

Sermon Number Three
Fasting and Spiritual Warfare
1 Kings 18:16-46, 19:1-9

Lesson of the Day:

It is impossible to do God's will with no more than human zeal.

Isaiah 40:28-31

Do you not know? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom. He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

But before we get to Isaiah 40 most us will have to learn on the same journey God took Elijah down.

(Tell the story of Elijah in 1 Kings 18-19)

Elijah's greatest battle was within himself

Elijah had a great spiritual battle with the false prophets

In his weariness Jezebel threatened him and he ran

He had not eaten much on the journey and after leaving his servant went a day journey into the desert. He lay down under a broom tree tired and weary. He was discouraged and prayed that God would take his life. He went to sleep and after some time, God sent an angel to bring him bread and water (this happened twice). God sent Elijah to Mount Horeb (where Moses had received the 10 Commandments). It was a forty day journey. This meal by the tree was the last meals he would have until he finished the journey (19:8). A forty day fast to prepare Elijah's heart for a new season and lesson in life. Elijah went into the cave where we read the story of God coming to speak to the prophet's spirit. What God found was a prophet who was tired, weary from anxiety, questioning tomorrow and feeling as if "I am the only one left holding up the torch of righteousness."

Times of fasting is God taking us on a journey for:

Refreshing the soul with His presence

Fighting a battle that is going on within your own life

Teach us to stand strong where there was once fear

Self-control over the flesh and its appetites

Answer the prayers that bring a burden to our souls

What happens when we use just human strength:

Weariness
Discouragement
Frustration
Fear
Wanting to quit
Doubting God's ability
Questioning God's presence

What happens when wait on the Lord

Strength for the call
Grace for the challenges
Fear turns into victory through God's mighty power
Quit turns into wins as faith helps us step out in faith

What does the scripture say about those who find their strength in the Lord:

Romans 8:37

No, in all these things we are more than conquerors through him who loved us.

James 4:10

Humble yourself in the sight of the Lord, and He will lift you up.

Galatians 6:9

⁹ Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

2 Corinthians 4:7-9 2 Corinthians 4:7-9

But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.

The Promise:

Not Crushed - Not in despair - Not Abandoned - Not Destroyed

1 John 1:4 "...Greater is He who is in us than he that is in the world"