

Sunday Morning | January 10, 2016

# BUILDING YOUR FUTURE

## GOD IN YOUR FAST

### ZECHARIAH 7:4-6 (NASB)

**INSIGHT:** The quality of your future depends on your ability to slow down, simplify, and reorder your life.

**INSIGHT:** People love fast food, but our future deepens with fasting.

**INSIGHT:** "Lent" is about addressing areas of your life where you have over-indulged, gotten sloppy, or given in to patterns that don't honor God.

**INSIGHT:** The Daniel Fast is a 21-day vegetarian diet avoiding everything from an animal.

**TRUTH:** The Daniel Fast is less about what you turn from and more about whom you turn to.

**INSIGHT:** Fasting is about emptying your life of something numbing for something awakening.

### I. HOW TO CONNECT WITH GOD IN YOUR FAST

**TRUTH:** There is a fast without God, and there is a fast with God (Zechariah 7:4-6 NIV).

### II. THREE STEPS TO BIBLICAL FASTING

1. Withdraw without fanfare (Matthew 6:16 NLT).

- a) No one should know you are fasting by the way you look or talk.
- b) Go out of your way to make your life appear normal.

**TRUTH:** God can come into your fast only when everyone else is out.

2. Fasting isn't fasting without focusing on prayer (Ezra 8:21; Daniel 9:3 NIV; Acts 13:2-3 NIV; Acts 14:23 Msg).

**INSIGHT:** The biblical model of fasting is "fasting and prayer," "prayer and fasting," two twins birthed together.

3. Repent.

**TRUTH:** There will never be life change without turning from the sin that hinders God's help in your life (1 Samuel 7:5-6 NIV).