

# Message Outline

Warnings on Fasting Mt 6:16-18

F A S T I N G – Rewards or Purposes of Fasting

F Fully Embracing Grief in Suffering & Sin  
Nehemiah 9:1-3; Esther 4:13-17

Nehemiah 9:1-3 (NASB) 1 Now on the twenty-fourth day of this month the sons of Israel assembled with fasting, in sackcloth and with dirt upon them. 2 The descendants of Israel separated themselves from all foreigners, and stood and confessed their sins and the iniquities of their fathers. 3 While they stood in their place, they read from the book of the law of the LORD their God for a fourth of the day; and for another fourth they confessed and worshiped the LORD their God.

Matthew 5:4 (NASB) 4 "Blessed are those who mourn, for they shall be comforted.

## Message Outline (continued)

A Asking for Understanding in God's Word and Will

Daniel

9:1-19; 10:1-3; Ezra 8:21-23

Daniel 9:1-5 (NASB) 1 In the first year of Darius the son of Ahasuerus, of Median descent, who was made king over the kingdom of the Chaldeans— 2 in the first year of his reign, I, Daniel, observed in the books the number of the years which was revealed as the word of the LORD to Jeremiah the prophet for the completion of the desolations of Jerusalem, namely, seventy years. 3 So I gave my attention to the Lord God to seek Him by prayer and supplications, with fasting, sackcloth and ashes. 4 I prayed to the LORD my God and confessed and said, "Alas, O Lord, the great and awesome God, who keeps His covenant and lovingkindness for those who love Him and keep His commandments, 5 we have sinned, committed iniquity, acted wickedly and rebelled, even turning aside from Your commandments and ordinances.

Daniel 10:1-3 (NASB) 1 In the third year of Cyrus king of Persia a message was revealed to Daniel, who was named Belteshazzar; and the message was true and one of great conflict, but he understood the message and had an understanding of the vision. 2 In those days, I, Daniel, had been mourning for three entire weeks. 3 I did not eat any tasty food, nor did meat or wine enter my mouth, nor did I use any ointment at all until the entire three weeks were completed.

## Message Outline (continued)

S            Selfless – Less of Self  
              Leviticus 16:29-31; 23:27-32

Leviticus 16:29-31 (ESV) 29 “And it shall be a statute to you forever that in the seventh month, on the tenth day of the month, you shall afflict yourselves and shall do no work, either the native or the stranger who sojourns among you. 30 For on this day shall atonement be made for you to cleanse you. You shall be clean before the LORD from all your sins. 31 It is a Sabbath of solemn rest to you, and you shall afflict yourselves; it is a statute forever.

Psalms 35:13 (NASB) 13 But as for me, when they were sick, my clothing was sackcloth; I humbled my soul with fasting, And my prayer kept returning to my bosom.

Acts 27:9 (NASB) 9 When considerable time had passed and the voyage was now dangerous, since even the fast was already over, Paul began to admonish them,



## Message Outline (continued)

T Triumphal Victory Over Sin, Satan, Temptation and Demons Matthew 4:1-11;  
Luke 4:1-13

Matthew 4:1-11 (NASB) 1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

2 And after He had fasted forty days and forty nights, He then became hungry. 3 And the tempter came and said to Him, "If You are the Son of God, command that these stones become bread." 4 But He answered and said, "It is written, 'Man shall not live on bread alone, but on every word that proceeds out of the mouth of God.'" 5 Then the devil \*took Him into the holy city and had Him stand on the pinnacle of the temple, 6 and \*said to Him, "If You are the Son of God, throw Yourself down; for it is written, 'He will command His angels concerning You'; and 'On their hands they will bear You up, So that You will not strike Your foot against a stone.'" 7 Jesus said to him, "On the other hand, it is written, 'You shall not put the Lord your God to the test.'" 8 Again, the devil \*took Him to a very high mountain and \*showed Him all the kingdoms of the world and their glory; 9 and he said to Him, "All these things I will give You, if You fall down and worship me." 10 Then Jesus \*said to him, "Go, Satan! For it is written, 'You shall worship the Lord your God, and serve Him only.'" 11 Then the devil \*left Him; and behold, angels came and began to minister to Him.

