

### 3 REASONS FOR FASTING

8/24/19

\* Purpose of sermon -- "3 Reasons for Fasting"

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\*First -- Should Disciples Fast?

Luke 5:33                      why do Your disciples eat and drink?  
          34-35                in those days, they will fast  
Matt. 6:16-18                when you (disciples) fast....

\*Second -- What is Fasting?

Absolute fasting (Dry fasting) -- willing abstinence from all food and drink for a defined period of time

Fasting -- may involve the willing abstinence from all food (while continuing to drink) for a period of time

Fasting -- may involve the willing abstinence from specific habits or behaviors (like television, internet, cell phones) for a period of time

1. AFTER -- DEEPER REPENTANCE

Luke 18:9-14                repentance -- is more than just fasting  
1 Sam. 7:6                Samuel -- we have sinned against God  
2 Sam. 12:15-23 David -- beseeching God for his sick son  
1 Kings 21:27-29            Ahab -- humbled himself before God  
Ezra 10:1-6                Ezra -- we have trespassed against our God  
Neh. 1:4-11                Nehemiah -- confess sins of children of Israel  
Neh. 9:1-3                children of Israel -- confessed & worshipped  
Dan. 9:3-19                Daniel -- we have sinned  
Joel 2:12-14                Joel quoting God -- turn unto Me  
Jonah 3:5-10                people of Ninevah -- turned from their evil way  
Acts 9:9                    Saul -- responding to the confrontation

2. DURING -- SEEKING HELP DURING A TRIAL

Judges 20:21-26 Israel -- after being defeated twice by the Benjamites, the children of Israel went to the house of God and fasted  
Ezra 8:21-23                Ezra -- seeking protection  
2 Chron. 20:3-4 Jehoshaphat (Judah) -- approaching army  
Esther 4:1-3                Mordecai and the Jews -- mourning  
          16                Esther and the Jews -- before visiting the king  
Matt. 17:21                leaves only by prayer & fasting

3. BEFORE -- CONNECTING WITH OUR FATHER

Matt. 4:1-11                Christ in the wilderness  
Exod. 34:28                Moses -- receiving the 10 Commandments  
Isaiah 58:6-11              serving God and man