

WALK IN THE SPIRIT:

The Power of Fasting

Sunday, January 13, 2019

Dr. Paul White, Senior Pastor

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. (Matthew 6:16-18)

5 REASONS TO FAST

#1 Jesus _____.

#2 Jesus assumed His _____ would fast.

#3 Jesus taught us to fast _____.

#4 Jesus said some _____ require fasting to overcome.

#5 Jesus promised that fasting is the means to spiritual _____.

AVOID ANY WRONG MOTIVES

Say to all the people of the land and the priests, "When you fasted and mourned in the fifth month and in the seventh, for these seventy years, was it for me that you fasted? And when you eat and when you drink, do you not eat for yourselves and drink for yourselves?" (Zechariah 7:5-6)

5 SCRIPTURAL MOTIVES

1. To _____ from God.

While they were worshiping the Lord and fasting, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." (Acts 13:2)

2. To _____ for others.

But I, when they were sick – I wore sackcloth; I afflicted myself with fasting and I prayed with head bowed on my chest. I went about as though I grieved for my friend or my brother; as one who laments his mother, I bowed down in mourning. (Psalm 35:13-14)

3. To _____ of sin.

Consecrate a fast; call a solemn assembly. Gather the elders and all the inhabitants of the land to the house of the Lord your God, and cry out to the Lord. (Joel 1:14)

4. For _____ and _____.

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed. (Acts 14:23)

5. As an act of _____.

She did not depart from the temple, worshiping with fasting and prayer night and day. And coming up at that very hour she began to give thanks to God and to speak of him to all who were waiting for the redemption of Jerusalem. (Luke 2:37-38)

GETTING STARTED

- Seek His _____, not His _____.
- _____ on God.
- Don't be _____.
- _____ God to answer.

NEXT WEEK IN WALK IN THE SPIRIT:

Led by the Spirit
(Galatians 5:13-26)

Legend:

#1 Jesus fasted.

#2 Jesus assumed his followers would fast.

#3 Jesus taught us to fast correctly.

#4 Jesus said some challenges require fasting to overcome.

#5 Jesus promised that fasting is the means to spiritual rewards.

1. To hear from God.

2. To intercede for others.

3. To repent of sin.

4. For strength and direction.

5. As an act of worship.

● Seek His face, not His hands.

● Wait on God.

● Don't be legalistic.

● Expect God to answer.

TRAIN READING PLAN: January 13-19

-Psalm 10; Mark 11

-Psalm 11; Mark 12

-Psalm 12; Mark 13

-Psalm 13; Mark 14

-Psalm 14; Mark 15

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