

GLORY FOR ALL GENERATIONS 6 - MAKING ROOM FOR JESUS

LUKE 2:7 And she brought forth her firstborn Son, and wrapped Him in swaddling cloths, and laid Him in a manger, **because there was no room for them in the inn.**

I. MAKING ROOM FOR JESUS IS A LIFESTYLE DECISION

- **TO MAKE MORE ROOM FOR JESUS IN OUR LIFE WE MUST PREPARE A PLACE WITHIN US THAT HONORS HIS PRESENCE AND WELCOMES HIS HOLY SPIRIT.**

ILLUSTRATION - TOMMY TENNEY TELLS A STORY ABOUT AN EXTREMELY OVERWEIGHT FRIEND WHO COMES TO VISIT. WHEN HE REALIZES THERE IS NO FURNITURE IN THE HOME ABLE TO BEAR HIS WEIGHT, HE MAKES AN EXCUSE AND LEAVES. God's Presence is very weighty (KABOD). If we want more of His presence in our life we MUST prepare a place capable of bearing the weight of His glory.

A. **THE BIBLE CALLS THIS KIND OF INTERNAL PREPARATION - CONSECRATION or SANCTIFICATION**

Joel 1:14 *Consecrate a fast, Call a sacred assembly; Gather the elders And all the inhabitants of the land Into the house of the LORD your God, And cry out to the LORD.*

Josh. 3:5 *And Joshua said to the people, “Sanctify yourselves, for tomorrow the LORD will do wonders among you.”*

- **CONSECRATION ALIGNS US MORE WITH GOD'S DIVINE PURPOSE**
- **FASTING IS AN AID TO CONSECRATION**

II. THE POWER OF FASTING

A. **HOW TO FAST:**

- **DANIEL FAST - FRUITS AND VEGETABLES; BELIEVER'S FAST- 3; JESUS FAST - 40; ONE-DAY FAST - DINNER TO NEXT DAY DINNER. WE'RE DOING A 21 DAY FAST**

- **INTERMITTENT FAST (IF):** Cycles between eating and fasting periods (e.g., 16:8 method). This is generally considered a safe and sustainable approach for many people and **can improve metabolic health and cellular repair** with lower risks than more extreme methods.
GREATEST PHYSICAL BENEFITS BEGIN AFTER 12 HOURS AND INCREASE GREATLY FROM 16-18 HOURS.
- **JUICE FAST** - *Involves consuming only fruit and vegetable juices for a set period. This can provide concentrated **nutrients** but may lack **sufficient protein** and **healthy fats**, and some juices can be high in **oxalate**, potentially harmful to those susceptible to kidney stones.*
- **WATER FAST** - *Consuming only water for a specific duration (e.g., 24 to 72 hours). This is an **extreme form** that carries risks of dehydration, electrolyte imbalance, and nutrient deficiencies, and ideally should be done under medical supervision*

B. PHYSICAL OUTCOMES OF FASTING

- **METABOLIC SHIFT:** *Fasting causes the body to switch from using glucose to burning stored fat for energy (ketosis). Some environmental pollutants are stored in fat tissue; breaking down this fat theoretically releases these compounds for the liver and kidneys to process.*
- **KETOSIS** - *A **metabolic state** where the body, deprived of carbs, burns fat for fuel, producing **ketones** for energy, which **happens during fasting** or a very low-carb "keto" diet.*
- **AUTOPHAGY** - *Is a cellular process where the body breaks down and recycles damaged cell components, re-using them for energy. **Fasting, especially beyond 12-24 hours**, significantly boosts autophagy, promoting cellular renewal and potentially offering anti-aging benefits.*
- **ORGAN REST** - *Abstaining from food **gives the digestive system a temporary break, allowing it to rest, repair the gut lining, and improve its future function** and nutrient absorption capabilities.*
- **DETOX** - *Detoxification (detox) refers to the body's natural process, **mainly by the liver, of removing harmful substances**. Fasting as well as other various diets/therapies can help promote the cleansing of*

toxins from our body. Good health involves supporting your body's built-in detox system through hydration, good nutrition, sweating and breath work (**AKA exercise**). A **HEALTHIER YOU!**

