

## 7 Truths of Fasting A Heart Return...21 Days of Prayer and Fasting

Intro: January is the start of a new day, a new month a new year a new season! This Sunday marks a turning point. Throughout Scripture new seasons of of life, new moves of God, fresh outpourings of His Spirit are often accompanied by a time of Quavah. A time of being **“collected to and made one with the Lord in a state of anticipation and expectation.”** When Jesus was transitioning into the new season of life and ministry his Father ordained for him he entered a 40 day season of Quavah.

*Mark 4:1-2 (NKJV) “Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And when he had fasted forty days and forty nights he was hungry.”*

We see that the Quavah that ushered in a new day had three components: The Spirit, The Word and fasting! **We often like to focus on the first two but ignore the third.**

**Hebrew = Tsum “to cover the mouth, to abstain form food”**

**Three Observations regarding Fasting...**

**- Fasting is Scriptural**

We see fasting throughout the Scripture in both the old and new testaments.

**- Fasting is both Individual and Corporate**

We see that it is both individual (Daniel) but even more often it is a corporate event as seen in **Joel 2:15 “Blow the trumpet in Zion. Consecrate a fast, Call a sacred assembly. Gather the people.”**

**- Fasting is an important contributor to a heart return**

Fasting is a key component to the life of every believer that often goes ignored. Fasting is so important that even Jesus, the Son of God wouldn't function without it! Fasting is a key contributor of our heart turning to and being made one with the Lord.

Joel 2:12 “Now therefore says the Lord, Turn to me with all your heart. With fasting, with weeping and with mourning.”

Fasting is not simply about denying yourself. It's about being properly positioned with God and with others. Without proper position and relationship our fasting is self-centered and worthless. It's not about being seen on earth. It's about being heard in heaven.

**Power Statement: “When we start to understand the importance of proper positioning in fasting we will begin to understand its purpose and experience its power!”**

**The 7 Truths of Fasting:**

Isaiah 58

1. Fasting releases a restoration of relationship (vs. 6-12)
2. Fasting refines the submission of our will (vs. 13)
3. Fasting re-ignites our delight in the Lord (vs.14)

2Chronicles 20

4. Fasting realigns our perspective...”but our eyes are on you” (vs.6-12)
5. Fasting reveals the Word of the Lord (vs.14-17)
6. Fasting records a song of praise & victory (vs. 18-22)

## 7. Fasting restores our rest & peace (vs. 30)

Close Service with invitation to join staff for 21 days prayer & fasting at the church Monday - Thursday 12 -1pm.