

PREPARING FOR THE FAST

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

2 Chronicles NKJV 20:1-3, 14-15, 20-24,

Matthew NKJV 4: 1-10

1. What is Fasting?

Hebrew word for FAST: Tsuwm (to cover the mouth)

Greek word for FAST: Nesteuo (to abstain from food)

- Fasting is not just missing a meal,
- We are denying our flesh pleasure to draw closer to the Lord, it's a sacrifice to make room for Him, (Worship unto God)
- Our fasting does not change God,
- We rearrange our schedule to allow for prayer and reading God's word,

2. We need to Fast by faith

John 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.

- You belong to God and you have a right to hear from Him,

3. Fasting requires the right attitude

Matthew 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. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so 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.^[c]

- We don't seek spiritual credit from others when we fast,
- God will see us in secret and reward you openly, (Fasting pleases God)
- Right attitude promotes godly intimacy,

4. Prayer and Fasting helps you get the answers to prayer,

Acts 13 Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger,^[a] Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. ²While 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.” ³Then after fasting and praying they laid their hands on them and sent them off.

- When they were worshiping the Lord and fasting they heard,

Fasting Pointers:

- Don't become the fasting police for your spouse,
- Dedicate your fast to the Lord and honor it,