

Message Description

— What a misfortune it would be if a Christian never enjoyed the sweetness of prayer. What if a Christian never knew the joy of worshiping the Lord through singing? Those are essential and valuable elements in the Christian walk. What if there were another element that was just as essential, valuable, and needed? In this message, we will take a no-guilt look at the biblical practice of fasting, and we will discover that many of us are missing out on something as valuable as prayer and worship in our regular Christian life.

What is Fasting?

I. Fasting is a voluntary abstinence from food for spiritual purposes.

- A. Spiritual fasting is not a weight loss diet or a strategy for better health.**
- B. Spiritual fasting involves abstaining from food.**

II. Fasting is an expression of our longing for the presence of Christ.

III. Fasting is a way to seek the reward of the Father.

- What is the reward for properly motivated fasting?
 - Protection
 - Strength to face temptation
 - Answered prayer
 - Preparation for ministry
 - Relief from the consequences of sin
 - Revival and renewal

IV. Fasting is a spiritual discipline that can lead to the breaking of the chains of persistent sin.

- A. Fasting strengthens other spiritual disciplines.**
- B. Fasting reveals what controls us.**
- C. Fasting teaches us that our ultimate satisfaction is only found in the Lord.**
- D. Fasting stretches the spiritual muscles we use to discipline our bodies.**

V. Fasting serves to unite believers in prayer and worship.

— So, how do we fast?

- 1. Begin with mostly private fasting.**
- 2. Determine the purpose of your fasting.**
- 3. Make a plan.**
- 4. Commit to using the time you free up for prayer and Bible meditation.**