



#danielfast17

Why Fast?

To worship God.

Luke 2:37

37 She never left the temple but worshiped night and day, fasting and praying.

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Why Fast?

To worship God.

Philippians 3:18

What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ

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Why Fast?

Reveals things that controls us.

James 3:2

2We all stumble in many ways. Anyone who is never without fault in what they say is perfect, able to control their own body.

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Why Fast?

Helps us tune into God's voice.

John 10:27

My sheep hear my voice and I know them and they follow me.

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Why Fast?

Reminds us who provides for us.

James 1:7

Every good and perfect gift is from above, coming down from the Father.

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Why Fast?

Reminds us who provides for us.

Colossians 1:17

In Christ- all things hold together. Col 1:17

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What a fast is NOT....

It is not a diet.

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What a Fast is NOT.

A bargaining tool.

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Fasting and motives

Richard Foster

“ How easy it is to take something like fasting and try to use it to get God to do what we want. At times there is such stress upon the blessings and benefits of fasting that we would be tempted to believe that with a little fast we could have the world, including God eating out of our hands ”

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Tips to a successful Fast

- Put God first.
- Decide what you are going to do.
- Be prepared.
- Be part of the community.

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Love God

with your whole being!

Luke 10:27

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”

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Love God

with your whole being!

Psalm 63:1

**You, God, are my God,
earnestly I seek you;
I thirst for you, my whole being longs for you, in a dry
and parched land
where there is no water.**

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Love God

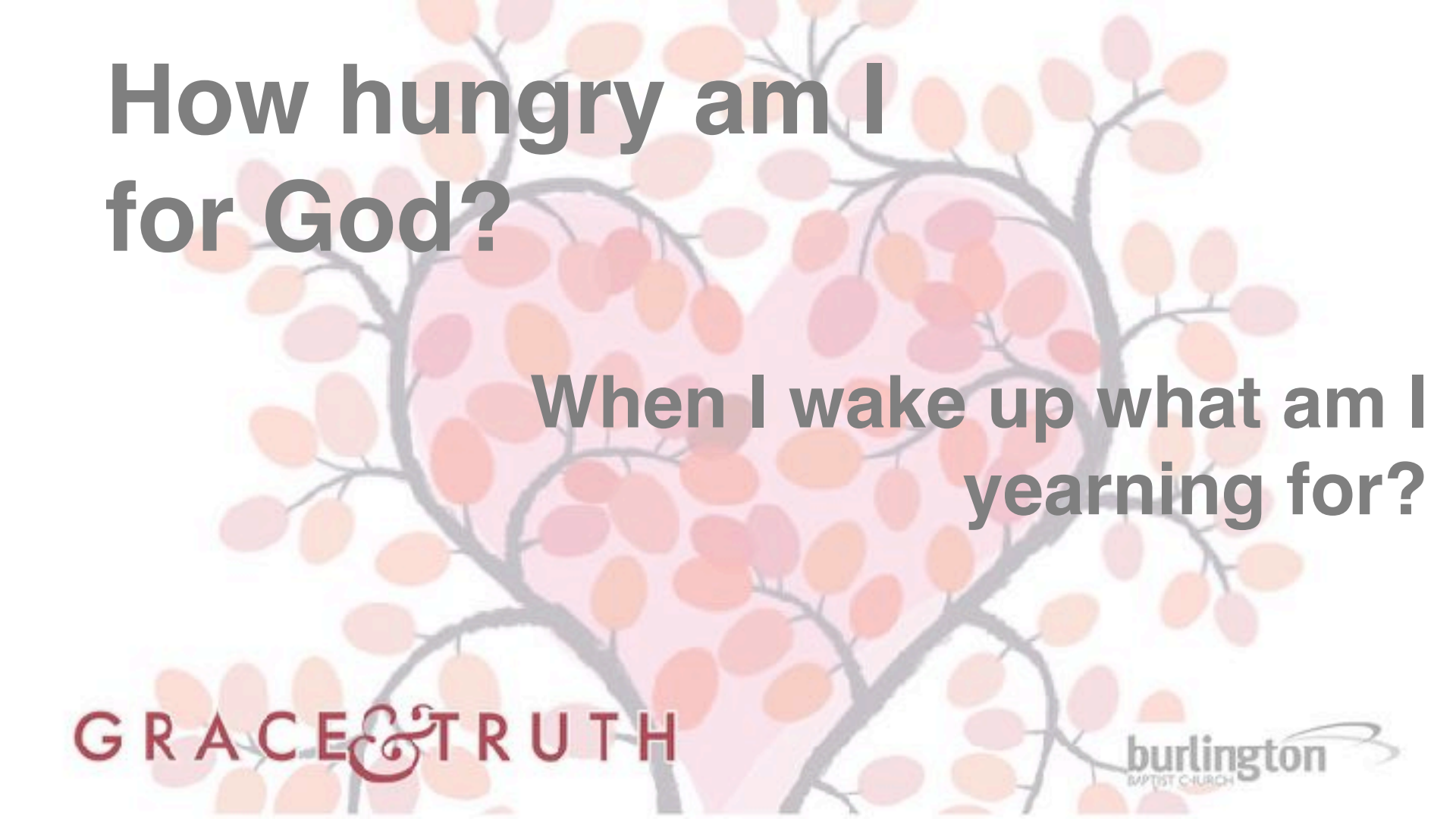
with your whole being!

Psalm 42;1-2

**As the deer pants for streams of water,
so my soul pants for you, my God.
My soul thirsts for God, for the living God.
When can I go and meet with God?**

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**How hungry am I
for God?**

**When I wake up what am I
yearning for?**

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**If I am not hungry
for God**

**then I cannot be satisfied
by God**

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If I am not empty ...

then I can't be filled!

Jeremiah 29:13

**You will seek me and find me when you seek me with
all your heart.**

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If I am not empty ...

then I can't be filled!

Psalm 107:8-9

Let them give thanks to the Lord for his unfailing love
and his wonderful deeds for mankind,
for he satisfies the thirsty
and fills the hungry with good things.

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Quote

John Piper

“

If you don't feel strong desires for the manifestation of the glory of God, it is not because you have drunk deeply and are satisfied. It is because you have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great

”

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How do you get hungry?

1. You fast

Acts 14:23

Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

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How do you get hungry?

2. You pray

John 6:44

No one can come to me unless the Father who sent me draws them, and I will raise them up at the last day.

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How do you get hungry?

3. You connect

Hebrews 10:24-25

And let us consider how we may spur one another on towards love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another – and all the more as you see the Day approaching.

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How do you get hungry?

4. You pursue / persist

Psalm 34:8

Taste and see that the Lord is good;

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