

FASTING.

(Moerewa CF - 2/5/93 - EKB)

1. *Mat 4:1,2* - Jesus **fasted** for 40 days at the start of His ministry and defeated all satan's temptations. The temptations of satan were a direct attack upon Christ's identity as revealed by the Father in *Mat 3:17*.
2. **Fasting** means to abstain from food and other things – e.g. pleasures, entertainment, excitement, sexual relationship, *1Cor 7:5*, and to focus on the Lord, prayer and the increase of His kingdom.
3. **Fasting and prayer** go together. *Mat 17:21, Lk 2:37, Ac 14:23, Ac 13:2, Dan 9:3, Neh 1:4, 1Cor 7:5, 2Chr 20:3,4, Jon 3:5,8*.
4. In *Mat 9:14,15* Jesus said, "When I return to heaven then My disciples will **fast**."
5. In *Mat 6:1,2,5,16*, Jesus teaches that **fasting** is on the same level as giving to the needy and prayer. As the Lord expects us to pray and care for the needy, *Mat 25:35,36* so He also expects us to **fast**.
6. **Fasting** is spiritual work, and like prayer, moves the hand of God.
 - Fasting increases the power of prayer.
 - Fasting increases spiritual strength.
 - Fasting increases our ability to hear God's voice.
7. **Fasting** is the God ordained way for us to humble ourselves before Him. When we do this He can move in power, and lift us up in His purposes and service. *Ps 35:13, Ezra 8:21, Lk 18:14, 1Pet 5:6, 2Chr 7:14, Ps 69:10*.
8. **Fasting** and repentance go together, *Jonah 3, Ac 9:4-9, Ac 10:30*.
9. **Fasting** is a right response in times of crisis, *Est 4:3,16, Jon 3:5, Neh 1:4, Ezr 8:21,23*.
10. *Is 58:6-14* lists 20 aims of **fasting** and 20 blessed results of fasting.
11. **Fasting** is to be a joyous sacrifice, *Zech 8:19, 2Cor 9:7*, not a legal bondage.
12. Consider your response to **fasting** and ask God to show you His way for you.
13. **Fasting** as a church with nights of prayer.
14. **Fasting** is embracing spiritual and physical discipline, *1Cor 9:27*.