



John Pearse—Recovery Pastor
January 22, 2023

PRAYER AND FASTING

¹⁶ “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. ¹⁷ But when you fast, comb your hair and wash your face. ¹⁸ Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, **will reward you.**” **Matthew 6: 16-18 NLT**

Then he said to them all: “Whoever wants to be my disciple must **deny themselves** and take up their cross **daily** and **follow me.**” **Luke 9:23 NIV**

His mother said to the servants, “**Do whatever he tells you.**”
John 2:5 NIV

All of us, like sheep, have strayed away. We have left God’s paths to follow our own. **Isaiah 53:6 NLT**

Fasting: Denying self of the natural to experience the supernatural; abstaining with spiritual goal in mind.

Jesus **expected** His followers would regularly fast.

Jesus replied, “Do wedding guests mourn while celebrating with the groom? Of course not. But someday the groom will be taken away from them, and **then they will fast.**” **Matthew 9:15 NLT**

Fasting is an outward expression of inward **humility**.

...I proclaimed a fast, so that we might **humble** ourselves before our God...
Ezra 8:21 NIV

So **humble** yourselves under the mighty power of God, and at the right time he will lift you up in honor. **1 Peter 5:6 NLT**

What Fasting is Not:

- Display of Piety (Matthew 6:16-18)
- Obligation: Done out of ritual/tradition (Matthew 15:8)
- Substitute for disobedience in other areas (Isaiah 58:3)
- Coercing God to yield to our will (Matthew 6:10)

Purpose In Fasting: (abstaining with spiritual goal in mind)

• **Intimacy with God**

Come close to God, and God will come close to you...

James 4:8 NLT

• **Repentance**

That is why the Lord says, “Turn to me now, while there is time. Give me your hearts. Come with fasting, weeping, and mourning.” **Joel 2:12 NLT**

• **Spiritual Breakthrough**

Then, after doing all those things, I will pour out my Spirit upon all people... **Joel 2:28a NLT**

Types of Fast:

- Selective (abstain from sweets, meat, etc.)
- Partial (certain hours of day)
- Behavioral (social media, TV, etc.)
- Complete (liquid only)

⁶ Do not be anxious about anything, but in every situation, by **prayer and petition**, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7 NIV**

Next Steps...

- Begin a relationship with Jesus Christ.
- Seek God’s direction incorporating disciplined fasting.
- Act on the area you just need to “Do whatever He tells you”.