

Sermon Title: Biblical Fasting's Purpose & Power

Date: Sunday, Dec. 29, 1018
Speaker: Pastor J.



Background Scripture: Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

Jumpstart and Review:

BIBLICAL FASTING is: Refraining from food for a Spiritual Purpose. According to the Word of God, there are three duties of every Christian: **giving**, **praying** and **fasting**.

Biblical Fasting Sounds like **MANIPULATION**, but it's more **MINIMALIZATION & INFLUENCE MANAGEMENT**. We can't twist God's arm & make Him do what we want, but we can, in obedience, set or reset our courses so that God's name is Glorified, His Word is Honored & His Spirit is given control in all that we say and do!

Types of FASTS: Full, The Daniel, 3- Day, Partial

How to begin a time of Prayer & Fasting:

- *Start w/ a clear goal & be specific.
- *Prepare spiritually
- *Decide what to fast
- *Decide how long

QFC (Questions For Consideration)

1. After reading 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2, how important is the relation to Prayer & Reading the Word of God?

Reflect-n-Recap

1. *This week's lesson was ...*
2. *The areas I feel this lesson growing me are ...*
3. *Comments / Testimonial / Questions:*