

The Fine Line

The Fine Line Fast

Pastor Miles McPherson – September 21, 2008



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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 that you may focus exclusively on the Lord, your _____ actual _____ life support.

Fasting Goal: A personal _____ encounter _____ with the living God.

He must increase and we must decrease. John 3:30

It said we must "Be ye holy, for I am holy." 1 Peter 1:16

Biblical examples of Fasting:

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

Times of war **Judges 20:26**

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

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** ('Madbar' - 'to speak')

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** says that Paul "fasted often."

Why food? What is the one thing that will give you "attitude" if you don't receive it, when and how you want it? **Matthew 6:33, Psalm 37:4**

Fasting Preparation: Prepare your heart. **1 John 1:9, Ezra 7:10, 2 Chronicles 7:14**

Check yourself before you wreck yourself

Prepare your motives

Establish spiritual goals. **Ephesians 1:3**

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Lord, I believe, but help my unbelief. Mark 9:14-29

Prepare Your Body: See diet prep at www.therocksandiego.org. Remember, hunger pains will come and go.

Prepare Your Schedule: With Bible and journal, establish a time and place you will spend your extra time with the Lord. **1 Samuel 3:19, Habakkuk 2:4.**

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.



DO Something! Write down one thing you will fast. Remember to log onto www.therocksandiego.org for fasting details.

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