

## Fasting Forward Part 2

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### Numbers 11:4–6 (NLT)

<sup>4</sup> Then the foreign rabble who were traveling with the Israelites began to crave the good things of Egypt. And the people of Israel also began to complain. “Oh, for some meat!” they exclaimed. <sup>5</sup> “We remember the fish we used to eat for free in Egypt. And we had all the cucumbers, melons, leeks, onions, and garlic we wanted. <sup>6</sup> But now our appetites are gone. All we ever see is this manna!”

GOD WAS TRYING TO TEACH THE ISRAELITES DEPENDANCE ON HIM & OBEDIENCE TO HIS WAYS

### Deuteronomy 8:1–20 (NLT)

“Be careful to obey all the commands I am giving you today. Then you will live and multiply, and you will enter and occupy the land the LORD swore to give your ancestors. <sup>2</sup> Remember how the LORD your God led you through the wilderness for these forty years, humbling you and testing you to prove your character, and to find out whether or not you would obey his commands. <sup>3</sup> Yes, he humbled you by letting you go hungry and then feeding you with manna, a food previously unknown to you and your ancestors. He did it to teach you that people do not live by bread alone; rather, we live by every word that comes from the mouth of the LORD. <sup>4</sup> For all these forty years your clothes didn’t wear out, and your feet didn’t blister or swell. <sup>5</sup> Think about it: Just as a parent disciplines a child, the LORD your God disciplines you for your own good.

<sup>6</sup> “So obey the commands of the LORD your God by walking in his ways and fearing him. <sup>7</sup> For the LORD your God is bringing you into a good land of flowing streams and pools of water, with fountains and springs that gush out in the valleys and hills. <sup>8</sup> It is a land of wheat and barley; of grapevines, fig trees, and pomegranates; of olive oil and honey. <sup>9</sup> It is a land where food is plentiful and nothing is lacking. It is a land where iron is as common as stone, and copper is abundant in the hills. <sup>10</sup> When you have eaten your fill, be sure to praise the LORD your God for the good land he has given you. <sup>11</sup> “But that is the time to be careful! Beware that in your plenty you do not forget the LORD your God and disobey his commands, regulations, and decrees that I am giving you today. <sup>12</sup> For when you have become full and prosperous and have built fine homes to live in, <sup>13</sup> and when your flocks and herds have become very large and your silver and gold have multiplied along with everything else, be careful! <sup>14</sup> Do not become proud at that time and forget the LORD your God, who rescued you from slavery in the land of Egypt. <sup>15</sup> Do not forget that he led you through the great and terrifying wilderness with its poisonous snakes and scorpions, where it was so hot and dry. He gave you water from the rock! <sup>16</sup> He fed you with manna in the wilderness, a food unknown to your ancestors. He did this to humble you and test you for your own good. <sup>17</sup> He did all this so you would never say to yourself, ‘I have achieved this wealth with my own strength and energy.’ <sup>18</sup> Remember the LORD your God. He is the one who gives you power to be successful, in order to fulfill the covenant he confirmed to your ancestors with an oath. <sup>19</sup> “But I assure you of this: If you ever forget the LORD your God and follow other gods, worshiping and bowing down to them, you will certainly be destroyed. <sup>20</sup> Just as the LORD has destroyed other nations in your path, you also will be destroyed if you refuse to obey the LORD your God.

## 1. GOD WANTS US TO DEPEND ON HIM!

“More than any other discipline fasting reveals the things that control us.” — Richard Foster

FASTING REVEALS WHAT WE ARE MOST HUNGRY FOR & WHERE WE FIND OUR DEEPEST SATISFACTION

ONLY GOD HAS TRUE NURISHMENT FOR THE CRAVINGS HE BUILT US WITH

### **John 6:33–35 (NLT)**

<sup>33</sup> The true bread of God is the one who comes down from heaven and gives life to the world.” <sup>34</sup> “Sir,” they said, “give us that bread every day.” <sup>35</sup> Jesus replied, “I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

DON'T SETTLE FOR LESS THAN THE BREAD THAT QUENCHES OUR HUNGER AND THIRST FOREVER

### **Job 23:12b**

I have treasured the words of his mouth more than my daily bread.

WHETHER WE ARE IN A WILDERNESS OR A PROMISED LAND — WE WILL NOT BE SATISFIED WITHOUT HIM

### **Isaiah 55:1–2 (NIV)**

“Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Come, buy wine and milk without money and without cost. <sup>2</sup> Why spend money on what is not bread, and your labor on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare.

“The only reason we don't have revival is because we are willing to live without it!” — Leonard Ravenhill

## 2. GOD WANTS US TO GROW IN OBEDIENCE

### **Deuteronomy 8:6**

“So obey the commands of the LORD your God by walking in his ways and fearing him.

### **Deuteronomy 8:11**

“But that is the time to be careful! Beware that in your plenty you do not forget the LORD your God and disobey his commands, regulations, and decrees that I am giving you today.

### **Romans 7:15 (NLT)**

I don't really understand myself, for I want to do what is right, but I don't do it. Instead, I do what I hate.

FASTING IS A WAY TO FEED YOUR SPIRIT AND STARVE YOUR FLESH

- IT WEANS US OFF OF THE “PLEASURE PRINCIPLE”
- IT REVEALS WHAT’S IN OUR HEART
- IT RE-ORDERS OUR DESIRES
- IT DRAWS ON THE POWER OF GOD TO OVERCOME SIN

**2 Corinthians 12:8–10 (NLT)**

Three different times I begged the Lord to take it away. <sup>9</sup> Each time he said, “My grace is all you need. My power works best in weakness.” So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. <sup>10</sup> That’s why I take pleasure in my weaknesses, and in the insults, hardships, persecutions, and troubles that I suffer for Christ. For when I am weak, then I am strong.