

CrossRoads Baptist Church
November 15, 2006 6:30 p.m.

“Fasting”

A fast is abstaining from something we crave and to permit that craving to remind us of our need for God. A fast is related to food but if you can't fast from food due to medical reasons, then fast from other things (TV, computer, telephone, shopping) and substitute that time with prayer and reading of Scripture.

A fast causes us to turn from our physical and social needs to our spiritual needs. “God I want to hunger and thirst for You as badly as I am hungering for _____.”

Dr. Julio Ruibal, “Fasting helps to clear up our spiritual reception. It is not that God begins to speak louder when we fast, but we begin to hear Him better.”

Charles Spurgeon noted, “Our seasons of fasting and prayer at the Tabernacle have been high days indeed; never has Heaven's gate stood wider; never have our hearts been nearer the central Glory.”

Kay Arthur “Fasting shows the seriousness of our commitment. When we step into fasting, we say, “God, You've got to move. You've got to do it.”

Examples of godly people who fasted:

1. Moses Exodus 34:28
2. Hannah II Samuel 1:7
3. David Psalm 35:13; 69:10; 109:24; II Samuel 12:22
4. Ezra Ezra 9:5
5. Nehemiah Nehemiah 1:4; 9:1
6. Daniel Daniel 9:3
7. Esther Esther 4:3
8. Jeremiah Jeremiah 36:6
9. Anna Luke 2:37
10. Disciples of John the Baptist Mark 1:18; Luke 5:33
11. Jesus Matthew 4:2
12. Paul II Corinthians 6:5; 11:27
13. The church at Antioch Acts 13:3

Biblical Reasons to Fast and Pray

1. To help in times of trouble Psalm 50:15; Judges 20:26; II Chronicles 20:1-4
2. To discover what is wrong in times of trouble Joshua 7:6
3. To express genuine repentance Zechariah 12: 10-14; James 4: 9-10
4. To seek deliverance from God's judgment Jonah 3: 7-9; Joel 2:12
5. To receive God's direction and guidance Acts 13: 1-3
6. To reveal the power of the Holy Spirit Luke 11:13
7. To promote renewal and revival in our nation Ezra 8:21
8. To humble ourselves Psalm 35:13; 69:10
9. To bring us to the place of worship Acts 13:2
10. To have the demonstration of supernatural power Matthew 17:21

Look at Isaiah 58: 6-12 for more reasons to fast:

11. To loose the bondage of sin “Loose the bonds of wickedness”
12. To gain assistance under crushing burdens “Undo heavy burdens”
13. To break demonic strongholds “let the oppressed go free”
14. To break bad habits “Break every yoke”
15. To create concern and give to the poor “share your bread with the hungry”
16. To gain revelation “Light break forth”
17. To be healed “thine health shall spring forth”
18. To recover your testimony “thy righteousness shall go before thee”
19. To invoke the protection of God “the glory of the Lord shall be thy reward (rear guard)”
20. To bring answer to prayer “the Lord will answer”
21. To gain clear guidance and provision from God “The Lord will guide you continually”
22. To repair and restore families and civilizations “build the old waste places, raise up, repair, restore”