

# Building A Healthy Church: *FASTING*

9<sup>th</sup> Jan 2022

***“Elijah was a man with a nature like ours [with the same physical, mental, and spiritual limitations and shortcomings], and he prayed intensely for it not to rain, and it did not rain on the earth for three years and six months.”***

**James 5:17 AMP**



# 3 key areas of our obedience to follow Jesus as he taught them in Matthew 6

- Matthew 6:3 “when you **GIVE...**”
- Matthew 6:5 “when you **PRAY...**”
- Matthew 6:16 “when you **FAST...**”

# Ephesians 1:17

***“I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.”***



# WHAT IS THE PURPOSE OF FASTING?

## 1. FASTING IS AN OPPORTUNITY TO HUMBLE OURSELVES

Easy to become self righteous, to become critical and judgemental of others but the Gospel is a gospel of GRACE and we can encounter that afresh for ourselves.

**Ps 35:13**

**2 Chron 7:14**

# *Why is this important?*

**James 4:6 (also 1 Peter 5:5)**

“But he gives us more grace.

That is why Scripture says:

“God opposes the proud but shows favour to the humble.”



## 2. FASTING IS AN OPPORTUNITY TO HEAR GOD BETTER

**Illustration: Acts 13** while they were worshipping the Lord and fasting

Tuesday: Freedom Nights to remove obstacles & hinderances in your spiritual life with Gods help.

### 3. FASTING IS AN OPPORTUNITY TO HOPE IN GOD

Dangerous, uncertain journey for Ezra across  
hundreds of miles.

**Ezra 8:21-23**

***“...proclaimed a fast, so that we might  
humble ourselves before our God and ask  
him for a safe journey for us and our  
children, with all our possessions.....So we  
fasted and petitioned our God about this,  
and he answered our prayer.”***



# CONCLUSION:

## SO HOW DOES THIS MAKE A DIFFERENCE TO YOUR LIFE?

- **RESOLVE** to 21 days of Daniel Fast to mix with prayer (Lectio 365 app, You version Bible app)
- **RESOLVE** to remove every obstacle & hinderance (Freedom Nights)
- **RESOLVE** to meet with others to encourage one another (prayer nights, prayer triplets, FaceTime meeting etc)

