

Title: Fast & Furious

Text: Luke 2:36-38

Target: A new year resolution is not always about starting something new, it is just as much about stopping something old.

- I. **The Desire in Fasting:** *Then the disciples of John came to him, saying, “why do we and the Pharisees fast, but your disciples do not fast?”* (Matthew 9:14)
 - A. **Recognizing His Absence:** *Can the wedding guests mourn as long as the bridegroom is with them?* (Matthew 9:15a)
 - B. **Longing for His Presence:** *The days will come when the bridegroom is taken away from them, and then they will fast.* (Matthew 9:15b)
- II. **The Direction in Fasting: Not commanded, but compelled!**
 - A. **The Mindset in Fasting:** *And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces so that their fasting may be seen by others...* (Matthew 6:16-18)
 - B. **The Metaphysical in Fasting:** *I will not be dominated by anything.* (1 Cor. 6:12)
 - C. **The Mental Clarity of Fasting:** *O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.* (Psalm 63:1)
 - **Time with God:** Mark 1:35
 - **Seek God:** Matthew 4:4
 - **Hear from God:** 1 Samuel 3:10
- III. **The Different types of Fasting:** *As a deer pants for flowing streams, so pants my soul for you! My soul thirsts for God, for the living God* (Psalm 42:1-2)
 - A. **Complete Fast:** Drink only liquids, abstain from all food. (Ex. Jesus, Moses...)
 - B. **Selective Fast:** Removing certain elements from your diet. (Ex. Daniel fast)
 - C. **Partial Fast:** Abstaining from eat during a certain time such as sunup to sundown.
 - D. **Soul Fast:** Removing distractions such as TV, social media, streaming, etc.
- IV. **The Deliverance because of Fasting:** *Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?* (Isaiah 58:6)
 - A. **Believing for Victory:** (2 Chronicles 20:3)
 - B. **Believing for Breakthrough:** (Mark 9:29)
 - C. **Believing for Revival:** (Nehemiah 1:4)
 - D. **Believing for a Miracle:** (2 Samuel 12:16)
 - E. **Believing for Wisdom:** (Daniel 9:3)
 - F. **Believing for Success:** (Esther 4:16)

Takeaway: Your circumstances may or may not change, but you will never be the same.

