



#BE A SACRIFICE

UNDERSTANDING THE POWER OF A
TRUE SACRIFICIAL FAST

LET'S BEGIN BY READING:

- **ISAIAH 58:1-7**
- **MATTHEW 6:16 –18**
- **MATTHEW 9:14 - 17**

WHAT FASTING IS...

WHAT FASTING IS...

FASTING OVERALL IS A PRIVATE
MATTER.

IT IS ABOUT YOU AND GOD.



WHAT FASTING IS...

WE ARE PULLED IN VARIOUS DIRECTIONS EVERY DAY. FASTING IS A DECISION TO PUSH OURSELVES TOWARD GOD.



WHAT FASTING IS...

SCRIPTURE NEVER EXPLICITLY GIVES THE PURPOSE OF FASTING.

SCRIPTURES GIVE EXAMPLES ITS USE:

To express an emotion (lamentation or mourning)

To petition God for direction, wisdom and favor.



WHAT FASTING IS...

FASTING IS ENCOURAGED BY JESUS
(*'WHEN YOU FAST...'* MATT.6:16),
WHO ALSO FASTED AT TIMES.

IT IS PROVED YET AGAIN TO BE A
PRIVATE MATTER BY THE FACT THAT
THOSE MOMENTS ARE NOT SHARED
IN SCRIPTURE.



WHAT FASTING IS...

FASTING IS AN OUTWARD
EXPRESSION THAT PRODUCES
INWARD GROWTH.



WHAT FASTING IS...

FASTING IS MEANT FOR CERTAIN SPIRIT-LED TIMES (ALTHOUGH WE MAY NOT ALWAYS REALIZE IT).

THIS CAN BE ROUTINELY OR SPORADICALLY (OR BOTH).



**WHAT FASTING
IS NOT...**

WHAT FASTING IS NOT...

FASTING IS NOT OUTDATED.



WHAT FASTING IS NOT...

FASTING IS NOT SELFISH OR SELF-SEEKING.



WHAT FASTING IS NOT...

FASTING IS NOT A PUBLIC SHOW OF
RELIGIOUSNESS.



**HOW DO I FAST
WITH POWER?...**



HOW DO I FAST WITH POWER?...

**“POWER” COMES DIFFERENTLY
THROUGH GOD THAN THE
WORLD.**

**IT REQUIRES US TO GO LOWER
TO COME OUT HIGHER.**

***JAMES 4:10 - HUMBLE YOURSELVES BEFORE
THE LORD, AND HE WILL LIFT YOU UP.***



HOW DO I FAST WITH POWER?...

**WITH HUMILITY, BE REPENTANT
AND SELFLESS. GOD SEEMS
MORE FOCUSED ON OUR WHY
AND OUR ACTIONS DURING A
FAST THAN ABOUT THE ACTUAL
DENIALS.**

*ISAIAH 58:3B - "I WILL TELL YOU WHY [I
REJECT YOUR FASTS]!" I RESPOND. "IT'S
BECAUSE YOU ARE FASTING TO PLEASE
YOURSELVES..."*



HOW DO I FAST WITH POWER?...

BE A SACRIFICE!

**WHAT WOULD HAPPEN IF WE
TREATED OUR FASTS AS A TIME OF
TRULY BEING A LIVING SACRIFICE-
PUTTING DOWN OUR OWN WILLS
FOR HIS WILL?**

ROMANS 12:1: AND SO, DEAR BROTHERS AND SISTERS, I PLEAD WITH YOU TO GIVE YOUR BODIES TO GOD BECAUSE OF ALL HE HAS DONE FOR YOU. LET THEM BE A LIVING AND HOLY SACRIFICE—THE KIND HE WILL FIND ACCEPTABLE. THIS IS TRULY THE WAY TO WORSHIP HIM.



HOW DO I FAST WITH POWER?...

**BE INTENTIONAL TO SHOW
GOD'S LOVE IN ALL ASPECTS OF
YOUR LIFE. FORGIVE OTHERS
AND RECEIVE HIS FORGIVENESS.**

(2 CHRONICLES 7:14)

*ISAIAH 58:4 - WHAT GOOD IS FASTING
WHEN YOU KEEP ON FIGHTING AND
QUARRELING? THIS KIND OF FASTING
WILL NEVER GET YOU ANYWHERE WITH ME.*



HOW DO I FAST WITH POWER?...

BE PRAYERFULLY LED ON YOUR
DENIAL AND STICK TO IT.

BE FAITHFUL TO YOUR
COMMITMENT.

MATTHEW 4:4 - THEN JESUS WAS LED BY THE SPIRIT INTO THE WILDERNESS TO BE TEMPTED THERE BY THE DEVIL. FOR FORTY DAYS AND FORTY NIGHTS HE FASTED AND BECAME VERY HUNGRY.



HOW DO I FAST WITH POWER?...

**BE OPEN TO WHAT GOD REVEALS TO
YOU AND REQUESTS OF YOU.**

*ISAIAH 58:6-7 "NO, THIS IS THE KIND OF FASTING I
WANT: FREE THOSE WHO ARE WRONGLY
IMPRISONED; LIGHTEN THE BURDEN OF THOSE
WHO WORK FOR YOU. LET THE OPPRESSED GO
FREE, AND REMOVE THE CHAINS THAT BIND
PEOPLE.*

*SHARE YOUR FOOD WITH THE HUNGRY, AND GIVE
SHELTER TO THE HOMELESS. GIVE CLOTHES TO
THOSE WHO NEED THEM, AND DO NOT HIDE
FROM RELATIVES WHO NEED YOUR HELP."*

QUESTIONS?... LET'S DISCUSS!

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