

# THE FAST LANE



Mark 9:29; Matthew 6:16-18

January 5, 2020 | Pastor Miles McPherson

**January Memory Verse:** Mark 9:29 - So He said to them, "This kind can come out by nothing but prayer and fasting."

1. Fasting \_\_\_\_\_ me from my dependencies.

Fasting = An act of self-denial for a specific period of \_\_\_\_\_ for a specific \_\_\_\_\_.

## Why 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: I Kings 19:1-9

2. Fasting makes me more like \_\_\_\_\_.

3. Fasting makes room for more time with God and \_\_\_\_\_  
from God.

*For more information about fasting, visit [sdrock.com/fast](http://sdrock.com/fast)*

### **Time with God**

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

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

Location: \_\_\_\_\_

Length of Time: \_\_\_\_\_

## **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 understood that prayer and prayed to accept Jesus'  
invitation into a relationship, text "SAVED" to 52525.**