



Rock Church

Pastor Miles McPherson

GOD'S FAST – 21 Day Fast

January 8, 2023

In the [broadcast message](#), Pastor Miles discusses the freedoms gained and fruitful results of fasting as he relays that God has something for you, but you have to go get it by prayer and fasting.

WHAT GOD WANTS TO DO IN YOU (Isaiah 58:6-7):

1. **Bring freedom from what enslaves you.** Identify one thing you know is wrong (cursing, gossiping, having anger issues, what you watch online, what you eat or know shouldn't be put in your body, etc.) and if you feel led, share what it is you will stop doing during this fast.
2. **Bring freedom for what is enslaved by you.** Some of you are holding on to something (having to be right, wanting to be first, having to be heard, unforgiveness). Think about something that has a hold on you and pray about how you can let it go.
3. **Bring freedom from what enslaves those God brings to you.** Our goal is to be more like Christ. The more you can separate yourself from that which ties you down, the more aware you can become of what God is showing you. Pray about having more discernment and how to respond and react in all situations.

THEN... (Isaiah 58:8)

- A. **Jesus' light will shine from you.** Ask the Lord to prepare your heart, to show you whom you should reach out to, so your vision can be heightened (going up to a homeless person, talking with someone you need to forgive, serving in your community, etc.).
- B. **Jesus' power will flow through you.** Know that you already have God's power in your life. This week, practice praying for someone who is sick or has a need.
- C. **Jesus' character will be built in you.** God already has your back. His Spirit lives within you and speaks to you often. Set aside time to listen to a worship song or hymn and allow the words to resonate and marinate your soul.
- D. **Jesus' protection will be around you.** When you call on Him, He is already there and knows your every need. Pray for your continued protection from the lies and tactics of the enemy by removing or staying away from those things that distract you.

=> => => Is Your Group Continuing This Year?

[CLICK HERE to let us know \(if you haven't already\)!](#)

This Week's Bible Readings & Book Overview Videos

Genesis 18-40: <https://bibleproject.com/explore/video/genesis-12-50/>

Proverbs 1-2: <https://bibleproject.com/explore/video/proverbs/>

This Month's Memory Verse - Isaiah 58:8

"Then your light shall break forth like the morning, Your healing shall spring forth speedily, and your righteousness shall go before you; The glory of the LORD shall be your rear guard."