

THE SECRET SAUCE - PRAYER AND FASTING

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YouTube Link: <http://bit.ly/TheSecretSauceYouTube>

I. **INTRO:**

- A. **Secret Sauce** - Webster - An element, quality, ability, or practice that makes something or someone successful or distinctive

II. **Matt 6:5-18**

- A. V5 & V16 - "When" you pray and fast - Not "if"

III. **What is fasting? What it is not?**

- A. Not merely going w/out food for a period of time (starving, deprivation)
- B. Not something done by a bunch of religious fanatics
- C. Not limited to special occasions

IV. **What fasting is? - Types of Fasts:**

- A. Absolute fast – No food or water.
- B. Normal fast – No food but water allowed
- C. Partial fast – Abstaining from some foods or drinks and things.
- D. Abstaining from certain things: TV, Video Games, time, etc.

1. **Biblically fasting is refraining from food for a spiritual purpose.**

- a) **Matt 4:4** "Man shall not live by bread alone but by every Word that proceeds out of the mouth of God".

E. **Fasting helps reveal Lordship**

- 1. **Gal 5:24** 24 And those who are Christ's have crucified the flesh with its passions and desires.
- 2. **Rom 8:8** 8 So then, those who are in the flesh cannot please God.
- 3. **Rom 8:13-14** - Live controlled by the flesh vs. the Spirit; Death vs. Life

F. **Fasting is about a purpose**

- 1. It's not about what you move AWAY from but it is about what you move TOWARDS!
- 2. **Matt 5:6** 6 Blessed are those who hunger and thirst for righteousness, for they shall be filled.

- a) **Blessed** - Happy, fortunate, favored
- b) **Hunger** - To crave or to seek with eager desire
- c) **Thirst** - To have a strong desire to attain some goal, because of an existing lack.
- d) **Filled** – to eat to the point of being satisfied; gorge, fill full

- 3. **Job 23:12** 12 I have not departed from the commandment of His lips; I have treasured the words of His mouth more than my necessary food.

V. **3 keys to Prayer and Fasting - V5-6 & V16-18**

A. **DEVOTION** - Do not be like the hypocrites

- 1. **Hypocrites** - *hupokrites* - One who pretends to be other than who they really are; An actor under an assumed character; stage player
 - a) A person who professes beliefs and opinions that he or she does not hold in order to conceal his or her real feelings or motives.
