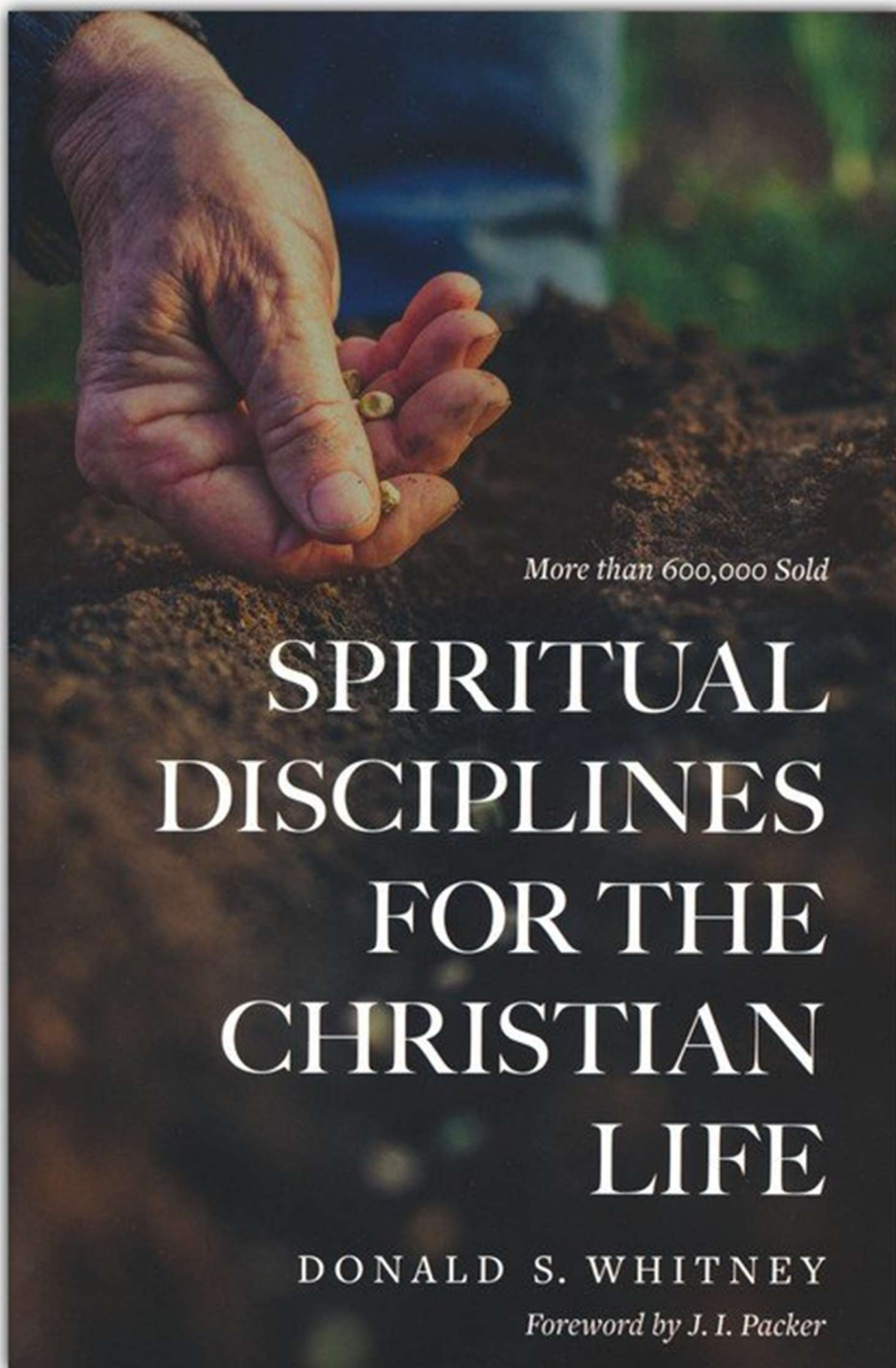
beloved, understand the words that I speak to you, and stand upright, for I have now been sent to you.” While he was speaking this word to me, I stood trembling. 12 Then he said to me, “Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. 13 But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia.

- Daniel’s fasting and praying initiated the command from God in which an angelic being was sent with the answer.
- A demonic blockade was put up by the enemy to frustrate or entirely stop the answer from getting through.
- While Daniel was fasting and praying, war was going on—it was going on in the spiritual realm—the heavenlies.
- Our prayers weaken the enemy and play a strategic role in the war waged by God’s heavenly hosts.

***APPLICATION**

1. Contend for God and to see him work in our lives, community, and society.
 - Revival in our lives and church
 - Revival in our local government schools & entities.
 - Revival in our state and local government
2. ***Make a plan.**
 - What will you fast from?
 - What will be the timing and duration of your fasting?
 - Identify the objective(s) of your fast.
3. ***In solidarity**, let’s commit to a season of Fasting and Prayer through 2025.

***Joel 1:14** (NKJV) *Consecrate a fast, Call a sacred assembly; Gather the elders And all the inhabitants of the land Into the house of the LORD your God, And cry out to the LORD.*





1

HARBORVIEW FELLOWSHIP
Empowering Passionate Disciples

Equipping People To Passionately
 Live Like Jesus Lived,
 Do What Jesus Did, And
 Advance His Kingdom Together.

