

Fasting For Spiritual Breakthroug

h

Lesson One



1 Timothy 4:7-8


But refuse profane and old wives' fables, and exercise thyself *rather* unto godliness. [8] For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.



Isaiah 58:6-8

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? [7] Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh? [8] Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy rereward.





More than any other
discipline, fasting
reveals the things that
control us.

Richard Foster



Fasting if we conceive of it truly,
must not . . . be confined to the
question of food and drink; fasting
should really be made to include
abstinence from anything which is
legitimate in and of itself for the
sake of some special spiritual
purpose.

Martyn Lloyd-Jones

Self-indulgence is the enemy of gratitude, and self-discipline usually its friend and generator. That is why gluttony is a deadly sin.

**Cornelius Plantinga,
Jr.**

There are no quick and easy paths to spiritual maturity. The soul that seeks a deeper level of maturity must be prepared for a long, arduous task.

R. C. Sproul



Introduction

Fasting Is Often
Stimulated By Trials

Ezra 10:6





Introduction

Fasting Is Biblical

Matthew 6:16-18





Introduction

**Fasting Will Cause a
Hunger for God**

Psalm 42:1-2

1 Peter 2:2



If you don't feel strong
desires for the
manifestation of the glory
of God, it is not because
you have drunk deeply
and are satisfied.

John Piper



Why We Do Not Fast

**The Trap of “Feel-Good”
Religion**





Why We Do Not Fast

Ignorance





Why We Do Not Fast

**We Rarely See It
Modeled**





Why We Should Fast

Perilous Times

Esther 4:16





Why We Should Fast

**Divine Empowerment for
the Church**

Acts 13:3; 14:23





Why We Should Fast

**Our Own Personal
Needs**

2 Samuel 12:16





Why We Should Fast

**Because the Church
Needs Leaders with
Character and Integrity**

Isaiah 58:6





Why We Should Fast

To Help Us Pursue the
“One Thing” that is
Necessary

2 Corinthians 8:2-4





Why We Should Fast

**For the Will of God In
Our Lives**

Isaiah 58:8





Why We Should Fast

**For the Benefit of Our
Physical Bodies**

Daniel 1:5-16





Why We Should Fast

**It Helps to Fight Two
Wars – Inward/Outward**

2 Corinthians 10:4-5





Jesus and Fasting

The Account of His Fasting

- Matthew 4:1-11

His Responses to Satan

- Deuteronomy 8:3
- Deuteronomy 6:16
- Deuteronomy 6:13





Conclusion

**Fasting Will Strengthen
Prayer**

**Ezra 8:23; Neh. 1:4; Dan.
9:3; Joel 2:12; Acts 13:3**





Conclusion

Assists In Seeking
God's Guidance

Judges 20:26-26; Acts
14:23





Conclusion

It Sometimes Can Be an
Expression of Grief

1 Sam. 31:13; 2 Sam.
1:11-12





Conclusion

It Helps To Gain
Deliverance or
Protection

2 Chron. 20:3-4; Ezra
8:21-23; Esther 4:16





Conclusion

To Express Repentance
and the Return to God
Joel 2:12; Jonah 3:5-8





Conclusion

Humility Before God

1 Kings 21:27-29; Psalm
35:13





Conclusion

To Facilitate the Work of
God

Neh. 1:3-4; Dan. 9:3

