

FIT FAITH

Soul Training for His GLORY!

FASTING: BEING HUNGRY FOR GOD

Fasting is about being hungry
for the [Presence of God!](#)



Prayerful Goal for this workshop: HUNGER!

VISION! TO SEE GOD & PLEASE GOD.

³ Why, when we fasted, did You not see? When we starved our bodies, did You pay no heed? Because on your fast day you see to your business and oppress all your laborers!

⁴ Because you fast in strife and contention, and you strike with a wicked fist! Your fasting today is not such as to make your voice heard on high.

⁵ Is such the fast I desire, a day for men to starve their bodies? Is it bowing the head like a bulrush and lying in sackcloth and ashes? Do you call that a fast, a day when Adonai is favorable?

⁶ No, this is the fast I desire: To unlock the fetters of wickedness, and untie the cords of the yoke to let the oppressed go free; to break off every yoke.

⁷ It is to share your bread with the hungry, and to take the wretched poor into your home; when you see the naked, to clothe him, and not to ignore your own kin."

FIRST THE NATURAL...THEN THE SPIRITUAL

Early disclosure: this workshop will be neither a 'to do' or 'how to' fast focus.

But we'll do a quick Bible dig before we jump in.

- Clearly encouraged in both OT and the NT
- Jesus fasted.
- Disciples fasted (but not as the Pharisees)
- Early church fasted

AFFLICTING THE SOUL – mind, will and emotions are affected

Deuteronomy 6:5 And you must love the LORD your God with all your heart, all your soul, and all your strength. (Jesus in Matthew 22:37)

Paul said this about his body: But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified. (1 Cor 9:27)

FIRST THE NATURAL...continued

[International House of Prayer advice](#)

[21 weeks of Fasting video series](#)

[Daniel Fast](#)

STAYING HUNGRY...

The roads to

HEaven

and

HEll

Start out looking the same....

FOCUS matters.





JEREMIAH 29:13 NIV

You will seek me and find me when you seek me with all your heart.

Goals & Desires

God has goals for us:

2 Peter 1:5-7

When we seek His goals, He gives us desires that will achieve those goals.

Those desires are a good 'to do' list.

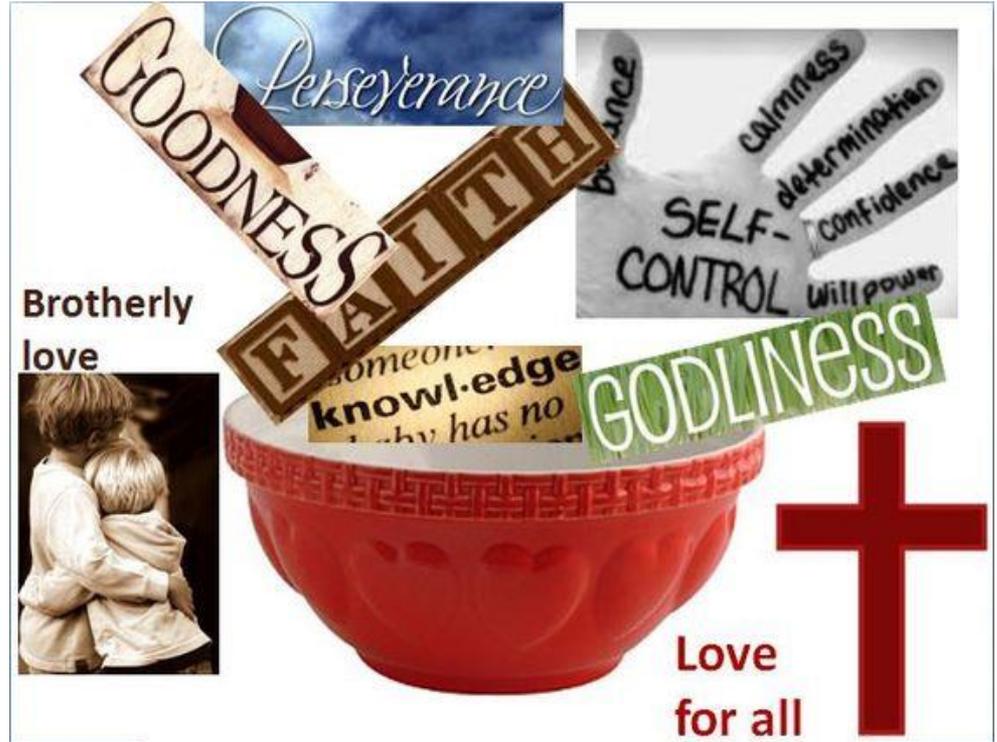


God's Goals

CHARACTER

Fruitful Growth in the Faith

⁵ But also for this very reason, giving all diligence, add to your faith virtue, to virtue knowledge, ⁶ to knowledge self-control, to self-control perseverance, to perseverance godliness, ⁷ to godliness brotherly kindness, and to brotherly kindness love.



DESIRES of doing

Taking God's goals and seeking to see the opportunities in our lives where HE is working keeps us on focus...keeps us aiming at HIS HEART. So, from 2 Peter, consider:

Where is God working on:

Virtue (doing the right thing): _____
Understanding: _____
Self-Control: _____
Persevering (Always too soon to quit): _____
Knowing God more: _____
Phileo Love (sharing His interests in another): _____
Agape Love (perfect God love of 1 Cor 13): _____

Even good things can distract us from seeking the heart of God. Fasting from our 'to do' lists, from our 'wants' to join Him in the work He is doing in and around us keeps us moving toward "Heaven."

Love where His glory dwells...

Fasting helps breaks the bonds that keep us from loving HIM BEST!

Transparency and Honesty produce Healing in His Presence.

Use your time in His presence to united your head & your heart in HIM.

Safe place to be vulnerable. Be honest with God...and yourself.

Enjoy the beautiful freedom of grace & mercy.

You can't give to others what you haven't received for yourself.

Stay in touch

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