Sermon Series: Fasting and Prayer

Week #3: Guidelines for Fasting

Matthew 6:16-18

February 4, 2018

A.M. Service

Last week I gave you 3 points about What is Fasting:

1. Fasting is voluntarily giving something up to spend time with God.

2. Fasting is submitting your will to God’s will.

3. Fasting is giving up your rights for God’s rights.

Guidelines for Fasting:

Matthew 6:16-18

Definition for fasting for our series: Fasting is a voluntary abstaining from something for a specified period of time to specifically seek God and to grow spiritually.

1. Fasting is not to be done Hypocritically.

Arthur Wallis said that “when the Pharisees fasted heaven looked the other way.”

2. Fasting is to be done Privately.

3. Fasting is to be done Purposefully.

Kingsley Fletcher said: “Fasting is not a tool to twist the arm of God so that He will give you exactly what you want. Fasting has a spiritual purpose, and that purpose is to get the flesh out of the way so that the Spirit of God can move in your life.”

Fast Challenge: Give up something that you like this week (favorite drink, favorite food, favorite tv show, etc).

1. As you pray and seek God’s face and will in your life this week, ask God to move in your life and grow you spiritually.

2. This week live in such a way that there is no question you are a child of God (not living hypocritical), fast with a real purpose in seeking God’s face and His will in your life and His church.