

FASTING FOR BREAKTHROUGH

MARK 9:28-29 | ERIC SIMPSON | SEPTEMBER 27, 2020

"...our culture is mostly driven by two questions: How do I feel? What do I want? These are the mechanisms that drive twenty-first-century civilization. Fasting is one of God's great tools for reorienting our longings away from the flesh and back toward God. All of us have deeply engraved patterns, dopamine-reward mechanisms, and neural pathways centered around a need for physical satisfaction. Fasting breaks these default connections and reorients us toward a great food: intimacy with and enjoyment of God." – Jon Tyson

Mark 9:16-18

¹⁶ "What are you arguing with them about?" he asked. ¹⁷ A man in the crowd answered, "Teacher, I brought you my son, who is possessed by a spirit that has robbed him of speech. ¹⁸ Whenever it seizes him, it throws him to the ground. He foams at the mouth, gnashes his teeth and becomes rigid. I asked your disciples to drive out the spirit, but they could not."

Mark 9:28-29

²⁸ And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" ²⁹ So He said to them, "This kind can come out by nothing but prayer and fasting."

**"Fasting is a desperate measure, for desperate times, among those who know themselves desperate for God."
– David Mathis**

- **Moses** enters into a 40 day fast on Mt. Sinai as he received the 10 commandments. (Exodus 34)
- **Esther** fasts and asks the Jews to fast for her as she prepares to approach the king. (Esther 4)
- **David** fasted and fell on his face after being confronted by Nathan about his sin. (2 Samuel 12)
- **Anna**, the prophetess, lived in the temple where she was fasting and praying and worshiping when Mary and Joseph brought Jesus to the temple to be dedicated. (Luke 2)
- **Jesus** fasted for 40 days after his baptism, battling Satan's tactics in the desert. (Matthew 4)
- **The church in Antioch** is fasting and worshiping when the Holy Spirit speaks to the group about setting apart Barnabas and Saul for the work of taking the Gospel into other geographic areas. (Acts 13)
- **The Sermon on the Mount**, Jesus said—"when you give to the needy...when you pray...when you fast." (Matthew 6)

fasting = refraining from food for a spiritual purpose

- Fasting to get to know God more
- Fasting for wisdom on a decision
- Fasting for a breakthrough on a sin pattern
- Fasting for strength in the midst of a battle you're facing
- Fasting for more focused prayer around a situation you're in

The refraining from food brings an opportunity to redirect the use of our time.

AND

The refraining from food works the muscles of self-denial—trains us not to become a slave to our appetites.

"More than any other discipline, fasting reveals the things that control us...we cover up what is inside us with food and other good things." – Richard Foster

2 Chronicles 7:14

If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

At 7:14 each day, pause and pray—Lord Jesus, I give everything and everyone to you.