

What you do Physically affects you Spiritually
Series: The Best is Yet to Come - Part 2
January 14, 2024
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A. Physical Fasting has Supernatural results.

1. Fasting is an action that has tremendous spiritual ramifications.
2. The Value of the Fast cannot depend on how you feel during the Fast.

B. The Power of the Fast: is making room for God in our life.

1. When we are more hungry for God than for Food.
2. Any time you fast there will be supernatural results.
3. Your fasting could change your life.
4. Fasting Together as a church, could change our world.

Daniel 10:2-4 (NLT)

5. Fasting brings a Change in your relationship with God.

C. The benefit of our fast is not necessarily immediate.

Daniel 10:2-4 (NLT)

Daniel 10:10-11 (NLT)

1. Daniel ate no rich food but became precious in the site of God.
 - i. Fasting gives you God's favor.
 - ii. God loves you completely, but His favor comes from how you walk in obedience and faith in your life.
2. Fasting is a physical action that has tremendous spiritual power.

Daniel 10:12-13 (NLT)

3. When you fast you can affect the outcome of spiritual battles.
4. Fasting breaks demonic strongholds.

Next Steps: Today I am:

1. Committing my life to Jesus
2. Starting or re-starting my fast.
3. Asking God to reveal Himself to me as I fast.
4. Asking God for a healing in my life.