### THE SECRET SAUCE - PRAYER AND FASTING

# Chad Everett | The Roads Church | Dec 29, 2019 YouTube Link: http://bit.ly/TheSecretSauceYouTube

### I. INTRO:

A. <u>Secret Sauce</u> - *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, depravation)
- 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

- 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. <u>Matt 5:6</u> 6 Blessed are those who hunger and thirst for righteousness, for they shall be filled.
  - a) Blessed Happy, fortunate, favored
  - b) <u>Hunger</u> 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. <u>DEVOTION</u> - Do not be like the hypocrites

- 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.

- 2. **1 John 1:8** 8 If we say that we have no sin, we deceive ourselves, and the truth is not in us.
- 3. **Ps 51:6** 6 Behold, You desire truth in the inward parts, And in the hidden part You will make me to know wisdom.
- 4. Acts 26:16-18 Open our eyes

## B. <u>DIRECTION</u> - Pray/Fast to God and not to men

- Gal 1:10 NLT 10 Obviously, I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant.
- 2. John 12:42-43 43 for they loved the praise of men more than the praise of God.
- 3. <u>Col 3:23-24</u> 23 And whatever you do, do it heartily, as to the Lord and not to men, 24 knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ.

# C. <u>DISCRETION</u> - Pray/Fast in secret

- 1. Secret kryptos Not known by the public but known by an in-group or those involved
- 2. Openly phaneros Clearly known or revealed, visible, evident, plain and clear
  - a) Private discipline produces public rewards
- 3. C.S. Lewis "Integrity is doing the right thing when no one is watching."
- 4. <u>Heb 11:6</u> 6 But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

## VI. APPLICATION:

- A. What are you willing to say no to so that you can say yes to something bigger?
- B. What areas of your life are you living like a pretender?
- C. Do you have a VERTICAL focus or a HORIZONTAL focus?

  D. What can you change about your life privately that will have an impact openly?

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