

## The Spiritual Benefits Of Fasting 40 Days of Prayer—Week 6

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1 Chronicles 14:8-11 – <sup>8</sup>When the Philistines heard that David had been anointed king over all Israel, all the Philistines went up in search of David; and David heard of it and went out against them. <sup>9</sup>Now the Philistines had come and made a raid in the valley of Rephaim. <sup>10</sup>David inquired of God, saying, “Shall I go up against the Philistines? And will You give them into my hand?” Then the Lord said to him, “Go up, for I will give them into your hand.” <sup>11</sup>So they came up to Baal-perazim, and David defeated them there; and David said, “God has broken through my enemies by my hand, like the breakthrough of waters.” Therefore they named that place Baal-perazim. (NASB)

2 Chronicles 20:1-4 – <sup>1</sup>After this, the Moabites and Ammonites, together with some of the Meunites, came to fight against Jehoshaphat. <sup>2</sup>People came and told Jehoshaphat, “A vast number from beyond the Dead Sea and from Edom has come to fight against you; they are already in Hazazon-tamar” (that is, En-gedi). <sup>3</sup>Jehoshaphat was afraid, and he resolved to seek the Lord. Then he proclaimed a fast for all Judah, <sup>4</sup>who gathered to seek the Lord. They even came from all the cities of Judah to seek him. (CSB)

I. Fasting has **spiritual benefits**.

A. Fasting will give you a **hunger** for spiritual things

Matthew 5:6 – Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. (NASB)

B. Fasting will **expand** your view of God.

1 Corinthians 9:26-27 – <sup>26</sup>Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; <sup>27</sup>but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified. (NASB)

1 Timothy 4:7-8 – <sup>7</sup>Do not waste time arguing over godless ideas and old wives' tales. Instead, train yourself to be godly. <sup>8</sup>"Physical training is good, but training for godliness is much better, promising benefits in this life and in the life to come." (NLT)

Matthew 6:22-23 – <sup>22</sup>"The eye is the lamp of the body; so then if your eye is clear, your whole body will be full of light. <sup>23</sup>But if your eye is bad, your whole body will be full of darkness. If then the light that is in you is darkness, how great is the darkness! (NASB)

Matthew 6:16-18 – <sup>16</sup>"Whenever you fast, do not put on a gloomy face as the hypocrites do, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. <sup>17</sup>But you, when you fast, anoint your head and wash your face <sup>18</sup>so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees what is done in secret will reward you. (NASB)

II. The **practice** of fasting for spiritual growth.

A. Start **small** at first.

B. **Plan** what you'll do instead of eating, or whatever you've chosen

to fast.

C. How will it **affect** others around you?

D. Try **different** kinds of fasting.

Thought For The Week:

Fasting allows you to **feast** on the presence of God.

Todd Hitchcock - Bethel Baptist Church October 14, 2018 Message Notes

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