



## FASTING FOR BREAKTHROUGH

MARK 9, ISAIAH 58:6-12

### 1. What is a fast?

- A. Abstaining from something, typically food, for a measured period of time, in order to “grow” in your hunger for the things of God.
- B. Fasting teaches us to say “no” to the flesh and “yes” to the Spirit.

### 2. Why fast?

- A. Turn from our resources to God’s.
- B. It will spiritually empower you.
- C. Attack flesh:
  - 1. Flesh is a liar—can’t do it, don’t need to.
  - 2. Flesh is a brat—I want food and I want it now.
  - 3. Flesh is a wimp—I’m hungry.

### 3. How to fast?

- A. From food—water only.
- B. Certain foods—Daniel fast (only eating fruits and vegetables).
- C. Supernatural fast—40 days.
- D. Fasting from things—TV, social media, shopping, games, etc.

### 4. Reasons to fast: Isaiah 58:6-12

- A. To break sin or bad habits. (vs 6)
- B. When considering a generous gift. (vs 7)
- C. When you need healing. (vs 8)
- D. When you need a breakthrough. (vs 8)
- E. When you need protection. (vs 8)
- F. When you need an answer to prayer. (vs 9)
- G. When you need spiritual refreshing. (vs 10)
- H. When you need direction. (vs 11)
- I. When you need provision. (vs 11)
- J. When you need renewal. (vs 12)

I am going to fast \_\_\_\_\_ for \_\_\_\_\_ days  
because I need \_\_\_\_\_.