

Prayer & Fasting 2023

What Fasting Isn't

09:55 am 5 Min. Count Down - VIDEO

10:00 am **LIVE Worship –

10:25 am **LIVE In House Welcome –

WELCOME to The Peak CC

Welcome our Church Online Platform –

We are so glad you could join us as we worship the Lord & expound on His Word.

**If this is your 1st time or perhaps you've been with us before but haven't engaged...
Please fill out**

***Online Connect Card * -> RightNow Media**

10:30 AM ****Announcements Video** - Tithing

10:32am LIVE SHOT – Welcome - Pastor *Self Intro* -

Sunday School: 1st things 1st 9am Sundays 2nd floor.

Next-Gen: Feb 5th 9am Sundays Balcony

10:37 AM: **MLK VIDEO :** *YouTube* I have a Dream 6 min

10:44am LIVE SHOT *Martin Luther King, Jr's "I Have a Dream" speech was delivered on August 29, 1963, His dream to end the racism in the U.S. that impeded us from going forward together. A dream to put aside our differences and join hands in moving our Nation towards TRUE FREEDOM.*

0:37 AM: **MLK VIDEO :** He Inspired Us 1.35 min

What I love about The Peak?..... **DIVERSITY** A body of believers of mixed marriages & cultures. Members & viewers from literally **AROUND THE WORLD...**

Last week we drew from & we'll continue with this base line thought....

Matthew 17: 14 – 21

14 And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, 15 “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. 16 So I brought him to Your disciples, but they could not cure him.”

17 Then Jesus answered and said, “*O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.*” 18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.

19 Then the disciples came to Jesus privately and said, “Why could we not cast it out?”

20 So Jesus said to them, “*Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting.*”

OPENING PRAYER

I told one person: It's a meal replacement. you just “Don't eat food or drink”. You

take that would be time & you get into prayer, Read the Word, get into a devotional, or listen to worship music.

This practice allows you to break bad habits and develop spiritual strengths & maturity.

Andrew Murray; *“Prayer is the one hand with which we grasp the invisible; Fasting is the other hand with which we let loose & cast away the visible.”*

***Starve the flesh & feed the spirit*

****Matthew 4:4 'Man shall not live by bread alone, but by every word that proceeds. out of the mouth of God.’**

Meal Replacement....

Today: What fasting is NOT!!...

****Matthew 6: 16-18**

“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

*“When you fast”: the present tense indicates action *in progress*:*

We are EXPECTED to Fast.

We cannot have a spiritually victorious life if we DO NOT Fast

Whenever you may be fasting.



****Hypocrites:** (hoop-ok-ree-tace) pretender, actor, role player; In the Bible days actors wore masks, which included mechanisms for amplifying the voice. They hid behind the character of the mask and amplified their voice to be heard over others.

The *hypocrite* conceals his true motives under a cloak of make-believe.

Role - playing in fasting:

- **Sad countenance**: the older sense of the English *dreary*, as expressing the downcast look of settled grief, pain, or displeasure. ***EVER SEE SOMEONE WITH A TWISTED FACE??***
- **Disfigure their faces**: The *twisted* face is the mask that the actor wears to perpetrate the fraud. To trick the audience into believing what he is not.

(May appear to be fasting) But has no intention... heart is far from the cause....

Jesus clearly describes their worship as *defective*. Their actions and words are disguised by their religion. (Elaborate) not sincere... like the law... lip service

****The result of “incorrect fasting” will shield the eyes of God...**

****Isaiah 58:1 - 5**

Cry aloud, spare not;

Lift up your voice like a trumpet;

Tell My people their transgression,

And the house of Jacob their sins.

