

January 13, 2019

# THE PATH TO Change

## FASTING: THE WHAT IS THE WHY

### 2 KINGS 23:1-3, 25 (NASB)

Why do we fast?

1. We fast for the sake of heart-attitude toward God.
2. We fast to fight spiritual drift.
3. We fast to recalibrate the areas of our lives where we have over-indulged, gotten sloppy, cheapened our lives or yielded to a pattern of living that dishonors God.

**INSIGHT:** Getting back on track spiritually is not about an emotional high.

**TRUTH:** Fasting is about returning to intimacy with God, reconnecting with God in the ups and downs of your life.

**INSIGHT:** Spiritual maturity is living by what you know, not what you feel.

**TRUTH:** We act our way into intimacy physically and spiritually.

### I. FASTING IS ABOUT THE ISSUE OF THE HEART.

**TRUTH:** The matter of the heart is the heart of the matter with God (1 Kings 11:4, 14:8, 15:3).

**QUESTION:** Is your heart, the focus of your life, less toward God than it once was?

**TRUTH:** It is in your heart that you either choose for or against God.

### II. YOUR HEART FOR GOD? YES? NO?

**INSIGHT:** It's expected that our flesh will fight fasting; the question is whether your heart fights for it.

**INSIGHT:** King Josiah was the grandson of failed kings, yet he had a heart for God.

\*King Josiah got his heart back on track with God doing three things:

1. He rediscovered God's Word.

2. He read it.
3. He responded to it.

**INSIGHT:** The one response God seeks regarding the Bible is that you do what it says, live like it says, think like it tells you to.