

# 2017 - BUILDING THROUGH FASTING

Jan 1st, 2017

## I. Matt 9:14-17 - Fasting

### A. Timing - First Means Dedication

1. 21 day fasting “period” - Flexible in what you do
  - a) No food, no water
  - b) No food, water only
  - c) Certain foods or drinks
  - d) No Social Media, TV, Electronics, video Games

### B. Corporate - Support

### C. Purpose - Internal Focus

1. Job 23:12 I have treasured the words of His mouth More than my necessary food.
2. CLEAR TARGET - Prayer focus. Without a vision (a clear, prophetic prayer goal), the people perish. Write down your vision, so you can run with it

### D. V15 - Required? - They “will” fast

1. Opposition - Crucify the flesh
  - a) Body is Detoxing - Expect some physical discomforts
  - b) During a fast, four major areas of the body are going through a detoxification process:
    - (1) The bowels/colon/large intestines, kidneys, lungs, skin

### E. V15 - Paradigm Shift in Fasting

1. Old Covenant - Represented sadness, bondage and sorrow, loss
  - a) Matt 6:16-18 - 16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.
  - b) Is 58:5 AMP 5 Is such a fast as yours what I have chosen, a day for a man to humble himself with sorrow in his soul? [Is true fasting merely mechanical?] Is it only to bow down his head like a bulrush and to spread sackcloth and ashes under him [to

indicate a condition of heart that he does not have]?' Will you call this a fast and an acceptable day to the Lord?

2. New Covenant - Bridegroom and Friends of the bridegroom represent joy & celebration
  - a) Is 58:6-12 AMP

## II. Matt 9:16-17 - Fasting context - Old vs. New; Past vs. Future

A. Cloth - New cloth over a hole attached to old cloth would pull away from the old cloth and make a bigger hole than before.

1. Amos 3:3 3 Can two walk together, unless they are agreed?

B. Wineskins - New wineskins for the fermentation process

1. Old wineskins — become fragile and begin lose flexibility.

- a) Young - VERY flexible in thinking, almost to a fault, lack commitment
- b) Old - Can lose flexibility, almost to a fault, lack

2. Isa 43:18-19 18 "Do not remember the former things, Nor consider the things of old. 19 Behold, I will do a new thing, Now it shall spring forth; Shall you not know it? I will even make a road in the wilderness And rivers in the desert.

## III. Matt 16:19 - Building the Church/Kingdom

A. 1 Cor 3:9 NKJ V 9 For we are God's fellow workers; you are God's field, you are God's building.

B. 1 Cor 3:9 AMP (joint promoters, laborers together) with and for God;

C. Eph 2:19-22 NKJ V 19 Now, therefore, you are no longer strangers and foreigners, but fellow citizens with the saints and members of the household of God, 20 having been built on the foundation of the apostles and prophets, Jesus Christ Himself being the chief cornerstone, 21 in whom the whole building, being fitted together, grows into a holy temple in the Lord, 22 in whom you also are being built together for a dwelling place of God in the Spirit.