



## Beyond The Sermon

A Sermon Application Guide

### Title: The Power of Fasting (Spiritual Disciplines pt 1)

This guide is designed to offer a simple tool for those wanting to take the next step with Sunday's message. You can print this guide to study on your own, or use it in a group and experience transformation together.

#### Message Theme & Prayer Focus

All In

Connecting With God Through Prayer and Fasting

*"Father God, thank you for listening to my every prayer. Thank you for desiring to spend time with me no matter how I may be feeling or acting. You are a good good father that cherishes time spent with me. God, you keep your promises and you are speaking to me. As I spend time with you this week, would you continue to make yourself known to me. I love you Lord, Amen."*

#### Key Truths

##### Types of Visions:

Night Visions: Dreams

Closed Vision: Your eyes are closed

Open Vision: With your eyes open

Fasting doesn't change God, it connects us to God by changing us. What does biblical fasting look like? Our body is the house that our spirit lives in and we must discipline it. Our spirit needs to take dominion over our body. If our body had its way we would eat what we want, say what we want, watch what we want, and ultimately fall into unhealthy choices, patterns, and problems. But when we fast, our spirit rises up. We can connect with God and seek wisdom, making the right choices.

To lay out a different definition of prayer than what we might be thinking, it is simply connecting with God. This is not just talking but giving him time and space to respond as well. Prayer looks like meditating with God, over His word, His promises, and His faithfulness. Prayer looks like resisting the enemy. Prayer is an ongoing conversation with God. We were created for God's pleasure. When it was just Adam and Eve on the earth, they had nothing to complain about, yet they talked to God constantly, building relationship with Him. Any time something comes up, we should first be asking 'what does the word say?' Instead of complaining in prayer, we should

bring God's word to Him and hold the solution of the problem out, standing in faith that God sticks to his promises.

## **Practical Application**

You are encouraged to participate with fasting however you see fit for yourself.

There are several types of fasting mentioned in the Bible. Some of them are; full fasting, where you don't eat food and all you drink is water. There is a Daniel fast, or a partial fast, that consists of sticking to fruits, vegetables, grains, legumes, nuts, and seeds. Another type of fasting mentioned is intermittent fasting where typically one meal would be skipped during the day.

If fasting from food isn't not something you are able to do, there is fasting from things like social media or the news.

## **Key Verses**

- Isaiah 58:5-9
- 1 Thessalonians 5:23
- James 1:21
- Isaiah 58:5-9, 26:3
- 1 Thessalonians 5:23
- James 1:21
- 2 Corinthians 5:17
- 1 Corinthians 9:27
- James 2:26
- Daniel 10:2-3
- Revelation 4:11
- Proverbs 25:2
- Genesis 5:21-24
- Matthew 22:37
- Psalms 1:1-2
- Joshua 1:8
- Mark 16:20

## **Declarations**

Declare out loud - *"I know that a relationship with God takes time, attention, and effort. I will be more intentional to not only speak God's promises but also take time to listen to Him. God is not far away, mad at me, or inactive. He is present where I am, he is proud of me, he loves me, and he is speaking to me."*

## What's Next?

Now it's time to write down anything the Lord has spoken to you. Praise Him, Thank Him and ask the Holy Spirit to help you walk this out.

## Scripture References

### The Power of Fasting

**Matthew 6:17-18 NKJV** ...when you fast...but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

**1 Thessalonians 5:23 NKJV** Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body...

**James 1:21 KJV** ...and receive with meekness the engrafted word, which is able to save your souls.

**2 Corinthians 5:17 NKJV** Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

**Isaiah 58:5 NKJV** Is it a fast that I have chosen, A day for a man to afflict his soul?

**Isaiah 58:6 KJV** "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?

**Isaiah 58:7 NKJV** Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh?

**Isaiah 58:7-9 NKJV** ...And not hide yourself from your own flesh? Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the Lord shall be your rear guard. Then you shall call, and the Lord will answer; You shall cry, and He will say, 'Here I am.'

**1 Corinthians 9:27 NKJV** But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

**2 Corinthians 12:1-6 NKJV REF.** It is doubtless not profitable for me to boast. I will come to visions and revelations of the Lord: I know a man in Christ who fourteen years ago—whether in the body I do not know, or whether out of the body I do not know, God knows—such a one was caught up to the third heaven. And I know such a man—whether in the body or out of the body I do not know, God knows— how he was caught up into Paradise and heard inexpressible words, which it is not lawful for a man to utter. Of such a one I will boast; yet of myself I will not boast, except in my infirmities. For though I might desire to boast, I will not be a fool; for I will speak the truth. But I refrain, lest anyone should think of me above what he sees me *to be* or hears from me.

**James 2:26 NKJV** ...For as the body without the spirit is dead...

**1 Corinthians 9:27 NKJV** But I discipline my body and bring it into subjection...

**Psalms 119:25 NKJV** My soul clings to the dust...

**Daniel 10:2-3 NKJV** In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

**Acts 10:9-11 NKJV REF** The next day, as they went on their journey and drew near the city, Peter went up on the housetop to pray, about [a]the sixth hour. Then he became very hungry and wanted to eat; but while they made ready, he fell into a trance and saw heaven opened and an object like a great sheet bound at the four corners, descending to him and let down to the earth.

**Genesis 3:8 NKJV REF** And they heard the [a]sound of the Lord God walking in the garden in the [b]cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden.

**Revelation 4:11 KJV** ...for thy pleasure they are and were created.

**Proverbs 25:2 NKJV** ...the glory of God to conceal a matter, But the glory of kings is to search out a matter.

**Genesis 5:21-24 NKJV** Enoch lived sixty-five years, and begot Methuselah. After he begot Methuselah, Enoch walked with God three hundred years, and had sons and daughters. So all the days of Enoch were three hundred and sixty-five years. And Enoch walked with God; and he was not, for God took him.

**Matthew 22:37 NKJV** Jesus said to him, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.’

**Psalms 1:1-2 NKJV** Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the Lord, And in His law he meditates day and night.

**Joshua 1:8 KJV** This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night...

**Isaiah 26:3 NKJV** You will keep him in perfect peace, Whose mind is stayed on You...

**Isaiah 43:26 NKJV** Put Me in remembrance...

**Mark 16:20 NKJV** ...confirming the word through the accompanying signs.