

Fasting to Feed your SOUL

Sunday, February 1, 2009 9:00 AM & 11:00 AM

Introduction:

1. The story of Esther. (*Esther 4:12-17*)
2. Fasting is a major principle throughout the scriptures.
3. DEFINITION: Fasting is the deliberate _____ from some form of physical _____, for a period of _____, in order to achieve a greater spiritual goal.
* *The idea is to devote the time we would ordinarily spend on a normal activity (i.e. eating, watching TV, hobbies) to prayer and waiting before the Lord.*

I. The Purpose of Fasting.

- A. To Obey God's Word. (*Matthew 6:16-18*)
* Not "if", but "when".
- B. To take a stand and overcome evil and fear. ("For such a time as this." *Esther 4:14* and *Isaiah 58:5-9*).
- C. To sharpen our spiritual focus and devotion to God.
* Humbling (*James 4:10*) * Focus (*Matthew 4:1-2*) * We are spiritual beings. (*1 Thessalonians 5:23*)
- D. To hear God's voice, find God's will, and receive God's direction. (*Acts 13:1-3*)
- E. To intercede and pray on behalf of others. (*Psalms 35:13*)
* Healing * Salvation * Children * Oppressed * Deception * Addictions * Future mates * Open doors * Revival

II. The Practice of Fasting.

- A. Fast from food, people, media, telephone (talking and texting).
- B. Partial fast, 24 hour normal fast, extended fasts, corporate fasts.
- C. Pray while fasting and watch your motives.