

## SERMON NOTES

November 30, 2014

### “FAST” or FURIOUS

#### HOW FURIOUS ARE YOU?

**Matthew 17:14-21(NKJV)** *And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, 15 “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. 16 So I brought him to your disciples, but they could not cure him.”*

*17 Then Jesus answered and said, “O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.” 18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.*

*19 Then the disciples came to Jesus privately and said, “Why could we not cast it out?” 20 So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. 21 However, this kind does not go out except by prayer and fasting.”*

#### “WHY CAN’T WE?”

- ❶ Because of their \_\_\_\_\_ of faith
  - ❷ Because we put the \_\_\_\_\_ on how great \_\_\_\_\_ faith is
  - ❸ Because we stop praying and fasting \_\_\_\_\_
- Jesus, “When you fast...” (Matthew 6:16)

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## THEY FASTED

\* What do you do when you're not \_\_\_\_\_ ?

**There are several different types of fasting.**

**The one you choose is between you and God.**

1. Full Fast. No food or drink or water.
2. Drink only liquids.
3. The Daniel Fast. Eat no meat, no sweets and no bread.  
Drink water and juice. Eat fruits and vegetables.
4. Three-Day Fast. This fast can be a Full Fast, Daniel Fast or give up at least one item of food.
5. Partial Fast. A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown.
6. Give up one item of food.

## THE LORD'S SUPPER

All references taken from Today's New International Version of the Bible unless noted.

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