

FASTING FORWARD

Brad Driedger

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SOMETIMES THE BEST WAY TO GET HUNGRY IS TO BE HUNGRY

“Fasting is whole body hungering for God.” - John Piper

“Fasting is “body talk,” a way of praying with your body – God, I hunger for you, I want you, I need you.”

- Scot McKnight

1. FASTING IS A WAY TO OFFER OUR WHOLE LIFE TO GOD

Romans 12:1 (NIV)

Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

FASTING IS NOT PRIMARILY ABOUT GETTING SOMETHING FROM GOD >> IT’S ABOUT GIVING SOMETHING TO GOD!

Matthew 4:1–4 (NLT)

Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil. ² For forty days and forty nights he fasted and became very hungry. ³ During that time the devil came and said to him, “If you are the Son of God, tell these stones to become loaves of bread.” ⁴ But Jesus told him, “No! The Scriptures say, ‘People do not live by bread alone, but by every word that comes from the mouth of God.’”

TRUE LIFE COMES FROM GOD’S LEADING AND EMPOWERMENT

2. FASTING IS A WAY TO AMPLIFY OUR PRAYERS

FASTING IS A WAY TO HEAR GOD AND BE HEARD BY GOD

- **TO HEAR GOD**

Acts 13:2–3 (NLT)

² One day as these men were worshiping the Lord and fasting, the Holy Spirit said, “Appoint Barnabas and Saul for the special work to which I have called them.” ³ So after more fasting and prayer, the men laid their hands on them and sent them on their way.

2 Chronicles 20:3–4 (NLT)

³ Jehoshaphat was terrified by this news and begged the LORD for guidance. He also ordered everyone in Judah to begin fasting. ⁴ So people from all the towns of Judah came to Jerusalem to seek the LORD's help.

2 Chronicles 20:15 (NLT)

He said, "Listen, all you people of Judah and Jerusalem! Listen, King Jehoshaphat! This is what the LORD says: Do not be afraid! Don't be discouraged by this mighty army, for the battle is not yours, but God's.

FASTING HELPS PREPARE OUR MIND AND BODY FOR HEARING GOD

Studies show:

- Fasting increases the blood flow to your brain, causing you to be more alert and aware; compared to eating, which causes blood to flow to your digestive system
- Fasting increases neuroplasticity - the ability for your brain to make new neural connections.
- Fasting is proven to decrease the neurotransmitters that signal anxiety and depression, and increase those that elevate calm and a sense of well-being.

● TO BE HEARD BY GOD

GOD RESPONDS TO PRAYER AND FASTING!

Jonah 3:4–5 (NLT)

⁴ On the day Jonah entered the city, he shouted to the crowds: "Forty days from now Nineveh will be destroyed!" ⁵ The people of Nineveh believed God's message, and from the greatest to the least, they declared a fast and put on burlap to show their sorrow.

Jonah 3:10 (NLT)

When God saw what they had done and how they had put a stop to their evil ways, he changed his mind and did not carry out the destruction he had threatened.

FASTING SHOULD INCLUDE A HEART OF HUMILITY AND REPENTANCE

"Man's change of heart (in other words repentance) makes it morally possible for God to behave differently towards him, yet acting consistently with his holy character and principles." - Arthur Wallis

Jeremiah 29:13 (NIV)

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