

# When You Fast



- Think of a reason for fasting.
- Share it with the person next to you.
- If the reasons are good ones, would that motivate you to fast?

## Why Fast?

1. to experience the power of God in personal ministry
2. for prophetic revelation of the End Times
3. for the fulfilment of God's promises to our city or nation
4. to stop a crisis
5. for protection
6. for direction
7. for encounter and intimacy with God

# 1. Fasting is an invitation

<sup>17</sup> But when you fast, put oil on your head and wash your face, <sup>18</sup> so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6:17-18



... and your Father, who sees what is done in secret, will reward you.

- Giving/ Serving Mt 6:4
- Praying Mt 6:6
- Fasting from food Mt 6:18

1. Fasting is an invitation
2. Fasting is a paradox

The paradox of fasting is that as we experience weakness in our flesh, we are strengthened in our spirit.

Mike Bickle



1. Fasting is an invitation
2. Fasting is a paradox
3. Fasting is a grace

Grace<sup>nth</sup>

Grace and peace be multiplied to  
you in the knowledge of God and  
of Jesus our Lord;

2 Peter 1:2



1. Fasting is an invitation

2. Fasting is a paradox

3. Fasting is a grace

4. Fasting is humbling

- Blessing/ Forgiving your  
'enemies' Mt 5:44; 6:14





1. Fasting is an invitation
2. Fasting is a paradox
3. Fasting is a grace
4. Fasting is humbling
5. Fasting is worship

... offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.

Romans 12:1



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when i fast.....

