

Title: Starved: The power of fasting

Sermon Summary: This sermon explores the spiritual discipline of fasting, emphasizing its role in deepening our relationship with God, exposing our hearts for healing, and aligning ourselves with God's will. The pastor discusses how fasting is not merely about denying ourselves food, but about creating space for internal transformation and dependence on God. Through biblical examples and personal anecdotes, the sermon illustrates how fasting can lead to breakthroughs, healing, and spiritual revival.

Key Points:

- Fasting exposes our hearts so God can heal them
- The outcome of fasting is freedom, not just favor
- Fasting is an invitation to return to God with our whole heart
- Fasting aligns us with God's word, which both cuts and heals
- Fasting is not about manipulating God, but about inviting His strength and clarity

Scripture References:

- Romans 7:7-25
- 2 Samuel 12:16-23
- Esther 4:13-16
- Joel 1:14, 2:12-13
- Hebrews 4:12
- Matthew 4:4

Stories:

- David fasting for his sick child and his response to the child's death
- Esther fasting before approaching the king to save her people
- Joel calling for a collective fast in response to devastation in the land
- Personal story of fasting leading to the pastor's husband's healing and freedom
- Story of a family's fasting and prayer leading to a young girl's healing from cancer
- Testimony of prodigal son returning to Christ through parents' fasting and prayer

Whatever the enemy used to take you out is going to be a testimony of what God has done.

As we reflect on this message, let's consider how we can incorporate fasting and prayer more intentionally in our lives. Remember, it's not about twisting God's arm but aligning ourselves with His will and creating space for Him to work in us.