

FASTING FOR GUIDENCE

Matthew NKJV 6: 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, 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.

John NKJV 10: ²⁷ My sheep hear My voice, and I know them, and they follow Me. ²⁸ And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand. ²⁹ My Father, who has given *them* to Me, is greater than all; and no one is able to snatch *them* out of My Father’s hand. ³⁰ I and My Father are one.”

1 Thessalonians NKJV 5: ²³ Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.

Proverbs NIV 20: ²⁷ The spirit of a man *is* the lamp of the Lord, Searching all the inner depths of his heart.

Romans NKJV 12: I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, *which is* your reasonable service. ² And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what *is* that good and acceptable and perfect will of God.

1. What is fasting?

Matthew NKJV 6: ¹⁶“Moreover, when you fast,

Hebrew word FAST: Tsuwm (to cover the mouth), Greek word FAST: Nesteuo (To abstain from food)

- Corinthians NKJV 5:** ¹⁷ Therefore, if anyone *is* in Christ, *he is* a new creation; old things have passed away; behold, all things have become new.

2. Jesus fasted and He told us to fast

Matthew NKJV 4 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ² And when He had fasted forty days and forty nights, afterward He was hungry.

Matthew NKJV 9: ¹⁴ Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast ^{often}, but Your disciples do not fast?" ¹⁵ And Jesus said to them, "Can the ^{friends} of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast."

3. Fasting to recognize the depth of your leadership

Philippians NKJV 2: ³ Let nothing *be done* through selfish ambition or conceit, but in lowliness of mind let each esteem others better than himself. ⁴ Let each of you look out not only for his own interests, but also for the interests of others.

James NKJV 5: ¹⁶ ^{Confess} *your* trespasses to one another, and pray for one another, that you may be healed. The effective, ^{fervent} prayer of a righteous man avails much