

Fasting Sermon Number Two
A Year of God's Blessing
Luke 8:16-18

Jesus is speaking to both the individual and the collective group.

How a person live a lifetime and really not see God use them to bring about works of faith or a Church sit in a location without having a significant impact on the community?

Do you:

- Struggle in your faith with unanswered prayers?
- Question whether God hears your prayers or not?
- Have burdens you have almost given up on because it has been a long weary journey?
- Wish to see God's hand move in your life bringing about a work of faith?
- Want to see God do something miraculous in the life of the Church?
- Struggle with sin you have no power to overcome?

The call to the church for a 21-day fast.

January 10 at 6 PM until January 31st at 6 PM

What I am asking (as your pastor) is this:

3 days without food, only liquids
18 days of the Daniel fast diet (Daniel 10)
(no meat, bread or sugar in food or drink, vegetables and water)

When you fast you can expect:

- 1) Get to know God better
 - Fasting is waiting

Lamentations 3:25-27 The LORD is good to those who depend on him, to those who search for him. So it is good to wait quietly for salvation from the LORD. And it is good for people to submit at an early age to the yoke of his discipline:

- Fasting is drawing near

Jeremiah 29:11-13 For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.¹² Then you will call upon me and come and pray to me, and I will listen to you.¹³ You will seek me and find me when you seek me with all your heart.

2) As you demonstrate sincerity to God, you can expect:

- Expect strength in your inner character

Find power to leave sin

2 Corinthians 7:1 Because we have these promises, dear friends, let us cleanse ourselves from everything that can defile our body or spirit. And let us work toward complete holiness because we fear God.

Find power to stay focused in prayer

Find yourself desiring God's presence

- Expect the hand of God moving to answer unselfish prayers

3) Expect resistance

4) Expect your prayers to go to a higher level

How to succeed in fasting

1) Fast with friends

Matthew 18:19 "I also tell you this: If two of you agree here on earth concerning anything you ask, my Father in heaven will do it for you.

2) Fast with a purpose (not casually)

Start date and end date

3) Fast unselfishly

Isaiah 58

¹ “Shout with the voice of a trumpet blast. Shout aloud! Don’t be timid. Tell my people Israel of their sins! ² Yet they act so pious! They come to the Temple every day and seem delighted to learn all about me. They act like a righteous nation that would never abandon the laws of its God. They ask me to take action on their behalf, pretending they want to be near me. “We have fasted before you!” they say. “Why aren’t you impressed? We have been very hard on ourselves, and you don’t even notice it!” “I will tell you why!” I respond. “It’s because you are fasting to please yourselves...”

⁶ “No, this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. ⁷ Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help. ⁸ “Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the LORD will protect you from behind.

⁹ Then when you call, the LORD will answer. ‘Yes, I am here,’ he will quickly reply. “Remove the heavy yoke of oppression. Stop pointing your finger and spreading vicious rumors! ¹⁰ Feed the hungry, and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon. ¹¹ The LORD will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.

4) Spend time with God

(Fasting does not work if you do not pray.)

Questions about fasting:

1- Will it hurt?

2- Can I hold out?

Philippians 4:13 For I can do everything through Christ, [\[a\]](#) who gives me strength.

3- Will I harm myself physically?

4- What will others think such as family or friends?