

PREPARATIONS FOR 2020

Matthew NKJV 6: ¹⁶“Moreover, when you fast, do not be like the ¹⁶hypocrites, 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 ¹⁸openly.

1. What is fasting?

Matthew NKJV 6; ¹⁶“Moreover, when you fast, do not be like the ¹⁶hypocrites, 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: 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
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: ¹⁶I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷For 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: ⁵Do 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: ²⁷My sheep hear My voice, and I know them, and they follow Me. ²⁸And I give them eternal life, and they shall never perish; neither shall anyone snatch them out of My hand.

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

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

4. Fasting requires the right motives

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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: 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 ⁱⁿopenly.

Luke NKJV 2: ³⁷and this woman was a widow ^{of} about eighty-four years, who did not
depart from the temple, but served *God* with fastings and prayers night and day. ³⁸And
coming in that instant she gave thanks to ^{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!