C. SOUL MAINTENANCE - CONTINUAL COMMUNION

WE CULTIVATE PEACE - WITHIN US AND AROUND US
WE HOST HIS PRESENCE - A CONSTANT AWARENESS OF HIS NEARNESS TO US
WE ABIDE IN HIS LOVE - ALWAYS MAINTAINING AND STRENGTHENING OUR CONNECTION TO HIS LOVE FOR US

D. SPIRITUAL OUTCOMES OF FASTING

ISAIAH 58:6 “*Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?* **7** *Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?* **8** *Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard.* **9** *Then you shall call, and the LORD will answer; You shall cry, and He will say, ‘Here I am.’ If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness,* **10** *If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.* **11** *The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.* **12** *Those from among you Shall build the old waste places; (GENERATIONAL RESTORATION) You shall raise up the foundations of many generations; And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.*

1. OUR INTENTIONAL CONSECRATION RESTORES HUMILITY

Is. 58:3 NLT ‘We have fasted before you!’ they say. ‘**Why aren’t you impressed?** We have been very hard on ourselves, and you don’t even notice it!’ ‘I will tell you why!’ I respond. “It’s because **you are fasting to please yourselves.** Even while you fast, you keep oppressing your workers.⁴ What good is fasting when you keep on fighting and quarreling? This kind of fasting will never get you anywhere with me.⁵ You humble yourselves by going through the

motions of penance, bowing your heads like reeds bending in the wind. You dress in burlap and cover yourselves with ashes. Is this what you call fasting? Do you really think this will please the LORD?

2. WE PARTNER WITH GOD FOR BREAKTHROUGHS - V6 *"Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?*

8 *Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard.* **9** *Then you shall call, and the LORD will answer; You shall cry, and He will say, 'Here I am.' If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness...*

3. WE RELEASE PROVISION - v7 *Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out;*

4. WE DEVELOP GREATER COMPASSION - v7B *When you see the naked, that you cover him, And not hide yourself from your own flesh?*

5. WE CREATE MOMENTUM THROUGH GENEROSITY - v10 *If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.*

Luke 6:37 *"Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven. 38 Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."*

6. WE SYNCHRONIZE WITH DIVINE PURPOSE - v10 *Then your light shall dawn in the darkness, And your darkness shall be as the noonday. 11 The LORD will guide you continually, And satisfy your soul in drought, And strengthen your bones; You shall be like a watered garden, And like a spring of water, whose waters do not fail.*

7. WE BUILD LEGACY - v12 *"Those from among you Shall build the old waste places; You shall raise up the foundations of many generations, And you shall be called the Repairer of the Breach, The Restorer of Streets to Dwell In.*

III. **GETTING HEART READY FOR 2026 - WORSHIP DEVELOPS GREATER CAPACITY IN US TO HOST GOD'S PRESENCE. LET'S GET READY FOR MORE!**

- **Fast for Personal and generational Breakthrough**
- **Fast to Eliminate debt.**
- **Fast to Restore health**
- **Fast to Reconcile broken relationships.** *At some point you actually have to forgive. Otherwise you'll never fix a broken relationship you'll just get skinnier and skinnier until you waste away.*
- **Fast to Be the light of the world**
- **Fast to Renew your vision** *(you need a new vision if the old one is already fulfilled, was wrong in the first place, or was never big enough to be God)*
- **Fast to Be more effective**
- **Fast to Cultivate His presence like never before**
- **Fast to position yourself in humility before God**
- **Fast to Hear God better**
- **Fast for breakthrough**
- **Fast to expand freedom in the earth**
- **Fast to repent and renounce**
- **Fast to Grow**
- **Fast to abide**
- **Fast to discipline your life-** *like a soldier in boot camp, like a son of God growing in maturity and responsibility. Like someone who loves God more than anything, including food. Jesus said - "my food is to do the will of my Father" John 4:34*