

HANDOUT

Fast Part 1 – Fast Food

Blessed are those who hunger and thirst for righteousness, for they will be filled. -- Matthew 5:6

I. Fast Food

Most of the world eats for survival. But as Australians we eat when we feel...

• T**IR**ED • ST**RE**SSED • TE**M**PTED • BO**R**ED • SA**D**

II. What is Fasting?

Fasting is... refraining from **PHYSICAL** food for a **SPIRITUAL** purpose

*“Fasting has always been a normal part of a relationship with God. When you eliminate food from your diet for a number of days, **your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God.**”* -- Jentezen Franklin

Fasting is NOT....

DIETING (about weight loss)

SUPER SPIRITUAL (for monks in a cave)

OPTIONAL for a Christ follower (see Matt 6:16-17)

III. Types of Fasts

Biblical Fasting has been a **secret source of power** in the lives of men & women of Faith down through the ages!

- **ABSOLUTE fast** Esther 4:16 (Esther) • Acts 9:9 (Paul)
- **SUPERNATURAL fast** Exod 34:28 (Moses) • Matt 4:1-11 (Jesus)
- **PARTIAL fast** Daniel 1:12 (Daniel) • Daniel 10:3

IV. The Daniel Fast

• The Resolve

Dan. 1:8 But Daniel resolved not to defile himself with the royal **FOOD** and **WINE...**

• The Replacement

Dan. 1:12 “Please test your servants... Give us nothing but **VEGETABLES** to eat and **WATER** to drink.”

• The Results

Dan. 1:15 At the end of the ten days they looked **HEALTHIER** and better nourished than any of the young men who ate the royal food.

Dan 1:17 ...And Daniel could understand **VISIONS** and **DREAMS** of all kinds.

Challenge:

Will you consider the Daniel Fast (or an alternative) for 21 days at the beginning of 2012?

Will you join us this week for a 2 day Fast to focus on: