

Introduction:

1. Fasting is important because...
 - a. Fasting is the secret to open doors and having the favor of God in your life.
 - b. Fasting allows God to give birth to your assignment. He will put a dream in your heart that only He can make possible.
 - c. Fasting brings the good or bad out of you.
 - d. Fasting becomes a lifestyle.
 - e. Fasting is the secret key that unlocks heaven's doors and slams shut the gates of hell.
2. You should fast when...
 - a. You feel yourself becoming dry spiritually.
 - b. You don't sense God's voice or anointing on your life.
 - c. You need a fresh encounter with God.
3. What are some things in life that you desire more than food?

4. Scripture (Matthew 5:6)

"Blessed are those who hunger and thirst for righteousness for they shall be filled."

I. WHAT IS A BIBLICAL FAST?

- a. Biblical fasting defined: Biblical fasting is deliberately abstaining from food for a specific period of time for the purpose of communication and a deeper relationship with the Lord.
- b. Jesus set the example. He fasted for 40 Days and 40 Nights
- c. Fasting puts things into perspective.
- d. Fasting weakens the flesh and strengthens Your spirit.
- e. Fasting is one of the most powerful spiritual tools for discernment, for God's favor, and for guidance.
- f. Fasting is not just going without food for a period of time...that is dieting.

II. WHEN SHOULD YOU FAST?

- a. When you need direction. You should never make a major decision in life without fasting and seeking the face of God.
- b. When you face family challenges
 1. Consider fasting on your children's/grand children's birthday .
 2. When satan targets our children and/or other family members.
- c. When you need God's wisdom.
- d. When you need financial break through.
- e. When you need God to give you direction.
- f. When you need His favor and help in your home.
- g. When you need renewal and refreshing in your spirit.
- h. When you are going through trials and tough times.
- i. When you are making important decisions.

III. THERE ARE DIFFERENT KINDS OF FASTS

- a. You can fast half a day or a full day
- b. You can fast from sun up to sun down.

- c. You can go on a (3) day fast.
- d. However long you chose to fast it is between you and God.
- e. How long are you going to fast? _____. Don't let your hunger dictate how long you are going to fast.

IV. IT IS IMPORTANT TO SPIRITUALLY AND PHYSICALLY PREPARE FOR A FAST.

a. Prepare Spiritually

1. It is important to prepare for a fast. Fasting is a life changing experience. Think of a fast like running marathon...you need to prepare spiritually and physically for a fast.
2. Don't go on a fast for no reason. Every time someone fasted in scripture, they had specific reasons and focus for the fast.
What is your fasting focus? _____
3. When you fast, spend that time in prayer and reading God's Word. Your goal should be to continually grow in the Lord and to seek His will.
4. Confess your sins to God.
5. Ask God to reveal areas of weakness in your life.
6. Forgive all of the people who have offended you.
7. Continually surrender your life fully to God. (Romans 12:1)
"Present your bodies as a living sacrifice holy and acceptable unto God."
8. Are you willing to follow the example of Jesus Christ?
9. Spend time listening to His voice and reading scripture.
10. Listen to praise and worship music.
11. Pray as often as you can through out the day.

b. Prepare Physically

1. Get away from the 'normal' distractions as much as possible.
2. Consult your physician prior to fasting.
3. Drink lots of water. Water is a faster's best friend.
4. Wean yourself off of food...do not go on a binge before a fast.

Conclusion:

1. Fasting is a private discipline. It should not be determined by someone else.
2. What kind of fast are you going to choose? Partial Daniel Full Other: _____
3. While you fast, refrain from critical speaking...fast from criticism and negative words.
4. Biblical fasting always involved food, but you can add other things (tv, internet, texting)
5. Consider limiting how much television you watch or music you listen too.
6. Pull yourself from the normal routines of life.
7. Replace your meal time with prayer and reading the Bible. Do not just work longer.
8. Fasting is seeking, fasting is asking, and fasting is knocking. Do not be surprised when God begins to show up.
9. Before you begin fasting ask yourself (3) questions:
 - a. Why am I fasting? My fasting focus is _____
 - b. What type of fast? Partial Daniel Full Other: _____
 - c. What is the length of my fast? _____ hours/days/weeks
10. Begin your fast with a committed heart!
11. Pray:
"Lord, I am clearing my agenda from everything but you. You are my number one priority and I am coming after you."