

PRACTICING FAITH: 4 THINGS YOU CAN DO TO CHANGE YOUR LIFE #3

Tonight **Taking a FAST to find God**

April 20 **Finding REST in a Hurried World (Sabbath-keeping)**

Introduction

How many of you practice “fasting” of any kind? If you do, for what reason? If you do not, why not?

**The History of Christianity and Practicing Faith: Close relationship between prayer and fasting.
Seasons and Times for Fasting.**

I. Wisdom from The Bible

A. Psalm 35:13 “I put on sackcloth and humbled myself before God with fasting.” (King David)

B. Matthew 6:1-24 “When you give to the needy...When you pray...When you fast...Treasures in heaven as no can serve two masters...” Jesus Christ in the Sermon on the Mount.

C. Acts 13:1-3 and Acts 14:21-23 and THE EARLY CHURCH

“While they were worshiping the Lord and fasting the Holy Spirit spoke and said, ‘Set apart for me Barnabas and Paul for the work to which I have called them.’ And after they had fasted and prayed, they placed their hands on them and sent them off.”

“They (Barnabas and Paul) preached the Gospel and won a large number of disciples and they strengthened and encouraged them to remain true to the faith...and with prayer and fasting committed them to the Lord in whom they had put their trust.”

***Jesus Christ practiced it (The Temptation in the Wilderness), The Old Testament People of God practiced it. The New Testament Church practiced it. A Majority within the Christian Church still practice it.

II. What is Fasting? Intentionally abstaining from food, drink or other things that are essential to human existence in order to be drawn back into or closer in relationship with God, undertaken with a deep sense of humility, an acknowledgment of sin, a desire to know God more deeply, to experience a newfound reliance upon the providence of God, to be more aware of God’s presence...

III. How to Practice Fasting to Find God

A. Why should we Fast? Because Jesus expected his followers to practice fasting, so let’s practice fasting.

B. Who should Fast? Jesus expected ALL his followers to fast.

B. Should we fast personally or together? Personal Fasting vs Community Fasting...

C. From what should we fast?

D. What should we do when we fast?

E. When should we fast?

F. What happens during and after we fast? What can I/you/us expect?

BREAK-fast

Conclusions

Next Week: Finding REST in a Hurried World (Sabbath-keeping)