² *Yet they seek Me daily,
And delight to know My ways,
As a nation that did righteousness,
And did not forsake the ordinance of their God.
They ask of Me the ordinances of justice;
They take delight in approaching God.*

³ *‘Why have we fasted,’ they say, ‘and You have not seen?
Why have we afflicted our souls, and You take no notice?’*

*“In fact, in the day of your fast you find pleasure,
And exploit all your laborers.*

⁴ *Indeed you fast for strife and debate,
And to strike with the fist of wickedness.
You will not fast as you do this day,
To make your voice heard on high.*

⁵ *Is it a fast that I have chosen,
A day for a man to afflict his soul?*

- *Find Pleasure - COMFORT ZONE - who grows there?*
- *Exploit laborers - Always seeking profits over personal relationships....*
- *Strife & Debate -*
- *Strike with the fist of wickedness*

- *Make voices heard on high (amplified) Like actors... Proving a point..*

I don't know how you did this 1st week with your fast.... Whichever one you chose to do for our 21 Days of Hunger...

When I walked through the market I became aware of all those things I'm accustomed to JUST GRABBING..... Pepperidge Farm Sausalito, OREOS, chocolate... STARVING!!!

We now have 14 days to go..... Can I encourage you to increase your efforts? Strengthen your discipline? Now is the time to DIG in.

****Isaiah 58: 6-9**

“Is this not the fast that I have chosen:

To loose the bonds of wickedness,

To undo the heavy burdens,

To let the oppressed go free,

*And that **YOU** break every yoke?*

⁷ *Is it not to share your bread with the hungry,*

And that you bring to your house the poor who are cast out;

When you see the naked, that you cover him,

And not hide yourself from your own flesh?

loose the bonds of wickedness: . “under the yoke of a tyrant” “they threw off the yoke of domination”

type of: oppression. the state of being kept down by unjust use of force or authority: "after years of oppression they finally revolted" & loosed the bond of wickedness.

Who or *what* is having this tyrannical authority over you? What's oppressing you?

Family? Work place? Friend Group? Is it YOU? Are you not giving yourself the chance?

undo the heavy burdens: Breaking the bondages of slavery.. *so many things can enslave us...*

Fear, substance abuse, comfort eating, shopping/hoarding

The FAST that GOD has chosen for us ... is to...

To let the oppressed go free,

*And that **YOU** break every yoke?*

Who BREAKS the yoke of oppression?? YOU DO!.. I DO!.. WE DO COLLECTIVELY

Oppressing the poor and weak of society, and burdening them with any form of slavery, is *the opposite of what they should be doing.* God's desire for social justice is a familiar theme in the prophets, especially the book of Amos.

SET THE CAPTIVE FREE

***v.7a Is it not (our fasting) to share your bread with the hungry,* Being sensitive to those around us. Do we seek out opportunities to help the less fortunate?**

“Well Pastor, I don't necessarily run into those opportunities.” “I don't generally run into a lot of hungry or homeless people”

We the CHURCH have countless opportunities. can I encourage you to partner w/ us if you haven't done so. Tithe , sow, contribute to this ministry & partner w/ the work we are collectively doing. ...

v.7b And that you bring to your house the poor who are cast out*; Wandering - not sure where to go... confused.... needing direction....

When you see the naked, that you cover him,

And not hide yourself from your own flesh? - Considered FAMILY!!

James 2:14–17

14 What does it profit, my brethren, if someone says he has faith but does not have works? Can faith save him? **15** If a brother or sister is naked and destitute of daily food, **16** and one of you says to them, “Depart in peace, be warmed and filled,” but you do not give them the things which are needed for the body, what does it profit? **17** Thus also faith by itself, if it does not have works, is dead.

James drives this point... that genuine faith affects the believer’s behavior; faith that does not affect behavior is superficial and cannot save.

A living faith is expressed by deeds of Christian love

Matthew 25:31–40

31 “When the Son of Man comes in His glory, and all the holy angels with Him, then He will sit on the throne of His glory. 32 All the nations will be gathered before Him, and He will separate them one from another, as a shepherd divides his sheep from the goats. 33 And He will set the sheep on His right hand, but the goats on the left. 34 Then the King will say to those on His right hand, ‘Come, you blessed of My Father, inherit the kingdom prepared for you from the foundation of the world: 35 for I was hungry and you gave Me food; I was thirsty and you gave Me drink; I was a stranger and you took Me in; 36 I was

naked and you clothed Me; I was sick and you visited Me; I was in prison and you came to Me.'

