

This teaching frames fasting as a deliberate spiritual practice that reorients the believer's affections toward God and away from the dominance of the flesh. It defines a biblical fast as abstaining from food (and sometimes water) for spiritual purposes, emphasizing that fasting without prayer reduces it to a diet. The historical practice of the early church is presented as an example: regular fasts, seasonal observances, and extended fasts borne out of deep dependence on God. Practical categories are given—absolute, water-only, and partial/Daniel-style fasts—along with pastoral wisdom about medical needs, planning, and accountability.

The talk addresses common, practical questions with pastoral clarity: whether to drink coffee, whether to announce a fast, and how long to fast. Each decision should be led by intent and obedience rather than habit or legalism. Fasting is portrayed not as a performance but as a form of self-denial that opens the door to discipleship; it is a tool to seek clarity, beg God for intervention, demonstrate genuine repentance, and wage war on ingrained sinful patterns. The central rhythm taught is pairing fasting with prayer and Scripture so believers can resist temptation with the Word and expect spiritual opposition when beginning to deny the flesh.

Theologically, fasting is cast as a reversal of Eden's fall: food, which the serpent twisted into a conduit of rebellion, is reclaimed as a means to humble the body and declare allegiance to God. The goal is not mere asceticism but transformation—"whatever you feed will grow, and whatever you starve will die"—so that desires are reordered and hunger for Jesus increases. Finally, the congregation is invited to a corporate week of prayer and fasting as a tangible commitment to pursue God together and prepare the church for deeper spiritual fruit and revival.

### Key Takeaways

#### 1. A biblical fast denies food

Fasting is specifically the intentional refusal of food (and sometimes water) for a spiritual aim. This denial rewires habitual responses so that physical hunger becomes an avenue to seek God, not simply to satisfy the stomach. When fasting is paired with prayer and Scripture it becomes a deliberate act of devotion that exposes what truly rules the heart. [37:03]

#### 2. Fast to crucify the flesh

Fasting is a tactical means to weaken the enslaving power of desire and temptation so that the Spirit's fruit can flourish. By withholding what the body demands, the believer practices death to passionate impulses and dependence on God's sustenance. This discipline creates space to rehearse and apply Scripture when temptation comes, enabling real, lasting change. [55:43]

#### 3. Length depends on spiritual purpose

There is no one-size-fits-all duration; the length of a fast should flow from the goal God sets—direction, repentance, breakthrough, or deeper hunger. Planning and obedience matter more than following a formula, and extending a fast should be a Spirit-led response, not an emotional whim. Prudence and accountability protect the fast's integrity and the believer's health. [48:17]

#### 4. Fasting reorders desires toward God

Correct fasting, grounded in prayer and Scripture, reshapes longing so that appetite for God increases and craving for temporary comforts decreases. This reorientation cultivates sustained

discipleship: the more the spirit is nourished, the less the flesh dictates choices. The process is transformative, moving private devotion into public witness as the church is prepared for revival. [62:32]

### Bible Study Guide

Bible reading: Matthew 16:24-26 (ESV)

Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?"

### Observation questions

According to Jesus in Matthew 16:24, what are the three specific actions required to be his disciple?

What is the paradox presented in verse 25 concerning saving and losing one's life?

What ultimate question does Jesus pose about the value of a soul in comparison to worldly gain?

In the sermon, what was identified as the very thing the enemy used to usher sin into the world? [42:11]

### Interpretation questions

What does it mean in a practical, daily sense to "deny himself" and "take up his cross"?

Why is self-denial described as the "doorway to discipleship" and how does that contrast with our cultural values? [01:00:48]

The principle "whatever you feed will grow, and whatever you starve will die" was presented. [01:00:10] How does this principle apply to the internal conflict between the flesh and the spirit described in Galatians 5?

How does fasting, as a deliberate act of denying the body, serve as a practical reversal of the sin that entered the world through food?

### Application questions

What is one area of your life where your flesh is "overfed" and your spirit is "malnourished"? [01:00:30] What would it look like to begin starving that fleshly desire this week?

Fasting is a tool to crucify the flesh and overcome temptation. [55:43] Is there a specific, persistent temptation or sinful pattern you feel powerless against? What would it look like to strategically use fasting and Scripture to wage war on it?

The length of a fast should be based on purpose and obedience, not legalism. [48:17] What is a specific situation in your life right now where you need clear direction, divine intervention, or a deeper hunger for God? What kind of fast (and for how long) might the Spirit be leading you to undertake for that purpose?

Who is one person you could tell about your fasting plans for the purpose of accountability and encouragement, ensuring your heart remains humble and focused on God? [47:45]

Self-denial is the doorway to discipleship. [01:00:48] Beyond food, what is one comfort or convenience you feel the Lord might be asking you to deny yourself to create more space for prayer, Scripture, and dependence on Him?

What could it look like for our church community to be truly "done" and ready for revival?

[01:03:23] What role does your personal commitment to prayer and fasting play in that corporate preparation?