

II. THE HEAVENLY DISCIPLINE OF...FEASTING

John 2:23

Now while he **was in Jerusalem at the Passover Feast**, many people saw the miraculous signs he was doing and believed in his name.

Luke 7:34

The Son of Man came eating and drinking, and you say, "Here is a glutton and a drunkard, a friend of tax collectors and 'sinners.'"

Ecclesiastes 10:19

A **feast** is made for laughter...

Romans 12:13

When God's children are in need, be the one to help them out. And get into the habit of inviting guests home for dinner...

Luke 13:29

People will come from east and west and north and south, and will take their places at the **feast** in the kingdom of God.

Revelation 19:9

Then the angel said to me, "Write: '**Blessed are those who are invited to the wedding supper of the Lamb!**'" And he added, "These are the true words of God."

Isaiah 25:6-9

...a **feast** of rich food, a **feast** of well-aged wine, of rich food full of marrow, of aged wine well refined...It will be said on that day, "Behold, this is our God! We have waited for him, that he might save us. The is the Lord! We have waited for him. Let us be glad and rejoice in his salvation!"

CONCLUSION

HEAVENLY DISCIPLINES OF THE OPEN HEART **FASTING & FEASTING**

Abstaining from the Natural and Anticipating the Supernatural

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INTRODUCTION

Spiritual Disciplines:

Activities we do by the power of God's Spirit which enable us to become different on the inside so that the things we could not previously do for Christ we now can do.

I. THE HEAVENLY DISCIPLINE OF...FASTING

A. What Fasting Is...

Fasting:

The act of abstaining from food for a spiritual purpose or goal.

The Goal:

To seek God for open hearts and open heavens—for a fuller measure of His purposes, power and provision for your life and the life of others.

Those Who Have Fasted....

In Your Bible:
Matthew 6:2,5,16,17
(Page 960 in the Pew Bible)

B. Kinds of Fast...

1) _____ Fasts

ABOLUTE FAST
Ezra 10:6b

While he was there, **he ate no food and drank no water**, because he continued to mourn over the unfaithfulness of the exiles.

NORMAL FAST
Luke 4:1-2

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, 2 where for forty days he was tempted by the devil. **He ate nothing** during those days, and at the end of them he was hungry.

PARTIAL FAST/OTHER THAN FOOD FAST
Daniel 10:2-3

At that time I, Daniel, mourned for three weeks. 3 I ate **no choice food; no meat or wine** touched my lips; and I used **no lotions** at all until the three weeks were over.

2) _____ Fasts

Joel 2:15

Blow the trumpet in Zion; **sanctify a fast; call a solemn assembly; gather the people.**

C. Why God Works So Powerfully Through Fasting to Open Hearts and Open Heaven...

Fasting is Intimately Connected To:

1) _____ Before God

Psalm 34:13
I...**humbled** myself with fasting.

2) _____ To God

Ezra 8:23
So we fasted and **petitioned our God** about this, and he answered our **prayer**.

3) _____ From God

Acts 13:2-3
While they were worshiping the Lord and fasting, **the Holy Spirit said**, "Set apart for me Barnabas and Saul for the work to which I have called them." 3 So after they had fasted and prayed, they placed their hands on them and sent them off.

4) _____ With God

Isaiah 58:6-8

Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke? 7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter — when you see the naked, to clothe him, and not to turn away from your own flesh and blood? 8 Then your light will **break forth** like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the Lord will be your rear guard.