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SERIES: HIDDEN FIGURES

Lasting While Fasting

Intro: Having the right tool and knowing when to use it is critical to the success of a building project. My cousin Jasper was a jack of all trades. When he arrived on any job project, he brought a van full of tools. He had an air compressor, nail gun, a table circular saw, and jigsaw and many other tools. On the other hand, his knowledge and timing on how and when to use them was the problem! You've heard it before – Jack of all trades, master of any! As we continue in our time of fasting and prayer, we need to right tools – and know how to use them to be successful in this spiritual discipline. Let's journey together on a few lessons on fasting and prayer.

Why Should We Fast?

1. We Fast in obedience with Jesus' teaching.

- a. Fasting does not make you flash.
- b. Fasting denies your flesh.
- c. Fasting is a tool to increase our faith.

Matthew 6:16

2. We Fast to demonstrate our dependence upon God.

- a. Forsaking what you like for what you love
- b. Telling your stomach NO and your Savior YES!
- c. Exchanging your weakness for His worship

James 4:10

1 Corinthians 9:7
Daniel 9:4

3. We Fast to demonstrate repentance from sin.

- a. Fasting invokes God's Forgiveness
- b. God's anger won't last during your fast
- c. Repentance drives the devil away from us
- d. Voices of guilt, doubt, fear, and condemnation ring louder when we don't repent.

Jonah 3:9-10
Psalm 30:5
James 4:7
John 10:10

4. We Fast to receive God's wisdom and direction.

- a. Leaders should lead by fasting and praying.
- b. When we need wisdom we should use our tool of fasting.
- c. Fasting is for your flesh and prayer is for your power!

Acts 13:1-3
Exodus 18:21
Psalm 32:8
James 1:5

5. We Fast to receive God's deliverance in times of crisis.

- a. The Lord is near to those who fast and pray.
- b. It releases God's provision and protection.

2 Chronicles 20:1-3

Closing: Myles Munroe once asked, "Could it be possible that the Church is eating itself powerless?" I agree with him that by neglecting this Christian practice, the Church is quickly losing its place of power and relevance. We can change this thought! Let's stay strong and Last while we are Fasting!