

# Sunday Morning

February 8, 2015

## ETERNITY IN MY HEART FASTING FORWARD

### I KINGS 21:1-28 (NASV)

#### I. WHAT LENT IS

**DEFINITION:** Lent comes from the Anglo Saxon word for spring.

**INSIGHT:** Lent is a time to turn away from something, to deprive yourself of something, to draw closer to God and fast forward your life for life change.

**INSIGHT:** Repentance is about turning away from something that takes you away from God.

**INSIGHT:** At the end of Lent you celebrate God's grace and forgiveness with an Easter feast of food.

#### II. BIBLICAL FASTING

**INSIGHT:** Biblical fasting is abstaining, usually from food, for the purpose of drawing near to God to invoke His help and blessing on our lives and impossible life situations.

##### IMPORTANT FASTING FACTS:

1. You know the specific reason you are fasting.
2. The fast you choose really hits your normal life, making it impossible to forget during the day.
3. Every day you will remember you are turning away from something to turn toward God.
4. Every day your fast will remind you to pray about something specific.
5. Every day your fast will remind you to think about how you are tracking with God.

#### III. THE LOST KING WHO TOUCHED GOD'S HEART

**INSIGHT:** King Ahab committed what the Bible calls the sin unto death (*1 John 5:16*).

There are two types:

1. For believers, *1 Corinthians 5:5*
2. For hardened lost sinners, *1 Kings 21:19*

**INSIGHT:** God responded to the fasting and humility by a lost man condemned to destruction!

#### IV. THE BLESSING TRIO

**INSIGHT:** Fasting is a source of power that most Christians don't know about.

**INSIGHT:** Jesus gave three specific duties for every Christian in His Sermon on the Mount: giving, praying, and fasting.

**INVITATION TO COMMIT:** I want us to leave today with the three motivations for fasting that should move any thinking Christian to commit to **THE FORTY DAY LENT FAST:**

1. You set the course for the rest of the year. Giving God the first of your year through fasting secures His blessings for the next ten months.
2. Blessings will happen for you and your family throughout the year because you fasted now.
3. When we fast, the Matthew 6:33 principle is put in play: "Seek first the kingdom of God...and all these things will be added to you." Seeking Him first brings all "these things" to your life the rest of the year.