

GREATER

FASTING
is
POWERFUL



FASTING
never manipulates God

A night sky filled with stars and the Milky Way galaxy, with a silhouette of trees at the bottom.

What does fasting do?

What does fasting do?

- **breaks us down**
- **moves us to obedience and humility**
- **allows us to trust God with our life & current situation**
- **allows us to hear God's voice**

A night sky filled with stars and the Milky Way galaxy, with a silhouette of trees at the bottom.

Fasting is an invitation

Fasting is a grace

Fasting is an act of worship

Therefore, *I urge you*, brothers and sisters,
in view of God's mercy, to offer your bodies
as a living sacrifice, holy and pleasing to God—
this is your true and proper worship.
-Romans 12:1

**Fasting is a spiritual discipling
that is a
physical act**

His attendants asked him, “Why are you acting this way?

While the child was alive, you fasted and wept,
but now that the child is dead, you get up and eat!”

He answered, “While the child was still alive,
I fasted and wept. *I thought,*
*‘Who knows? The Lord may be gracious to me
and let the child live.’*

-2 Samuel 12:21-22

Prepare Spiritually

**Decide on the type of fast you will do
and how long you will fast**

Feast on God's Word

**And I am certain that God, who began the good work within you,
will continue his work until it is finally finished
on the day when Christ Jesus returns.
- Philippians 1:6**


GREATER

Matthew 6:5-7 New King James Version

5 “And when you pray, you shall not be like the [a]hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. 6 But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you [b]openly. 7 And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words.

Matthew 6:16-18 New King James Version

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.



**It is not all
yet
It is not nothing**



**It is a precious means
which God has ordained**



**And when it is Duly used
He will surely give us His blessings**

Exodus 17

Israel fights against the Amalekites

Moses Aaron and Hur



**When we know better
We live better**

How many of us have a need?

Finances
Health & Healing
Marriage
Relationships
God

**We can't win a spiritual battle
By natural means**

**We must know how to fight
from our position in Christ**

Fasting is not so that we may appear spiritual

Fasting is not so that we may appear spiritual

NO

Fasting is so that we may be spiritual !!!

Fasting is sacrificing the flesh

Hebrew - practice of self denial
Greek - afflicting ones soul and body



Helps us to hear clearly in the spirit

**Unveils the difference
between
impossible & possible**

Matthew 17:19-21 New King James Version

19 Then the disciples came to Jesus privately and said, “Why could we not cast it out?”

20 So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting.”

Types of Fasting

Types of Fasting

- **Normal**
- **Absolute**
- **Supernatural**
- **Daniel**
- **(Abstaining)**

Hebrews 1:14 New Living Translation

14 Therefore, angels are only servants—spirits sent to care for people who will inherit salvation.

Isaiah 58:6 New King James Version

**6 “Is this not the fast that I have chosen:
To loose the bonds of wickedness,
To undo the [a]heavy burdens,
To let the oppressed go free,
And that you break every yoke?”**

Matthew 17:19-21 New King James Version

19 Then the disciples came to Jesus privately and said, “Why could we not cast it out?”

20 So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting.”

Luke 4 New King James Version

Satan Tempts Jesus

4 Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness,

14 Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.

Direction - Exodus 34:28
Humility — Ezra 8:21-23
Freedom — Isaiah 58:6
Repentance — Joel 2:12
Intimacy with God — Matthew 6:16-18
Spiritual Strength — Luke 4:14
Maranatha — Matthew 9:14-17
Guidance — Acts 13:3
Understanding — Daniel 9

A night sky filled with stars and the Milky Way galaxy, with a silhouette of trees at the bottom.

Too often we are too casual

GREATER