# Message Outline (continued)

I Intimacy with The Lord – More of God's Presence  
2:12-19; Lk 2:36-38; Ac 9:1-19

Joel

Joel 2:12-19 (NASB) 12 "Yet even now," declares the LORD, "Return to Me with all your heart, And with fasting, weeping and mourning; 13 And rend your heart and not your garments." Now return to the LORD your God, For He is gracious and compassionate, Slow to anger, abounding in lovingkindness And relenting of evil.

14 Who knows whether He will not turn and relent And leave a blessing behind Him, Even a grain offering and a drink offering For the LORD your God? 15 Blow a trumpet in Zion, Consecrate a fast, proclaim a solemn assembly, 16 Gather the people, sanctify the congregation, Assemble the elders, Gather the children and the nursing infants. Let the bridegroom come out of his room And the bride out of her bridal chamber. 17 Let the priests, the LORD'S ministers, Weep between the porch and the altar, And let them say, "Spare Your people, O LORD, and do not make Your inheritance a reproach, A byword among the nations. Why should they among the peoples say, 'Where is their God?'" 18 Then the LORD will be zealous for His land And will have pity on His people. 19 The LORD will answer and say to His people, "Behold, I am going to send you grain, new wine and oil, And you will be satisfied in full with them; And I will never again make you a reproach among the nations.

Luke 2:36-38 (NASB) 36 And there was a prophetess, Anna the daughter of Phanuel, of the tribe of Asher. She was advanced in years and had lived with her husband seven years after her marriage, 37 and then as a widow to the age of eighty-four. She never left the temple, serving night and day with fastings and prayers. 38 At that very moment she came up and began giving thanks to God, and continued to speak of Him to all those who were looking for the redemption of Jerusalem.

## Message Outline (continued)

N        New prayer life  
          Ezra 8:21-23; Matthew 6:16-18

Ezra 8:21-23 (NASB) 21 Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God to seek from Him a safe journey for us, our little ones, and all our possessions. 22 For I was ashamed to request from the king troops and horsemen to protect us from the enemy on the way, because we had said to the king, "The hand of our God is favorably disposed to all those who seek Him, but His power and His anger are against all those who forsake Him." 23 So we fasted and sought our God concerning this matter, and He listened to our entreaty.



## Message Outline (continued)

**G** God's Work & Others Given Priority  
Acts 13:1-3; Is. 58:1-14; 2 Corin 6:3-10

Acts 13:1-3 (NASB) 1 Now there were at Antioch, in the church that was there, prophets and teachers: Barnabas, and Simeon who was called Niger, and Lucius of Cyrene, and Manaen who had been brought up with Herod the tetrarch, and Saul. 2 While they were ministering to the Lord and fasting, the Holy Spirit said, "Set apart for Me Barnabas and Saul for the work to which I have called them." 3 Then, when they had fasted and prayed and laid their hands on them, they sent them away.

Matthew 6:19-21 (NASB) 19 "Do not store up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal. 20 "But store up for yourselves treasures in heaven, where neither moth nor rust destroys, and where thieves do not break in or steal; 21 for where your treasure is, there your heart will be also.

Message Slides:

