

# Treasure Island Part 2

## The Treasure Island Diet

Pastor Miles McPherson – January 13, 2008

Memory Verse - 1 Peter 3:15

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**Church Goal:** All of the Rock faithful to \_\_\_\_\_ honor \_\_\_\_\_ God with their treasure.

**Title:** A \_\_\_\_\_ tenth \_\_\_\_\_ part.

**What is fasting?** To voluntarily \_\_\_\_\_ abstain \_\_\_\_\_ from eating and/or drinking for an extended period of time.

Fasting is designed to separate you from your \_\_\_\_\_ perceived \_\_\_\_\_ life support, so that you may focus exclusively on the Lord, your \_\_\_\_\_ actual \_\_\_\_\_ life support.

**Fasting Goal:** A personal \_\_\_\_\_ encounter \_\_\_\_\_ with the living God. **John 3:30, 1 Peter 1:16**

### Biblical examples of fasting:

Special revelation: **Exodus 34:27-28**

In times of war: **Judges 20:26**

Courage and Wisdom: **Esther 4:3,16**

In times of grief: **Nehemiah 1:4, 2 Samuel 1:12, Samuel 31:13, 1 Chronicles 10:12**

Spiritual Recuperation: **1 Kings 19:1-9**

Mourning: **Daniel 10:1-3**

Repentance: **Jonah 3:5, Daniel 6:18**

Ministry preparation: **Matthew 4:2**

Spiritual power: **Mark 9:29**

Ministry commissioning: **Acts 14:23**

Set aside self for holiness: **1 Corinthians 7:5**

Spiritual discipline: **1 Corinthians 11:24-28**

**Why food?** What is the one thing that will give you \_\_\_\_\_ “attitude” \_\_\_\_\_ if you don’t receive it, when and how you want it?

**Prepare your \_\_\_\_\_ heart \_\_\_\_\_ :** **1 John 1:9, Ezra 7:10, 2 Chronicles 7:14**

Check yourself before you wreck yourself! Purify your \_\_\_\_\_ motives \_\_\_\_\_ and establish spiritual goals. **Ephesians 1:3**. “Lord, I believe, but help my unbelief.” **Mark 9:14-29**

**Prepare your \_\_\_\_\_ body \_\_\_\_\_ :**

See diet prep and schedule at [www.therocksandiego.org](http://www.therocksandiego.org)

**Prepare your \_\_\_\_\_ schedule \_\_\_\_\_ :** **1 Samuel 3:19, Habakkuk 2:4**

With bible and journal, establish a time and place you will spend your extra time with the Lord.

### Tips on keeping your fast a secret and finding additional time alone with Jesus.

- Avoid people as much as possible.
- Avoid meals with groups of people.
- Spend as much time alone in prayer and solitude.
- Explain to your family in advance what you are doing.
- Request privacy from those who do find out.
- Ask them not to discuss it until your fast is over.

### AWCIPA Prayer Model

(Note: Spend an equal amount of time for each letter.)

- A** **Admire and Thank God. Psalm 8:9**  
Thank God for everything you can think of.
- W** **Wait Quietly Before God. Psalm 46:10**  
Sit quietly and listen to God speak to you and write it down.
- C** **Confess Your Sin. 1 John 1:9, Psalm 103:12**  
Confess your sins to God
- I** **Intercede for Others. 1 Chronicles 4:9**  
Pray for other people.
- P** **Petition for yourself. Psalm 51:10-12, John 14:12-14**  
Ask for a pure heart. Ask for your house to sell.
- A** **Admire and Thank God. Psalm 8:9**  
Thank God for everything you can think of.