

**PPT August 15, 2021**  
**Part 3 – The Daniel Fast Series**  
**“Results of Fasting”**  
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Note: Unless otherwise indicated all scriptures are taken from the NKJV

**The War Within**

Romans 8:7 – “Because the carnal mind is enmity against God; for it is not subject to the law of God, nor indeed can be. So then, those who are in the flesh cannot please God.”

“If you do not win the war within you will never win the war without.” (JKC)

Galatians 5:16-17 “So I say, walk by the Spirit, and you will not gratify the desires of the flesh. For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.”

**Live to Win**

1 Corinthians 9:25-27 – “And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown. Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air. But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.”

- What disqualifies a person?

## **Results Of Fasting**

### **Self-denial**

Matthew 16:24 – “Then Jesus said to His disciples, “If anyone desires to come after Me, let him deny himself, and take up his cross, and follow Me.

### **Right priorities**

Matthew 6:33 – “But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”

### **Dependence upon God**

2 Chronicles 20:3, 12 – “And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.”

vs 12 – “O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes are upon You.”

- Fasting led to God’s divine intervention

### **The Fast that God has Chosen**

Isaiah 58:6-12

6- “Is this not the fast that I have chosen:

To loose the bonds of wickedness,

To undo the heavy burdens,

To let the oppressed go free,

And that you break every yoke?

7- Is it not to share your bread with the hungry,

And that you bring to your house the poor who are cast out;

When you see the naked, that you cover him,

And not hide yourself from your own flesh?

8- Then your light shall break forth like the morning,  
Your healing shall spring forth speedily,  
And your righteousness shall go before you;  
The glory of the LORD shall be your rear guard.

9- Then you shall call, and the LORD will answer;  
You shall cry, and He will say, ‘Here I am.’  
“If you take away the yoke from your midst,  
The pointing of the finger, and speaking wickedness,

10- If you extend your soul to the hungry  
And satisfy the afflicted soul,  
Then your light shall dawn in the darkness,  
And your darkness shall be as the noonday.

11- The LORD will guide you continually,  
And satisfy your soul in drought,  
And strengthen your bones;  
You shall be like a watered garden,  
And like a spring of water, whose waters do not fail.

12- Those from among you  
Shall build the old waste places;  
You shall raise up the foundations of many generations;  
And you shall be called the Repairer of the Breach,  
The Restorer of Streets to Dwell In.