

January 28, 2007

Series: Fuel for the Soul

Sermon: #3 “God’s Transforming Word”

Scripture: Selected Passages

Introduction

- One of the most overlooked and least practiced disciplines of the Christian faith is fasting.
- Here are some guidelines to fasting.

I. Avoid improper motives

- Zechariah 7:5
- Fasting is not to impress anyone. (Matthew 6:16)
- Health benefits should not be our primary motivation.
- Our primary motive for fasting is simply to connect with God on a deeper level.

II. Five scriptural motives for fasting.

1. To hear from God (Acts 13:2)
2. To intercede for others (Psalm 35:13)
3. As an act of repentance (Joel 1:13-14)
4. For strength and direction (Acts 14:23)
5. An act of worship (Luke 2:37)

III. Methods of Fasting

1. Start with a 24-hour fast.
2. Drink liquid.
3. Take a walk.
4. Resume your eating habits carefully.
5. Every month, fast for something.

IV. Final Suggestions

1. Focus on Jesus.
2. Don't be legalistic.
3. Expect results, but not immediately. (Matthew 6:18)

Conclusion

- Our purpose in fasting is to connect with God on a deeper level.
- When you fast, you demonstrate faith and commitment.
- God will reward your effort.