

PREPARING FOR THE FAST

Matthew NKJV 6: 16 “Moreover, when you fast, do not be like the ^[e]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 ^[o]openly.

1. What is Fasting?

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

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

Greek word for FAST: (to abstain from food)

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,

Hebrews NKJV 11: 6 But without faith *it is* impossible to please *Him*, for he who comes to God must believe that He is, and *that* He is a rewarder of those who diligently seek Him.

3. Fasting requires the right attitude

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4. Prayer and Fasting before important decisions

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