

January 5, 2020



## **"FASTING: A KEY TO HEAVEN'S HELP"**

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### **MATTHEW 6:16-18 (NASB)**

**TRUTH:** While we need food to sustain life, sustaining our walk with God requires recalibrating our faith through fasting.

**INSIGHT:** Going without food, immersing ourselves in God's Word, and drawing near to God by prayer feeds your soul and keeps your faith fresh.

What God says in our text:

1. Don't make a public declaration about fasting.
2. Fasting is a private discipline securing a public reward.

**TRUTH:** The pathway to God's help in special times of need is denying the flesh to emphasize our need of heaven's help.

### **I. THE PURPOSE OF FASTING**

**TRUTH:** Fasting is declaring our weakness by refraining from food for a time, to gain the help of God.

**INSIGHT:** The purpose of our January fast is for "The Hill" to draw near to God by prioritizing God over our desire for food.

YOU WON'T FAST UNLESS...

1. You have a hunger for God.
2. You have an awareness of the need for a greater presence of God in your personal life, your home, or your business.
3. You feel your weakness to handle the challenges life is throwing your way (Matthew 6:16; Luke 9:23).

**INSIGHT:** Fasting deprioritizes food... and declares God's help is our greatest need.

## II. FASTING IS A DECLARATION OF WEAKNESS.

**REALITY CHECK:** If your life is marked by tiredness, stress, and confusion, will you embrace the possibility that you've been "playing God"?

**TRUTH:** Resistance to fasting is a declaration that you feel no great need for God's help in your daily life.

**TRUTH:** Fasting reminds us that God is the power in our weak lives.

## III. OUR 21-DAY FAST

**TRUTH:** The type of fast is determined at the front end.

**OUR FAST:** The challenge is one meal each day for 21 days when we can be alone with God, in His Word and on our face to heaven.

\*We have a great tool to focus your mind for 21 days: *Devotions from the Hill*

## IV. THE POWER OF FASTING

1. Fasting moves us from selfishness to surrender.
2. Fasting is a walk with God.

**INSIGHT:** Jesus never let His body rule His soul.