

FASTING AIDS AND POSITIONS US

A. Fasting is an aid to our seeking God.

1. Prayer connects us with God; fasting disconnects us from the world.
2. It pays to seek God Heb. 11:6; 2 Chron. 26:5; Pr. 28:5; Ps. 34:10.
3. People who fast realize the issues that oppose them are spiritual in origin; the solutions they need are illuminated to us in a fast

B. Fasting positions us for revelation.

1. Dieting can change how we look; fasting can change how we see.
2. Revelation (light/illumination) always comes in a fast.
Isaiah 58:10, 11; Dan. 9:2, 3, 21, 22; Dan. 10:1-3; Luke 2:36-38.
Acts 10: 1-3, 9, 10; Acts 13:1-3; Acts 27:21-24.