

“How To Have A Fruitful Fast”

- 2 Chronicles 20:3, 4
- Daniel 10:1, 2
- Luke 2:37
- Acts 13:2
- Ezra 8:23
- Matthew 9:14
- Matthew 6:16, 17
- 2 Corinthians 11:27
- Esther 4:16
- Luke 8:10-14
- Matthew 9:15

1. **F** = Be _____.

The right focus of fasting is:

- › To draw near to God.
- › To seek God’s Kingdom advance.
- › To break strongholds of flesh and darkness.
- › To bring God’s discipline to your spirit, soul and body.
- › To participate in the corporate seeking of God in response to a call.
- › To tenderize and sensitize your heart to the Holy Spirit’s conviction
- › To bring new levels of humility, brokenness, consecration and surrender to your life.

2. **A** = _____ God’s activity.

Hebrews 11:6 (NIV) **And without faith it is impossible to please God, because anyone who comes to Him must believe that He exists and that He rewards those who earnestly seek Him.**

3. **S** = _____ yourself with _____.

Matthew 4:4 (NIV) **Jesus answered, “It is written: ‘Man does not live on bread alone, but on every word that comes from the mouth of God.’”**

Matthew 8:8 (NIV) **The centurion replied, “Lord, I do not deserve to have You come under my roof. But just say the word, and my servant will be healed.”**

Matthew 8:16 (NIV) **When evening came, many who were demon-possessed were brought to Him, and He drove out the spirits with a word and healed all the sick.**

John 15:3 (NIV) **You are already clean because of the word I have spoken to you.**

Hebrews 4:12 (NIV) **For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.**

2 Timothy 3:16, 17 (NIV) **All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.**

4. **T** = _____ your insights into actions.

Isaiah 58:3-10 (NIV) **“Why have we fasted,” they say, “and you have not seen it? Why have we humbled ourselves, and you have not noticed?” Yet on the day of your fasting, you do as you please and exploit all your workers. Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high. Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one’s head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD? Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? Is it not to share your food with the hungry and to provide the poor wanderer with shelter — when you see the naked, to clothe him, and not to turn away from your own flesh and blood? Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard. Then you will call, and the LORD will answer; you will cry for help, and He will say: Here am I. If you do away with the yoke of oppression, with the pointing finger and malicious talk, and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.**