

# Is Fasting for Today?

- Let's look first at incorrect reasons for fasting
  - Vs 16... to be noticed by men
    - Luke 18:12
    - Why would he fast twice a week?
      - 2<sup>nd</sup> and 5<sup>th</sup> day of the week were market day!!
  - To get closer to God
    - I Timothy 4:1-3
      - Does abstinence draw us closer to God?

# Is Fasting for Today?

- Listing of books for sale
  - When you fast Jesus has provided the solution
  - The fasting cure
  - The 40 day surrender fast
  - Fasting... opening the door to deeper, more intimate, more powerful relationship with God
  - The hidden power of prayer and fasting

# Is Fasting for Today?

- So then what is Biblical fasting?
- There is only fast mandated in the O.T.
- Day of Atonement
  - High priest enters the Holy of Holies
  - Sprinkle blood on the Mercy Seat
  - To atone for the sins of Israel
  - It is a day of mourning over sin

# Is Fasting for Today?

- Biblical fasting is associated with a troubled or distressed heart
  - Matthew 9:14-15
  - Do we long for the return of Jesus?
  - How often haven't Christians prayed for His return?
- Death of a loved one
  - Someone dies... the widow or widower does not feel like eating

# Is Fasting for Today?

- Sorrow for the people of God
  - Nehemiah 1:1-4
  - Persecuted Church of today
- Sorrow for your children
  - II Samuel 12:13-20
  - Children who are astray
- For safety
  - Ezra 8:21-23

# Is Fasting for Today?

- Humiliation
  - Acts 9:1-12
  - Paul never forgot his Damascus road experience
- So why is that we oftentimes do not feel this way?
  - Bombarded by news every few minutes or hours
  - Have we become jaded to genuine godly sorrow over the state of our world?

# Is Fasting for Today?

- Biblical fasting
  - Is not something you choose to do
  - It is when you are so distressed over the sinfulness of this fallen world.....you can only cry out to God
  - Fasting without prayer is nothing more than a diet
- Your Father who sees what is in secret
- Will reward you!!!!!!