

The Fast Track

Intercessory Prayer Part 2

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Key Scripture: Matthew 6:16-18 (NIV)

¹⁶“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷But when you fast, put oil on your head and wash your face, ¹⁸so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Key Idea:

Jesus doesn’t say “*if*” you fast—He says “*when*”. Fasting is not optional; it is an expected part of your walk with God. And when done for the right reasons, it leads to a powerful reward from the Father.

Why Fast?

Fasting is about humbling yourself, seeking God, and drawing closer to Him. It's a tool of spiritual clarity, repentance, and breakthrough.

When Do You Fast?

Here are five biblical moments when people fasted—and when we should too:

1. When You Need to Hear from God

Scripture: *Acts 13:2–3*

“While they were worshiping the Lord and fasting, the Holy Spirit said...”

- The early church fasted while seeking God’s direction.
- Fasting sharpens spiritual sensitivity.

2. When You’re in a Battle

Scripture: *Judges 20:26–28*

- Israel fasted after two military defeats.
- Then God gave them clarity and victory.
- Fasting invites God's strength when your strength isn't enough.

3. When You're Repenting

Scripture: *Jonah 3:5–10*

- Nineveh fasted and turned from sin.
- God saw their hearts and relented from destruction.
- Fasting is an outward expression of inward repentance.

4. When You're Stepping into Something New

Scriptures:

- *Matthew 4:1–2 (Jesus)* — Jesus fasted before launching His public ministry.
- *Exodus 34:28 (Moses)* — Moses fasted while receiving the Ten Commandments.
- Fasting prepares your spirit for what's ahead.

5. When You Just Want More of Him

Scripture: *Luke 2:36–37 (Anna)*

- Anna fasted out of devotion, not desperation.
- Her reward was being among the first to recognize the Messiah.
- Fasting is a way of saying, “God, I just want You.”