

RESET

21 DAYS OF PRAYER & FASTING

RESET YOUR DEVOTION

Matthew 6:16 – 18; 9:14 – 15, Acts 13:2

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MESSAGE NOTES

Fasting is giving up food (or something else) for a period of time in order to focus on God in prayer.

And when you fast, do not look gloomy like the hypocrites, for they disfigure their faces that their fasting may be seen by others. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. — Matthew 6:16 – 18 (ESV)

- Jesus expects His followers to fast.
- When you fast, fast for God not for show.

... that your fasting may not be seen by others but by your Father who is in secret. And your Father who sees in secret will reward you. — Matthew 6:18 (ESV)

- **When you fast, God will reward you.**

... but I buffet my body, and bring it into bondage: lest by any means, after that I have preached to others, I myself should be rejected. — 1 Corinthians 9:27 (ASV)

- When properly motivated, fasting demonstrates faith and commitment to God and leads to a deeper relationship with Him.

Biblical reasons for fasting:

- To hear from God

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." — Acts 13:2 (ESV)

- To intercede for others

But I, when they were sick — I wore sackcloth; I afflicted myself with fasting; I prayed with head bowed on my chest. — Psalm 35:13 (ESV)

- As an act of repentance

Announce a time of fasting; call the people together for a solemn meeting. Bring the leaders and all the people of the land into the Temple of the Lord your God, and cry out to Him there. — Joel 1:14 (NLT)

- For strength and direction

And when they had appointed elders for them in every church, with prayer and fasting they committed them to the Lord in whom they had believed. — Acts 14:23 (ESV)



- As an act of worship

... She did not depart from the temple, worshipping with fasting and prayer night and day. — Luke 2:37 (ESV)

Fasting Tips:

- Focus on Jesus when you fast.

Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast, but Your disciples do not fast?” And Jesus said to them, “Can the wedding guests mourn as long as the bridegroom is with them? The days will come when the bridegroom is taken away from them, and then they will fast.” — Matthew 9:14 – 15 (ESV)

- Don't be legalistic.
- Fasting is a way to feast on the goodness of God.

DISCUSSION QUESTIONS

- Discussion Starter: If you had one word to describe what you hope to experience in 2023 what would it be and why?
- What key truth did you take away from the teaching this Sunday?
- Read Acts 13:2 and discuss the different ways that the Holy Spirit leads us as we seek Him.
- What might you give up for our “21 Days of Fasting and Prayer” to help lead you into a deeper relationship with God? Share what you are fasting from and why?
- Interceding for someone in prayer is a powerful ministry. Who might be someone that God would lead you to do battle for in prayer?
- Why do you think fasting is not a very common practice among Christ followers today when we have so many examples of people fasting in the Bible?
- If fasting is a way to feast on the goodness of God, how does the act of giving up something with a heart of prayer help connect us to God's fullness?