# PRACTICES OF A HEALTHY CHRISTIAN

f a s t i n g   i s   f e a s t i n g

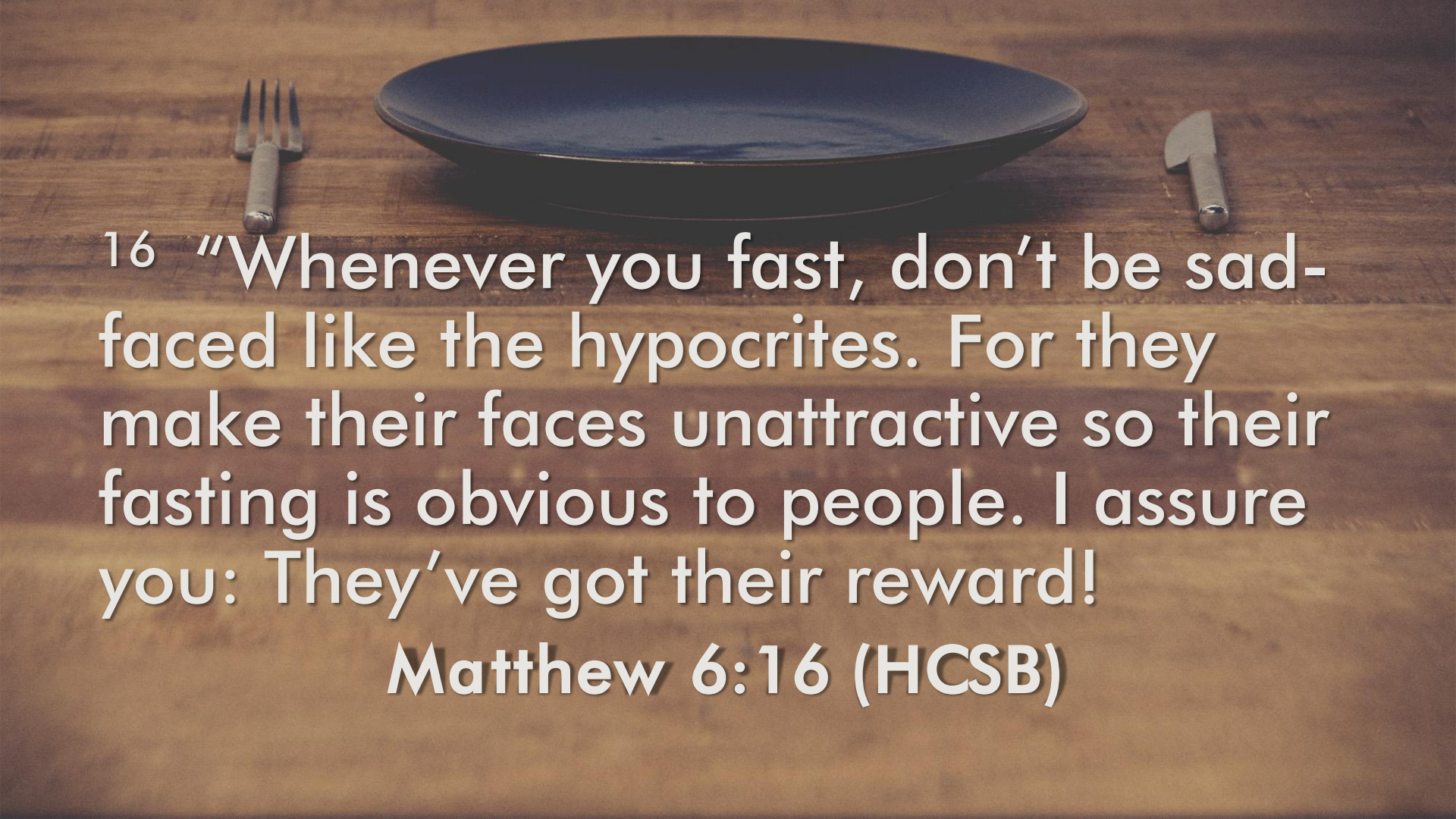




A dark blue ceramic plate is centered on a rustic wooden table. To the left of the plate is a silver fork, and to the right is a silver knife. The background is a plain, light-colored wall.

# Fasting is Feasting

Matthew 6:16-18 (HCSB)



16 “Whenever you fast, don’t be sad-faced like the hypocrites. For they make their faces unattractive so their fasting is obvious to people. I assure you: They’ve got their reward!

**Matthew 6:16 (HCSB)**




A dark blue plate, a silver fork, and a silver knife are arranged on a wooden table. The plate is in the center, the fork is to the left, and the knife is to the right. The text is overlaid on the image.

**17 But when you fast, put oil on your head, and wash your face,**

**Matthew 6:17 (HCSB)**



A dark blue plate, a silver fork, and a silver knife are arranged on a wooden surface. The plate is in the center, the fork is to the left, and the knife is to the right. The text is overlaid on the image.

<sup>18</sup> so that you don't show your fasting to people but to your Father who is in secret. And your Father who sees in secret will reward you.

