Fasting

Question: What's your last meal?

Matthew 6:16-18

The About the Heart issue
That not doing certain things doesn't make you more Holy
The heart condemns us
The Do Not series
That doing certain things also doesn't make you more Holy
The heart confirms us

Any form of worship that doesn't pursue holiness is a pursuit of hypocrisy.

Audience of One

What is (spiritual) fasting?

Fasting involves abstaining from food and other activities in order to focus on worship, confession or specific prayers to God.

Fasting can be any form of abstaining

Fasting in the Hebrew means to Afflict Oneself

Fasting was required by the law

The Day of Atonement (Yom Kippur)

The one day a year, the high priest was allowed to go before God on behalf of the entire nation**.** THEY WERE ALSO STANDING BEFORE GOD. SCAPEGOAT. 2 GOATS.

Fasting IS BETWEEN YOU AND GOD

God's not in it, if it's not for Him

Zechariah 7:4-6

THE WORD OF THE LORD OF ARMIES CAME TO ME: ASK THE PEOPLE OF THE LAND AND THE PRIESTS: WHEN YOU FASTED AND LAMENTED IN THE FIFTH AND IN THE SEVENTH MONTHS THESE SEVENTY YEARS, DID YOU REALLY FAST FOR ME? WHEN YOU EAT AND DRINK, DON'T YOU EAT AND DRINK SIMPLY FOR YOURSELVES?

FASTING WAS SIMPLY A SEASONS OF SELF PITY – NOT SEEKING GOD

There are exceptions

MORDECAI
KING DAVID

Fasting is a spiritual discipline but not a spiritual requirement

Fasting is a natural byproduct of obeying God

Examples: This is a form of staying away from evil (lead us not into temptation) – don't dance with the devil unless you wanna get burned

Fasting doesn't help God see you, hear you or know you better
Fasting helps you see, hear and know God better

It's a way to remove the noise

It's a way to be still
It's a way to create greater dependence
It's a way to REFOCUS AND RESHARPEN
It's a way to create natural reminders for our super-natural needs

FASTING IS A WORSHIP THING

THE PURPOSE OF YOUR FAST WILL DETERMINE WHO OR WHAT IT IS YOU ARE FASTING FOR

RIGHTEOUSNESS STARTS IN THE HEART

ROMANS 12:1-2

THEREFORE, BROTHERS AND SISTERS, IN VIEW OF THE MERCIES OF GOD, I URGE YOU TO PRESENT YOU BODIES AS A LIVING SACRIFICE, HOLY AND PLEASING TO GOD; THIS IS YOUR TRUE WORSHIP.

DO NOT BE CONFORMED TO THIS AGE, BUT BE TRANSFORMED BY THE RENEWING OF YOUR MIND, SO THAT YOU MAY DISCERN WHAT IS THE GOOD, PLEASING, AND PERFECT WILL OF GOD.

DELIGHT IN THE LORD (PSALM 34:8 – TASTE AND SEE THAT THE LORD IS GOOD.)

REMOVE INDULGENCES

PSALM 1:2

HIS DELIGHT IS IN THE LORD'S INSTRUCTION, AND HE MEDITATES ON IT DAY AND NIGHT

PSALM 37:4

TAKE DELIGHT IN THE LORD, AND HE WILL GIVE YOU YOUR HEART'S DESIRES.

PSALM 112:1

HALLELUJH! HAPPPEY IS THE PERSON WHO FEARS THE LORD, TAKING GREAT DELIGHT IN HIS COMMANDS.

JEREMIAH 15:16

YOUR WORDS WERE FOUND, AND I ATE THEM. YOUR WORDS BECAME A DELIGHT TO ME AND THE JOY OF MY HEART, FOR I BEAR YOUR NAME, LORD GOD OF ARMIES.

MAN DOES NOT LIVE BY BREAD ALONE BUT BY EVERY WORD OF THE LORD.
GIVE US THIS DAY OUR DAILY BREAD

ARE YOU ENVIOUS
ARE YOU DISCONTENTED
ARE YOU INDULGENT???

FASTING BEGINS WITH A PROMPTING FROM THE GOD