



“DESPERATE FOR DELIVERANCE Pt. 2”

WHAT IS FASTING?

- The word “fast” is derived from the Hebrew term *tsom*, which refers to the practice of self-denial.
- Fasting is a Christian’s **voluntary** abstinence or denial from food, media, recreation, etc. for spiritual purposes.

WHAT DOES FASTING DO?

- IT GETS GOD’S ATTENTION
- IT ACCESSES GOD’S SUPERNATURAL POWER
- BRINGS YOU CLOSER TO GOD
- HUMBLER YOU

WHAT FASTING IS NOT?

- It is not a sign of greater spirituality-Luke 18:9-18
- It is not a magic formula guaranteeing an answer-2 Samuel 12:15-17

WHEN FASTING WON’T WORK- Isaiah 58:3-5

IMPROPER REASONS/MOTIVES

- To fulfill selfish desires and ambitions
- To attempt to manipulate God
- To elevate one’s status or personal agenda

IMPROPER MANNER

- Fasting while intentionally continuing in sin
- Fasting while continuing to pursue selfish desires in pleasures and business
- Fasting while harboring improper, and ungodly attitudes
- Fasting while promoting or continuing injustice, oppression, or impropriety

WHEN TO FAST

- In time of battle and confrontation-Judges 20:19-28
- In times of repentance from backsliding-1 Samuel 7:2-7
- In times of personal sorrow or loss-2 Samuel 1:12
- When we need help-2 Chronicles 20:2-4
- When we need wisdom-Acts 13:2-3
- When we need special anointing or dedication-Matthew 4:2

HOW SHOULD WE FAST?

- With humility-Ezra 8:21
- With urgency-Daniel 10:3
- With scripture-Jeremiah 36:6
- With others-Esther 4:16
- With a focus on pleasing God alone-Matthew 6:16-18