

UnGODly Eating Habits

- We are made of three parts; Flesh, Soul (mind will & emotions) & Spirit.
- Satan attacks our soul (mind, will and emotions) with food in order to get our spirit from GOD.
- Satan attacks our flesh with food in order to get our spirit from GOD.
- We discussed the sin of Gluttony and how it hinders us from serving GOD at our best.

FASTING IS FOR YOUR SPIRITUAL HEALTH

1. Raise your hands if you ever tried to fast.
2. Is a fast strictly food?
3. Why did you choose that to fast?
4. Can you think of any Bible passages about fasting? You don't have to know chapter and/or verse.

A fast without fervent and consistent prayer is either a diet or a break from something.

WHAT FASTING IS NOT?

1. A way to get GOD's attention or a substitute for sin

Isaiah 58:1-4 "Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins. ² For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them.

³ 'Why have we fasted,' they say, 'and you have not seen it? Why have we humbled ourselves, and you have not noticed?' "Yet on the day of your fasting, you do as you please and exploit all your workers. ⁴ Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

2. A way to show off your righteousness to other

Matthew 6:16-18 ¹⁶ "When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

¹⁷ But when you fast, put oil on your head and wash your face, ¹⁸ so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

WHY GOD WANTS US TO FAST – FOR US TO MOVE CLOSER TO HIM

1. Deeper Confession of Sins

Nehemiah 9:1-2 On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and putting dust on their heads. ² Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors.

2. When Seeking GOD's Protection

Esther 4:3 ³ In every province to which the edict and order of the king came, there was great mourning among the Jews, with fasting, weeping and wailing. Many lay in sackcloth and ashes.

3. For More Intimate Prayer Time

Daniel 9:3-4 ³ So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes. ⁴ I prayed to the LORD my God and confessed:

4. Have True Repentance

Joel 2:12-13 ¹² “Even now,” declares the LORD, “return to me with all your heart, with fasting and weeping and mourning.” ¹³ Rend your heart and not your garments. Return to the LORD your God, for he is gracious and compassionate, slow to anger and abounding in love, and he relents from sending calamity.

5. Jesus Fasted (that alone should be enough) In Preparation For Temptation From Satan

Matthew 4:1-3 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, “If you are the Son of God....”

6. You May Hear From The Holy Spirit

Acts 13:2-3 ² While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.” ³ So after they had fasted and prayed, they placed their hands on them and sent them off.

7. Super Natural Power Can Come From Fasting

Mark 9:28-29 ²⁸ After Jesus had gone indoors, his disciples asked him privately, “Why couldn’t we drive it out?” ²⁹ He replied, “This kind can come out only by prayer and fasting.

CLOSING

You’re never too old, you can do it

Luke 2:36-37 ³⁶ There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage, ³⁷ and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.

As in many things with GOD when we are doing things GOD’s way there are additional benefits. We do not do things for those reasons but appreciate them. To GOD goes the glory and we get the joy.

Pastor Alex is going to talk about the health benefit of intermittent fasting.

I want to pray for GOD to help you with fasting. Will you commit to praying for GOD’s guidance for a time of fasting?