

# DIALED IN



THE FAST LANE / Mark 9:25-29

Miles McPherson / January 07, 2018

**WHAT IS FASTING?** An act of self-denial for a specific period of time for a specific purpose.

**WHY FAST?** The flesh must be crucified! Galatians 5:24.  
1 Corinthians 11:24-28 says that Paul “fasted often.”

**WHY FOOD?** What is the first thing to give you ‘attitude’ if withheld from you?

## REASONS TO FAST:

- **IN TIMES OF WAR:** *Judges 20:26*
- **REPENTANCE:** *Jonah 3:5*
- **WHEN FACING DANGER:** *Ezra 8:21,23*
- **COURAGE AND WISDOM:** *Esther 4:3,16; 9:31*
- **IN TIMES OF GRIEF:** *1 Samuel 31:13*
- **IN TIMES OF DISTRESS:** *2 Samuel 1:12*
- **ULTIMATE DENIAL OF THE FLESH:** *Matthew 4:2*
- **SPIRITUAL POWER:** *Mark 9:29*
- **WISDOM:** *Acts 14:23*
- **SET ASIDE SELF FOR HOLINESS:** *1 Corinthians 7:5*
- **ANSWERED PRAYER:** *Acts 10:30-31*
- **MOURNING:** *Daniel 10:1-3*
- **SPECIAL REVELATION:** *Exodus 34:27-28*
- **SPIRITUAL RECUPERATION:** *1 Kings 19:1-9*
- **ULTIMATE REASON** – *To be more like Jesus*

## FAST PLAN:

**1. Establish goals:** Identify a desired spiritual breakthrough.

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*Example: addressing anger problem or addiction or committing to spiritual disciplines*

**2. Establish a time and place to meet with God.** *1 Samuel 3:1-10*

Time:\_\_\_\_\_ Place:\_\_\_\_\_

**3. Establish a diet and determine when and what you will eat or drink.**

**4. Establish an accountability prayer partner.**\_\_\_\_\_

**5. Avoid negative people.**

*1 Corinthians 15:33 "Evil company corrupts good habits."*

## FASTING TIPS:

Avoid people as much as possible.

*1 Corinthians 15:33 "Evil company corrupts good habits."*

Avoid meals with groups of people.

Spend as much time alone in prayer and solitude.

Explain to your family in advance what you are doing.

Request privacy from those who do find out.

Ask them not to discuss it until your fast is over.

## Asking Jesus into your life is as easy as A-B-C

### Gospel A-B-C's

Father, I **A**dmit that I am a sinner and that my sin has brought death and destruction into my life, my relationships with people, and my relationship with God. **Romans 3:23, 6:23**

I **B**elieve that Jesus died for my sins and that His death paid the penalty for my sins.  
**Romans 5:8**

I **C**onfess or agree that Jesus is Lord, that He died and rose from the dead, and is able to forgive me of my sins. **Romans 10:9-10**

Jesus, I trust that You love me and can hear my prayer. By faith, I ask You to please forgive me and fill me with the Holy Spirit. I surrender my life to You. I pray this in Jesus' name. Amen.

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**IF YOU JUST PRAYED TO ACCEPT JESUS' INVITATION INTO A RELATIONSHIP, TEXT "SAVED" TO 52525.**