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•Mark 8:22-25- 22 They came to Bethsaida, and some people brought a blind man and begged Jesus to touch him. 23 He took the blind man by the hand and led him outside the village. When he had spit on the man's eyes and put his hands on him, Jesus asked, "Do you see anything?" 24 He looked up and said, "I see people; they look like trees walking around." 25 Once more Jesus put his hands on the man's eyes. Then his eyes were opened, his sight was restored, and he saw everything clearly.

•"A diet changes the way you look, a fast changes the way you see." -Lisa Bevere

•What is fasting? Fasting is abstaining, usually from food, and turning your attention to God.

•1 Corinthians 7:5- "Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer."

•"The man who never fasts is no more in the way to heaven than the man who never prays." -John Wesley

•Matthew 6:16-18- "And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17 But when you fast, comb your hair and wash your face. 18 Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you."

•Isaiah 58:9-11- "THEN you will call, and the Lord will answer; you will cry for help and He will say: Here am I...Then your light will rise in the darkness, and your night will become like the noonday..." v.11- The Lord will guide you, satisfy you, and strengthen you.

•Isaiah 58:3-4- Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?'... "Yet on the

day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.”

• True fasting is not just turning away from something, it's turning TO something. True fasting is more than saying, 'no' to self, it's saying, 'yes' to God.

• 7 Reasons to Fast

- 1. Fasting teaches us self-control and self-denial
- 2. Fasting creates hunger
- 3. When fasting, you lose natural strength and need to glean strength from God
- 4. Fasting changes your appetite
- 5. Fasting increases our capacity
 - “If we don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because we have nibbled so long at the table of the world. Our soul is stuffed with small things, and there is no room for the great.” -John Piper
- 6. Fasting unplugs the spring
- 7. Fasting isn't about getting God to do things for you, it's about opening your eyes to see all that He is already doing for you.