



THE
POWER
— *of* —
FASTING

Part One

1. What is Fasting

- Biblical Fasting is refraining from food for a spiritual purpose.
- Fasting brings us into a deeper, more intimate and powerful relationship with the Lord.
- Psalms 42:1-3, 7
- Fasting is a secret source of power!
- Matthew 6:17-18

2. Threefold Cord

- Ecclesiastes 4:12
- “When you give” Matthew 6:2a, 3a
- “When you pray” Matthew 6: 5a, 7a
- “When you fast” Matthew 6:16,17
- “Nothing is impossible” Matthew 17:14-21
- Matthew 10:1
- Matthew 17:20-21

3. Spiritual Discipline

- Fasting is a matter of Obedience
- It is an outward sign of our inward commitment
- “More than any other single discipline, fasting reveals the things that control us. This is a wonderful benefit to the believer who longs to be transformed into the image of Jesus”
Richard Foster
- Fasting is a discipline that produces deliverance

3. Spiritual Discipline

- 2 Chronicles 20:3,4
- Esther 4:16
- 1 Samuel 28:20
- Acts 27:21
- It draws us closer to God and discerns God's will
- Daniel 10:2.3
- Acts 14:23

¹As the deer pants for the water brooks,
So pants my soul for You, O God.

²My soul thirsts for God, for the living God.
When shall I come and appear before God?

³My tears have been my food day and night,
While they continually say to me,
“Where is your God?”

PSALMS 42:1-3

⁷Deep calls unto deep at the noise of Your waterfalls;
All Your waves and billows have gone over me.

PSALMS 42:7

¹⁷But you, when you fast, anoint your head and wash your face, ¹⁸so 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.

MATTHEW 6:17-18

¹²Though one may be overpowered by another, two can withstand him.
And a threefold cord is not quickly broken.

ECCLESIASTES 4:12

²Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward.
³But when you do a charitable deed, do not let your left hand know what your right hand is doing,

MATTHEW 6:2-3

⁵“And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. ⁶But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly. ⁷And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

MATTHEW 6:5-7

¹⁶“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. ¹⁷But you, when you fast, anoint your head and wash your face,

MATTHEW 6:16-17

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. ¹⁶So 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;

MATTHEW 17:14-21

and the child was cured from that very hour.

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

²⁰So 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.

²¹However, this kind does not go out except by prayer and fasting.”

MATTHEW 17:14-21

'And when He had called His twelve disciples to Him, He gave them power over unclean spirits, to cast them out, and to heal all kinds of sickness and all kinds of disease.

MATTHEW 10:1 (NKJV)

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.”

MATTHEW 17:20-21 (NKJV)

³ And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah. ⁴ So Judah gathered together to ask help from the Lord; and from all the cities of Judah they came to seek the Lord.

II CHRONICLES 20:3-4

¹⁶“Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which is against the law; and if I perish, I perish!”

ESTHER 4:16

²⁰Immediately Saul fell full length on the ground, and was dreadfully afraid because of the words of Samuel. And there was no strength in him, for he had eaten no food all day or all night.

I SAMUEL 28:20

²¹But after long abstinence from food, then Paul stood in the midst of them and said, “Men, you should have listened to me, and not have sailed from Crete and incurred this disaster and loss.

ACTS 27:21

²In those days I, Daniel, was mourning three full weeks. ³I 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 10:2-3

²³ So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

ACTS 14:23