



# UNLEASHED

REPURPOSING OUR RESOURCES - RELEASING OUR POTENTIAL

**ACCESSING SUPERNATURAL  
RESOURCES**

# MATTHEW 6:16-18

*“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.*

UNLEASHED



*“But **when you fast**, put oil on your head and wash your face, so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, **will reward you.**”*

UNLEASHED

# NOT IF, BUT WHEN...

~ MATTHEW 6:4,6 & 18

- ◆ **When You Give:** *Your Father...will reward you.*
- ◆ **When You Pray:** *Your Father...will reward you.*
- ◆ **When You Fast:** *Your Father...will reward you.*

UNLEASHED



# FASTING FACTS

- ◆ Fasting only had spiritual value as it was connected to prayer.
- ◆ The only fast commanded in Scripture was connected to the Day of Atonement.
- ◆ The normal fast commenced at sunrise and concluded at sunset.

UNLEASHED

# FASTING FACTS

♦ Fasting had three main objectives:

- 1) To draw God's attention to the person fasting.
- 2) To fast vicariously on behalf of another.
- 3) To prove genuine penitence.

UNLEASHED



# FASTING FACTS

- ◆ Fasting, because it carried such high ideals and great potential, was always **vulnerable to misuse.**
- ◆ God-pleasing fasting was always linked with a **pure heart and humble obedience.**

*“Is not this the kind of fasting I have chosen?”*

~ISAIAH 58:6

UNLEASHED

# FASTING FACTS

- ◆ The validity of fasting as a sign of atonement ceased when Jesus made the **once-for-all sacrifice on the cross.** (HEBREWS 10:10)
- ◆ Fasting, therefore, is an entirely non-compulsory, voluntary act, **not a spiritual duty** to be regularly observed.
- ◆ Though not compulsory, **Jesus assumed we would fast.**

UNLEASHED



# WHY FASTING?

1

IT PRODUCES

*Self-Discipline*

Though never to stand alone, self-denial and the practice of a spiritual discipline are values of the Kingdom Life; reminders that we **belong to Another** and are not living to please ourselves.

UNLEASHED

# WHY FASTING?

# 2

## IT PREVENTS

*Earthly Enslavement*

God's greatest adversaries are his gifts. Because we drift into worship of the gifts instead of the Giver, fasting forces us to put those gifts back in their proper place.

UNLEASHED



# WHY FASTING?

# 3

## IT PROMOTES

*Spiritual Breakthroughs*

Historically, God has been pleased to make prayer and fasting the launching pad for missional endeavors that have changed the course of world history.

UNLEASHED

# WHY FASTING?

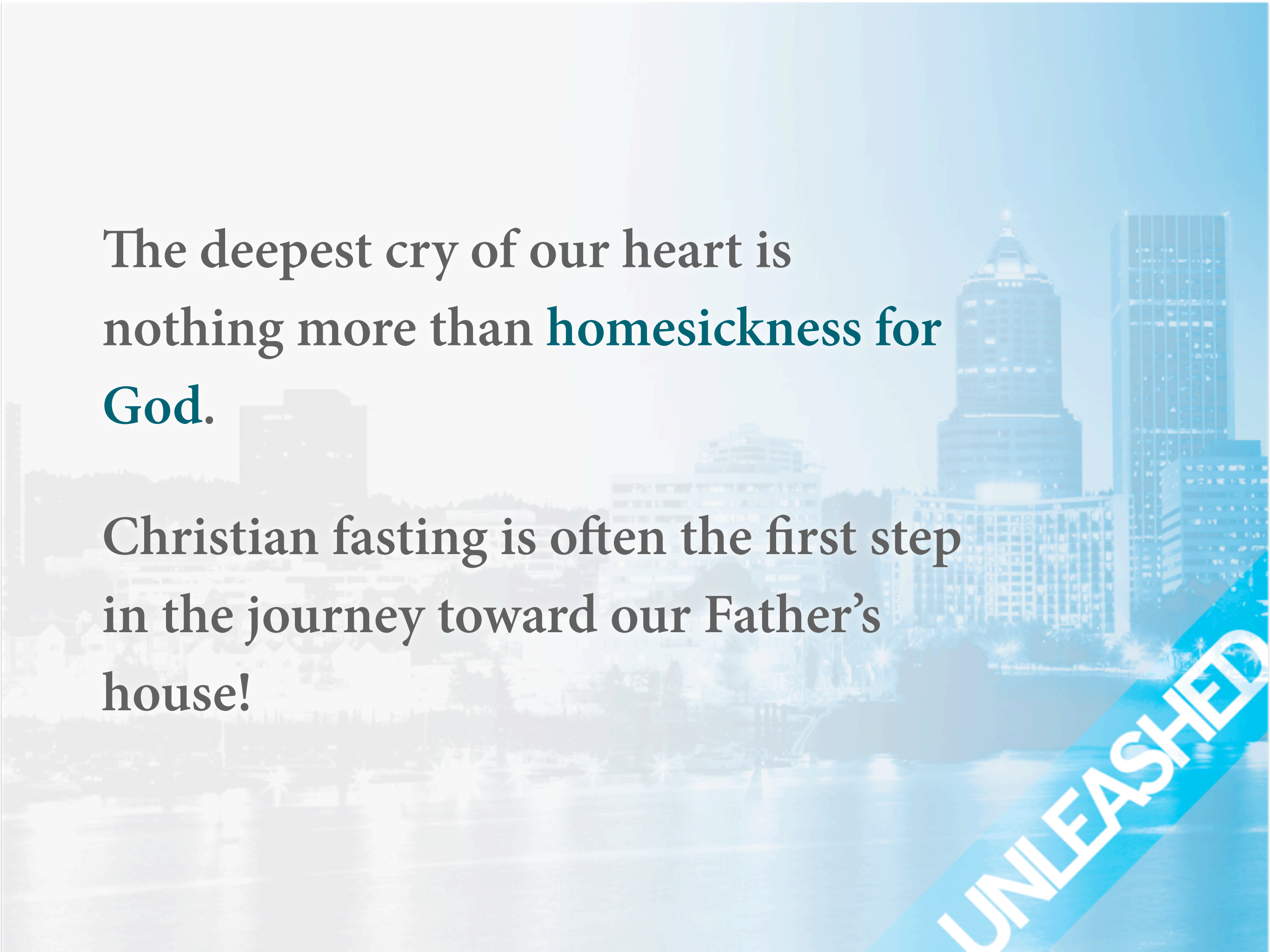
## 4 IT PROMPTS

### *Divine Favor*

True fasting is born out of and cultivates even greater hunger for God. The richest reward of fasting is no **earthly result**, but an **eternal relationship** with God that deepens day-by-day.

UNLEASHED





The deepest cry of our heart is  
nothing more than **homesickness for  
God.**

Christian fasting is often the first step  
in the journey toward our Father's  
house!

**UNLEASHED**