



Lord of the Things
Get in the Fast Lane
Matthew 6:16-18
January 9, 2005

Lord of the Things is a series on personal stewardship and a guide to the biblical management of the resources with which God has blessed you. Arguably, our most important resource is the body; you cannot serve God if you are dead!

Fasting Basics

What is fasting? Fasting is an act of self-denial for a specific purpose and period of time.

Why fast? Secure access to supernatural resources. (Mark 9:29)

Why food? What gives you “attitude” if withheld from you? (Matthew 6:33)

Fasting Science

The body reproduces a majority of its cells every six months. The quality of those cells is based on the quality of the food we eat. During a fast, the good cells eat the bad cells, thus cleansing the body.

Fasting Rules

- 1) Acknowledge that your flesh cannot be trained, but must be crucified. (Galatians 5:24)
- 2) Keep away from negative people. (Proverbs 23:7)
- 3) Establish a time and place to spend alone with God. Bring a Bible, a pen and paper. (1 Samuel 3:1-10)
- 4) Slow down in speaking, reacting and making decisions. (James 1:19-20)
- 5) Never complain or brag about your fast and avoid talking about it. (Matthew 6:16-18)
- 6) Establish an accountability partner for prayer and encouragement. (Proverbs 27:17)

Fasting Goals

What changes would you like to see take place in...

your spiritual life?

your diet?

the stewardship of your time, talents and resources?