

“Fasting Changes Us”
Fasting Series Part 2
Sunday, August 8, 2021
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Note: Unless otherwise indicated all scriptures are taken from the NKJV

Fasting is a way that God Himself has appointed for His people to humble themselves before Him.

The power that makes the Christian life possible is the Holy Spirit.

Acts 1:8 – “But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

- No other power can enable us to be witnesses of the Lord Jesus Christ.
- The power of the Holy Spirit enables us to do the things we could not do in our own strength.

Ephesians 3:20 – “Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us,” (NIV)

- What God can do depends upon His supernatural power being released in us and through us.

Jesus Walked on Water

Matthew 14:25-26 – “Now in the fourth watch of the night Jesus went to them, walking on the sea. And when the disciples saw Him walking on the sea, they were troubled, saying, “It is a ghost!” And they cried out for fear.”

Matthew 14:27-29 – “But immediately Jesus spoke to them, saying, “Be of good cheer! It is I; do not be afraid.”

And Peter answered Him and said, “Lord, if it is You, command me to come to You on the water. So He said, “Come.” And when Peter had come down out of the boat, he walked on the water to go to Jesus.”

Matthew 14:30-32 – “But when he saw that the wind was boisterous, he was afraid; and beginning to sink he cried out, saying, “Lord, save me!” And immediately Jesus stretched out His hand and caught him, and said to him, “O you of little faith, why did you doubt?” And when they got into the boat, the wind ceased.”

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How does fasting change us?

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.”

1 Corinthians 9:25-27 – “Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever.”

“Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.”

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.

(1 Corinthians 9:25–27)

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

Benefits of Fasting

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.

RAISE UP THE FOUNDATIONS OF MANY GENERATIONS

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.