

January 6, 2019

THE PATH TO Change

FASTING: KEEPING FAITH FRESH

MATTHEW 6:16-18 (NASB)

TRUTH: Keeping faith new and fresh requires age-old spiritual disciplines—today, the discipline of fasting.

INSIGHT: Going without food, while interjecting the Word of God, prayer, meditation and silence, can actually feed your soul and keep your faith fresh.

Our Lord's teaching from our text:

1. Don't make a public declaration about fasting (v. 16).
2. Fasting is a private discipline securing a public reward (v. 18).

TRUTH: There is a reward paid by heaven for earthly fasting.

I. THE PURPOSE OF FASTING

TRUTH: Fasting is refraining from food for a certain period of time to gain the help of God and to declare our weakness.

INSIGHT: The purpose of fasting is to draw closer to God and fall deeper in love with Him.

INSIGHT: When we fast from food, we declare that food isn't the master of our lives... God is.

II. FASTING IS A DECLARATION OF WEAKNESS.

QUESTION: Have you considered that your emotional tiredness, life frustration and all-around spiritual discouragement in life is from playing God?

TRUTH: Any resistance on our part to be part of a churchwide fast is a declaration that we feel no great need for God's help in our lives.

TRUTH: Fasting reminds us that God is the power in our weak lives.

III. OUR 21-DAY FAST

TRUTH: The type of fast is determined at the front end.

OUR FAST: Our pastors settled on a food fast, one fasting meal each day for 21 days.

IV. THE POWER OF FASTING

1. Fasting feeds your spirit (Matthew 4:3-4).
2. Fasting prioritizes your life.

INSIGHT: Jesus wasn't anorexic. He just never let His body rule His soul.

INVITATION: We are calling for a 21-day fast, not to claim how spiritual "The Hill" is... We are fasting to declare how weak we feel to accomplish God's plan and purpose in our church, our homes, our businesses, and our very lives, without His help.