37 "Then the righteous will answer Him, saying, 'Lord, when did we see You hungry and feed You, or thirsty and give You drink? 38 When did we see You a stranger and take You in, or naked and clothe You? 39 Or when did we see You sick, or in prison, and come to You?' 40 And the King will answer and say to them, 'Assuredly, I say to you, inasmuch as you did it to one of the least of these My brethren, you did it to Me

& when we pray & fast, and move on His behalf towards our brothers & sisters... THEN...

8 *Then your light shall break forth like the morning,*

The darkness that currently surrounds that specific area of your life will give way to His Marvelous LIGHT...

Your healing shall spring forth speedily,

areas of brokenness & offense. Past hurts and or physical ailments... emotional scars... as well as physical disease... HEALED QUICKLY

And your righteousness shall go before you;

Who here is righteous? Who is morally sound & perfect??

2 Corinthians 5:21

He made Him who knew no sin to be sin on our behalf, so that we might become the righteousness of God in Him.

The glory of the LORD shall be your rear guard.

the Splendor, Honor, & Weight of GOD will be your rear guard.

He'll be going before you.... He'll be going behind you.... *He'll be going before you.... He'll be going behind you.... wait, wait.. that sounds familiar...*

Isaiah 52:10–12

10 The LORD has made bare His holy arm

In the eyes of all the nations;

And all the ends of the earth shall see

The salvation of our God.

11 Depart! Depart! Go out from there,

**Touch no unclean thing;
Go out from the midst of her,
Be clean,
You who bear the vessels of the LORD.
12 For you shall not go out with haste,
Nor go by flight;
For the LORD will go before you,
And the God of Israel will be your rear guard.**

I'm also reminded of when Israel was led out of Egypt...

Exodus 14:19–20

19 And the Angel of God, who went before the camp of Israel, moved and went behind them; and the pillar of cloud went from before them and stood behind them. 20 So it came between the camp of the Egyptians and the camp of Israel. Thus it was a cloud and darkness to the one, and it gave light by night to the other, so that the one did not come near the other all that night.

9 Then you shall call, and the LORD will answer;

You shall cry, and He will say, 'Here I am.'

***& Yahweh Himself* will answer: Communion w/ God reestablished...**

Genuine repentance is evidenced by our behavior—how we treat the poor and hungry.

Genuine repentance will lead to genuine blessing.

Fasting without genuine repentance is useless....

THIS MORNING... will you cry out to Him? Will you receive His Lamb so that His Righteousness can be imparted onto you?

COMMUNION

I want to encourage you this morning as I have received from the Lord that which I also delivered to you: that the Lord Jesus on the same night in which He was betrayed took bread; and when He had given thanks, He broke it and said, "Take, eat; this is My body which is broken for you; do this in remembrance of Me." In the same manner He also

took the cup after supper, saying, “This cup is the new covenant in My blood. This do, as often as you drink it, in remembrance of Me.”

26 For as often as you eat this bread and drink this cup, you proclaim the Lord’s death till He comes.

Closing Prayer

Thank You for Forgiveness & Eternal Salvation....

If this was the 1st time that you really dedicated yourself to Jesus... Recognize Him as NOT only your Savior.... But also, your KING...

I’d like to invite you to connect w/ us..... @thepeakcc.com Visitors link... fill out that connect card...

**“The Lord bless you and keep you;
The Lord make His face shine upon you,**

**And be gracious to you,
The Lord lift His countenance upon you,
And give you peace.”**

I bless you in the Name of the Father, & of the SON, & of the Holy Spirit... Amen!!

Call to Action

The spiritual walk begins with making a decision... We are all sinners... In the face of judgment for all of our wrongs, we WILL be found guilty!!

But, John 3:16

Whomsoever Who's a whomsoever I'm a whomsoever..... Are you a

whomsoever??...

It takes making a decision to (repent) turn away from certain lifestyles that opposes God's moral laws. Hold yourself accountable / take responsibility and choose to receive His forgiveness.... Surrender yourself to His will for your life... Make Him King over ALL...

Closing Prayer

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