“AS THE FATHER SENT ME, SO I AM SENDING YOU!”



Jesus Christ
 John 20:21

2

JESUS ON FASTING



Matthew 6:16–18 (NKJV) “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

3

INTRODUCTION

HOW NOT TO FAST



Matthew 6:16 (NKJV) “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward.

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INTRODUCTION

HOW NOT TO FAST

Hypocritically



Matthew 6:16 (NKJV) "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward."

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INTRODUCTION

HOW NOT TO FAST

Hypocritically

For Temporal Reward



Matthew 6:16 (NKJV) "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward."

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HOW NOT TO FAST

HOW TO FAST



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HOW NOT TO FAST

HOW TO FAST

Humbly



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HOW NOT TO FAST

HOW TO FAST

Humbly

For God's Reward

Matthew 6:17–18 (NKJV) But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.



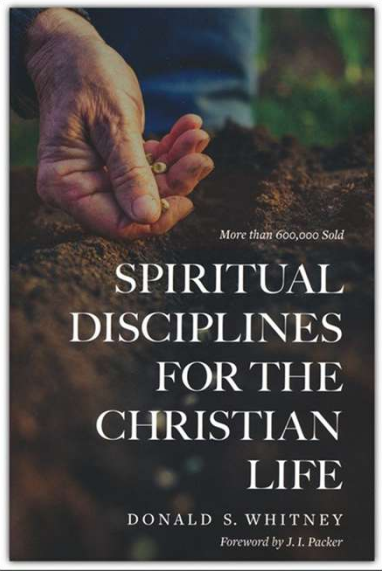
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INTRODUCTION

HOW NOT TO FAST

HOW TO FAST

WHAT IS FASTING



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INTRODUCTION

HOW NOT TO FAST

HOW TO FAST

WHAT IS FASTING

- Two Foundational Principles
 - 1. Food
 - 2. For Spiritual Purposes

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HOW NOT TO FAST

HOW TO FAST

WHAT IS FASTING

- Two Foundational Principles
- How To Fast

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1. Fasting from food but not water for up to 40 days, Jesus (Luke 4:2)
2. Partial fasts from certain kinds of food, Daniel & John the Baptist (Dan. 1:12; Matt. 3:4)
3. Fast of no food and no water, Ezra (Ezra 10:6)
4. A supernatural fast —no food or water for forty days and nights, Moses & Elijah (Deut. 9:9; 1 Kings 19:8)
5. A private fast, Matt. 6:17-18
6. Corporate fasts, Joel 2:15-16 and Acts 13:2
7. National fasts (2 Chron. 20:3)
8. Regular fasts (Lev. 16:29-31), Day of Atonement
9. Occasional fasts, as the need arises, Esther (Est 4:16)

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HOW NOT TO FAST

HOW TO FAST

WHAT IS FASTING

Two Foundational Principles

How To Fast

Why Fast



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1. To strengthen prayer
2. To seek god's guidance
3. To express grief
4. To seek deliverance or protection
5. To express repentance and return to God
6. To humble yourself before God
7. To express concern about the work and the Kingdom of God
8. To minister to the needs of others
9. To overcome temptation and devote yourself to the work of god
10. To express love and worship to god

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LESSONS FROM NEHEMIAH

1. Begin with a heart for God and His Kingdom.



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LESSONS FROM NEHEMIAH

1. Begin with a heart for God and His Kingdom.
2. Fasting and prayer reflect a heart of humility.



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LESSONS FROM NEHEMIAH

1. Begin with a heart for God and His Kingdom.
2. Fasting and prayer reflect a heart of humility.
3. Fasting and prayer reflect a heart of faith



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LESSONS FROM NEHEMIAH

1. Begin with a heart for God and His Kingdom.
2. Fasting and prayer reflect a heart of humility.
3. Fasting and prayer reflect a heart of faith.
4. Fasting and prayer tune us into God's heart & mind.



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LESSONS FROM NEHEMIAH

1. Begin with a heart for God and His Kingdom.
2. Fasting and prayer reflect a heart of humility.
3. Fasting and prayer reflect a heart of faith.
4. Fasting and prayer tune us into God's heart & mind.
5. Fasting and prayer are significant in spiritual warfare.



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Daniel 10:2–3 (NKJV) In those days I, Daniel, was mourning three full weeks. 3 I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

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Daniel 10:10–13 (NKJV) Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands. 11 And he said to me, “O Daniel, man greatly beloved, understand the words that I speak to you, and stand upright, for I have now been sent to you.” While he was speaking this word to me, I stood trembling. 12 Then he said to me, “Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. 13 But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia.

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APPLICATION

1. Contend for God to work in our lives, community.

- Revival in our lives and church
- Revival in our local government schools & entities
- Revival in our state and local government



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APPLICATION

1. Contend for God to work in our lives, community.

2. Make a plan.

- What will you fast from?
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- Identify the objective(s) of your fast.



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APPLICATION

1. Contend for God to work in our lives, community.
2. Make a plan.
3. In solidarity, let's commit to a season of fasting & prayer.
(60 Days)



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APPLICATION

Joel 1:14 (NKJV) Consecrate a fast, call a sacred assembly; Gather the elders and all the inhabitants of the land into the house of the LORD your God, and cry out to the LORD.



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