

Jan 13, 2019

Fasting  
**Matthew 6:16**

**Micah 6:8 (ESV) He has told you, O man, what is good;  
and what does the Lord require of you  
but to do justice, and to love kindness,[a]  
and to walk humbly with your God?**

"Strong 6684-Hebrew verb, tsum (tsoom)  
Definition: abstain from food, fast

Strong 6685-Hebrew noun, tsom (tsoome)  
Definition: fasting, a fast

Strong 3522-Greek, verb, nésteuó nace-tyoo'-o)  
Definition: to fast  
Usage: I fast, abstain from food

**Introduction**

Last week meditation, today fasting, they go hand  
Today we will look at positioning ourselves to be free  
from the things of the world to truly and wholly serve the  
only One and True God  
Are you interested?

**So what is a fast?**

To abstain from food for a length of time to dedicate  
ourselves more fully to the Lord and His Kingdom  
Abstinence from food or drink in times of trouble is a  
practice among many people groups

**Esther 4:16 (ESV) "Go, gather all the Jews to be found in Susa, and hold a fast on my behalf, and do not eat or drink for three days, night or day. I and my young women will also fast as you do. Then I will go to the king, though it is against the law, and if I perish, I perish."**

**1 Corinthians 7:5 (ESV) Do not deprive one another, except perhaps by agreement for a limited time, that you may devote yourselves to prayer; but then come together again, so that Satan may not tempt you because of your lack of self-control.**

### ***Who fasted?***

Moses conducted the first fast recorded, Exodus 34:28

Samuel fasted, 1 Samuel 7:6

David fasted, 2 Samuel 12:16

Ahab of all people fasted, 1 Kings 21:27-29

John the Baptist fasted, Mark 2:18

John's disciples fasted, Matthew 9:14-15

Jesus fasted, Matthew 4:2

The church fasted, Acts 13:2

### ***Why and when did people fast?***

Many besides Moses fasted in times of distress, Deut. 9:9

There were fast when going to war, 1 Samuel 7:6

In times of illness, 2 Samuel 12:16

In times of mourning, 1 Samuel 31:13

People fasted when they were under conviction and in times of repentance, Nehemiah 9:1

When the church was sending out workers, Acts 13:2

Paul and those on the ship with him fasted, Acts 27:33

### ***How long did people fast?***

Did you know that we fast most days...

1 day, sunrise to sunset, one night, 3 days, 7 days, Jesus and Moses fasted 40 days

### ***What did people fast from?***

Food and sexual relations for a purpose of seeking the Lord

### ***What fasting today could look like?***

When you give, when you pray, when you fast

***Matthew 6:16 (ESV) "And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward."***

### ***What my planned fasting will look like!***

**Jeremiah 23:21-22 (NIV) I did not send these prophets, yet they have run with their message; I did not speak to them, yet they have prophesied. 22 But if they had stood in my council, they would have proclaimed my words to my people and would have turned them from their evil ways and from their evil deeds.**

I must spend uninterrupted time alone every day with the Lord

I must spend the majority of my day disassociated from the world so that I can meditate fully on the work of the Lord

I must position myself to be used of the Lord

How do I plan on making that happen?

1. No phone in my room during my morning study
2. No media, radio, internet and such until after 5 p.m.  
I will return text and calls only
3. To be very careful with my affiliations with Fox News, Razorback Sports, and the Republican Party
4. It is not a traditional fast, but a fast for this day  
It will include food on most Wednesdays and others
5. I must redeem the time well  
**Ephesians 5:16 (KJV) Redeeming the time, because the days are evil.**  
**Colossians 4:5 (KJV) Walk in wisdom toward them that are without, redeeming the time.**

***What should the fasting of the church look like?***

**2 Chronicles 20:33 (NLT) Jehoshaphat was a good king, following the ways of his father, Asa. He did what was pleasing in the Lord's sight. 33 During his reign, however, he failed to remove all the pagan shrines, and the people never fully committed themselves to follow the God of their ancestors.**

If we want to grow in the Lord it will take time  
To find the time that we will need to read, study, meditate and grow in the Lord something will have to go  
I have told you what it will look like for me as I strive to be the man of God, the husband, the father and grandfather, the pastor, the mentor that God wants me to be

If I am going to live for God's glory, being radically obedient to His commands, striving to love Him with all my heart, soul and mind, and at work in the local church advancing His Kingdom

What am I going to have to do for that to happen?

What of the world is going to have to go?

What am I going to put in place to facilitate it happening?

What of the world am I going to bring to lay down?

**See my plan bottom of page 4**

### ***So what is your plan?***

Really what do you plan to do to mature in the Lord?

What are you willing to give up of the world?

**1 John 2:15-17 (KJV) Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him. 16 For all that is in the world, the lust of the flesh, and the lust of the eyes, and the pride of life, is not of the Father, but is of the world. 17 And the world passeth away, and the lust thereof: but he that doeth the will of God abideth for ever.**

I must not love the world or anything in the world

Lust of the flesh, lust of the eyes, pride

**Romans 8:13 (ESV) For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.**

I must strive to put to death all sin in my life

What are you doing to get here?

**Matthew 22:37-39 (NIV) Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' 38 This is the first and greatest commandment. 39 And the second is like it: 'Love your neighbor as yourself.'**

This has got to be my goal

If we want to grow in the Lord it will take time

This is should be the goal of us all

What are you doing to get here?

To live every day for God's Glory! To live every, all day in radical obedience to God's Word! To live every day striving to love God with all your hearts, souls and minds! To live every day working in the local church to advance God's Kingdom?

What is your plan?

Today think about it

Talk about it with your family

Write it down and share it with someone, me?