

First!

Part 4

*"I'm in a hurry to get things done
I rush and rush until life's no fun.
All I really gotta do is live and die,
But I'm in a hurry and don't know why."
Alabama*

B _____ 2 B _____

--- Matthew 6 ---

Prayer...

- Get a _____
- Get alone
- Get _____

--- Matthew 6: 16-18 ---

Fasting brings...

1. _____
2. _____
3. Transformation
4. _____

God is not looking for volunteers, He is looking for conscripts!

If you do not already know of the power and importance of fasting, here are some very important facts:

Fasting was an expected discipline in both the Old and New Testament eras. For example, Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "when you fast," not if you fast.

- Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.
- Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13; Ezra 8:21). King David said, "I humble myself through fasting."
- Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life. The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!
- Fasting can transform your prayer life into a richer and more personal experience.
- Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.
- Fasting and prayer are the only disciplines that fulfill the requirements of II Chronicles 7:14 – *"If My people, who are called by My name, will humble (fast) themselves and pray and seek My face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land."*

(Fasting thoughts from Dr. Bill Bright – Campus Crusade for Christ International)