

“BIBLICAL FASTING”
MATTHEW 17:14-31; ISAIAH 58:1-14

I. THE PURPOSE OF FASTING

-From Matthew 17:14-21-

A. The Initial Purpose

-To prepare oneself to see a mighty work of God and then glorify Him when that work is completed.

B. The Residual Purpose

1. To Deny Self of Physical Satisfaction
2. To Build Ones Personal Faith
3. To See God do the Impossible

ILLUSTRATION:

II. THE PROSPECT OF FASTING

-From Isaiah 58:1-14-

A. The Pattern of an Improper Fast – Vss. 2-5

1. Formalistic Religious Activity – Vss. 2,3
2. Fleshly Personal Activity – Vss. 4,5

B. The Pattern of a Proper Fast – Vss. 6-14

-The text actually shows the result of a proper fast.

1. The Removal of Physical Burdens of Others – Vs. 6
2. The Care of the Needy – Vs. 7
3. The Reception of Spiritual Strength and Provision – Vs. 8
4. The Realization of Answered Prayer – Vs. 9a
5. The Guidance and Refreshment of the Lord – Vss. 11
6. The Strength to Rebuild and Revive – Vs. 12
7. The Honoring and Blessing of God – Vss. 13,14

ILLUSTRATION:

III. THE PREPARATION FOR FASTING

Fasting involves approaching God in order to see Him do great things. Thus proper preparation is a necessity.

A. Personal Examination – Psalm 139:23,24

B. Personal Confession – 1 John 1:9

C. Personal Repentance – Revelation 2:5

D. Personal Privacy – Matthew 6:18

E. Personal Prayer and Supplication – Philippians 4:6,7

ILLUSTRATION:

APPLICATION/ CONCLUSION:

Biblical fasting is for the serious minded mature Christian who means business with God. Does that describe YOU?