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## **Fasting With A Purpose**

### **The Deliberate Self-Denial From Food And Drink**

- **Crucifying The Flesh Is Not Something Done To Us, But Done By Us.**
- **Fasting Should Be Done: At The Right Time For The Right Reasons**

### **Prayer And Fasting Are Equal Parts Of A Single Ministry**

**Matthew 6:5-6** - *When you pray, don't be like the hypocrites who love to pray publicly on street corners and in the synagogues where everyone can see them. I tell you the truth, that is all the reward they will ever get. <sup>6</sup> But when you pray, go away by yourself, shut the door behind you, and pray to your Father in private. Then your Father, who sees everything, will reward you.*

**Matthew 6:16-17** - *And when you fast, don't make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. <sup>17</sup> But when you fast, comb your hair and wash your face.*

### **FASTING WITH A PURPOSE MEANS:**

- 1. Putting God First.**

**Jeremiah 29:13** - *If you look for me wholeheartedly, you will find me.*

- 2. We're Creating an Environment for Prayer.**

- 3. We're Interceding For Others**

**Isaiah 58:6-7** - *this is the kind of fasting I want: Free those who are wrongly imprisoned; lighten the burden of those who work for you. Let the oppressed go free, and remove the chains that bind people. <sup>7</sup> Share your food with the hungry, and give shelter to the homeless. Give clothes to those who need them, and do not hide from relatives who need your help.*

### **Genuine Fasting Will Lead To Humility Before God And Ministry To Others**

**Luke 4:1-2** - *Then Jesus, full of the Holy Spirit, returned from the Jordan River. He was led by the Spirit in the wilderness, <sup>2</sup> where he was tempted by the devil for forty days. Jesus ate nothing all that time and became very hungry.*

1. **An Increased Spiritual Capacity.**
2. **Power And Might From God.**
  - 1) **A Time Of Consecration To God.**
  - 2) **Self-Denial From What Can Interfere With God In Our Life.**

**Luke 4:13-14** - *When the devil had finished tempting Jesus, he left him until the next opportunity came. <sup>14</sup> Then Jesus returned to Galilee, filled with the Holy Spirit's power. Reports about him spread quickly through the whole region.*

**John 3:34** - *For the one whom God has sent speaks the words of God, for God gives the Spirit without limit.*

**Joel 1:12-14** - *The grapevines have dried up, and the fig trees have withered. The pomegranate trees, palm trees, and apple trees—all the fruit trees—have dried up. And the people's joy has dried up with them. <sup>13</sup> Dress yourselves in burlap and weep, you priests! Wail, you who serve before the altar! Come, spend the night in burlap, you ministers of my God. For there is no grain or wine to offer at the Temple of your God. <sup>14</sup> Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to him there.*