**Matthew 6:18 (HCSB)**

- **Fully Embracing Grief in Suffering & Sin**
- **Asking for Understanding in God's Word & Will**
- **Selfless – Less of Self**
- **Triumphal Victory Over Sin, Satan, Temptation**
- **Intimacy with the Lord – More of God's Presence**
- **New Prayer Life**
- **God's Work & Others Given Priority**



A misty forest scene with tall, thin trees. A person is visible in the lower center, holding a flashlight that illuminates the surrounding mist. The overall atmosphere is serene and contemplative.

# PRACTICES OF A HEALTHY CHRISTIAN

f a s t i n g   i s   f e a s t i n g



**September 22, 2022**  
**At Bridge Community Church**  
**7 pm In the sanctuary**

**Time of fasting, prayer, anointing for healing**

**Fast 1, 2, or 3 meals for Thursday in preparation**

# Questions

## FASTING – Purposes of Fasting

- F Fully Embracing Grief in Suffering & Sin  
Nehemiah 9:1-3; Esther 4:13-17
- A Asking for Understanding in God's Word and Will  
Daniel 9:1-19; 10:1-3; Ezra 8:21-23
- S Selfless – Less of Self  
Leviticus 16:29-31; 23:27-32
- T Triumphal Victory Over Sin, Satan, Temptation and Demons  
Matthew 4:1-11; Luke 4:1-13
- I Intimacy with The Lord – More of God's Presence  
Joel 2:12-19; Lk 2:36-38; Ac 9:1-19
- N New prayer life  
Ezra 8:21-23; Matthew 6:16-18
- G God's Work & Others Given Priority  
Acts 13:1-3; Is. 58:1-14; 2 Corin 6:3-10

## Questions (continued)

F Fully Embracing Grief in Suffering & Sin  
Nehemiah 9:1-3; Esther 4:13-17

What do you think is the enhancing influence of fasting upon our degree of mourning or grieving over either sin or suffering in our lives or the lives of others?

What is the relationship between fasting, instruction from the Word, confession of sin, and praising or worshiping the Lord in Nehemiah 9:1-3?



## Questions (continued)

A            Asking for Understanding in God's Word and Will  
Daniel 9:1-19; 10:1-3; Ezra 8:21-23

Ezra fasted before approaching God for direction, as did Jesus and His disciples (see Ezra 8:21-23; Mt 4:2; 6:16-18). How might fasting help you to know God's answer for an important decision you are facing?

S            Selfless – Less of Self  
Leviticus 16:29-31; 23:27-32

Pastor Randy shared how the Hebrew word for "afflicted" or "humbled" is the same word as found in Leviticus 16:29-31 and Psalm 35:13. How does fasting help you to be humble? How does "afflicting" your soul bring about good for your spiritual life? What will be the effect of dependence upon the Lord from a time of fasting?

## Questions (continued)

T           Triumphal Victory Over Sin, Satan, Temptation and Demons  
Matthew 4:1-11; Luke 4:1-13

How do you think fasting helps you in overcoming temptations (Matthew 4:1-11)? How does fasting relate to the subject of self-control in these passages: 1 Corinthians 9:24-27; 2 Peter 1:6; Gal 5:23; 1 Peter 1:13; Titus 2:2?

What did Jesus “feast” on in the wilderness to overcome the temptations He faced? How could you begin to do the same thing in your life?

## Questions (continued)

I Intimacy with The Lord – More of God's Presence  
Joel 2:12-19; Lk 2:36-38; Ac 9:1-19

What is the link between humbling yourself by fasting and then experiencing more of His presence?

In what ways do you think that our country and our churches need the blessing that can come from fasting like Joel 2:12-19 describes?

N New prayer life  
Ezra 8:21-23; Matthew 6:16-18

In prayer, what do you find to be the most challenging element? How do you think fasting would help you in your prayer life? (Ezra 8:21-23)



## Questions (continued)

G      God's Work & Others Given Priority  
Acts 13:1-3; Is. 58:1-14; 2 Corin 6:3-10

Why is it important to fast before starting a new work or ministry or making a big decision in your life?

### Concluding Questions:

In what other areas of your life, do you think fasting might have a positive effect?

In fasting, what do you think is more difficult, the spiritual aspects of fasting or the physical aspects of fasting?

Why don't more people today practice fasting?

How could you begin the practice of fasting more in your own life?