

## PREPARATIONS FOR 2020

Matthew NKJV 6: <sup>16</sup>“Moreover, when you fast, do not be like the <sup>16</sup>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. <sup>17</sup>But you, when you fast, anoint your head and wash your face, <sup>18</sup>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 <sup>18</sup>openly.

### 1. What is fasting?

**Matthew NKJV 6;** <sup>16</sup>“Moreover, when you fast, do not be like the <sup>16</sup>hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting.

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

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

Acts NKJV 13: <sup>2</sup>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.” <sup>3</sup>Then after fasting and praying they laid their hands on them and sent them off  
Example: Cleaning the pipes from obstacles, new revelation, introduced to better,

### 2. Fasting is denying the flesh to increase sensitivity to God,

Galatians NKJV 5: <sup>16</sup>I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. <sup>17</sup>For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

- Consider restricting TV, phone, computer, and other media,
- Replacement time: meditating scriptures, prayer, reading and journaling, added worship time, (Drawing closer to the Lord)

1 Corinthians NKJV 7: <sup>5</sup>Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

### 3. We need to Fast by Faith

**John 10:** <sup>27</sup>My sheep hear My voice, and I know them, and they follow Me. <sup>28</sup>And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.

Proverbs NKJV 20: <sup>27</sup>The spirit of a man *is* the lamp of the Lord,  
Searching all the <sup>in</sup>inner depths of his heart.

Romans NKJV 8: <sup>16</sup>The Spirit Himself bears witness with our spirit that we are children  
of God,

#### 4. Fasting requires the right motives

Matthew NKJV 6: <sup>16</sup>“Moreover, when you fast, do not be like the <sup>in</sup>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.

- We don't seek spiritual credit from people when we fast,

Matthew NKJV 6: <sup>18</sup>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 <sup>in</sup>openly.

Luke NKJV 2: <sup>37</sup>and this woman was a widow <sup>of</sup>of about eighty-four years, who did not  
depart from the temple, but served *God* with fastings and prayers night and day. <sup>38</sup>And  
coming in that instant she gave thanks to <sup>the</sup>the Lord, and spoke of Him to all those  
who looked for redemption in Jerusalem.

#### Closing:

- Don't be the fasting police!
- If you have a challenge or violate your commitment to God repent, pray and continue on the fast!
- Consult your doctor, take your medications, if you should not change your diet then don't!