

February 21, 2021



DANIEL 9:3-6 (NASB)

INSIGHT: Too much food, too much drink, too much of anything, creates a dulled and deadened spirit (Psalm 85:4, 6).

STEPS THAT LEAD US INTO SPIRITUAL DOLDRUMS:

1. Lack of Bible reading, meditation and prayer

TRUTH: It is impossible to thrive spiritually without feeding our minds and hearts with God's Word (Psalm 1:1).

2. Too much time indoors (Psalm 19:1)

3. Lack of exercise

4. Neglect of responsibilities

INSIGHT: When we yield to laziness over diligence to our spiritual responsibilities, then spiritual dryness and even depression are our rewards.

INSIGHT: It is the fast itself that matters, because in fasting, you are seeking to recalibrate your walk with God (1 Corinthians 6:13, Msg).

TRUTH: It is one thing to give up eating and fast from food, but it's another thing to have your food fast touch the door of heaven (Zechariah 7:4-6 NIV).

There are three elements necessary in every biblical fast:

I. RETREAT.

INSIGHT: A biblical fast means first that you kick people out of your life for a time (Matthew 6:16-18 NLT).

TRUTH: Biblical fasting is for an audience of one: our heavenly Father.

II. REFLECT (Ezra 8:21-23 NIV; Daniel 9:3-4a NIV; Acts 13:2-3 NIV; Acts 14:23 Msg).

TRUTH: Fasting intensifies your praying.

TRUTH: God is in my fast, when at my fasting mealtime, I offer a prayer to Him and commune with Him from my heart.

III. REPENT.

TRUTH: The primary focus of our praying in these 21 days is repentance.

TRUTH: Biblically, fasting is about coming to God to turn from something that is defeating our lives.

INSIGHT: We fast in order to be filled; we go without so we can gain what we don't have (Joel 2:12-14 NIV).