

**April 25, 2018**  
**“Making a Difference through Prayer and Fasting”**  
**Matt. 6:16-18**  
**David Self**

*“Whenever you fast, don’t be sad-faced like the hypocrites. For they make their faces unattractive so their fasting is obvious to people. I assure you: They’ve got their reward! <sup>17</sup> But when you fast, put oil on your head, and wash your face, <sup>18</sup> so that you don’t show your fasting to people but to your Father who is in secret. And your Father who sees in secret will reward you.” (5:16-18)*

- 1. Why do we Pray and Fast?**
  - A. Prayer and Fasting resets our Priorities.**
  - B. Prayer and Fasting sharpens our Focus.**
  - C. Prayer and Fasting keeps us from just ‘Checking the Box’.**
  - D. Prayer and Fasting promotes Thanksgiving.**
  - E. Prayer and Fasting are honored by God with Unique Power.**
  
- 2. How Do We Pray and Fast?**
  - A. Motive**
  - B. Method**
  - C. Mark**
  
- 3. What Results may we expect from Times of Prayer and Fasting?**
  - A. Unique Fellowship with the Father**
  - B. Increased Focus on Spiritual Matters.**
  - C. Expanded Knowledge of His Word and Will**

## **Reflections on Fasting-Tyler Self**

One of my surprises when I began sharing about / teaching about fasting was the overwhelming portion of questions that were re: the "how" vs the "why" of fasting ... initially I expected everyone just didn't have the confidence to fast, but it seems like they lacked the practical's/wisdom ... and maybe they feared what they didn't know. So, I usually talk quite a bit about distinctions (cleansing vs fast, where cleansing is not the absence of food, but fasting means to "close the mouth" or to not eat) and share my rule, "if it blends it counts" ... keep the rule simple ... either 100% water/tea or 100% liquids, where I'm not chewing.

Will talk about a water fast, and how the blood only holds about a teaspoon of sugar, so if we can put a tablespoon of sugar in our water/tea three times daily, it keeps our blood sugar stable and generally removes the dizziness /malaise that comes with a straight water fast.

For me, the two primary motives /effects of fasting are 1) cleansing from sin ... purity (Isaiah 58) and 2) getting me back on the airplane, i.e., Holy Spirit bumping me back into the place of abiding. God uses fasting to de-fasten me from things I'm beginning to fasten to that are not Jesus.

I don't want to get to the place where I'm dependent on fasting ... we can error on that side, where we feel like we're not really attached to God without fasting. There is no record of Jesus fasting during His earthly ministry ... He fasted and then began His ministry ... He told the disciples they should fast after He leaves ... so there is an indication that if we're abiding exclusively in Jesus, we need not fast ... I'm not there yet!

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### **Upcoming High Point Speakers:**

**David Self – 4/25;**

5/2, 5/9, 5/23, 5/30; 6/13, 6/20, 6/27

### **Guest Speakers:**

**Doug Bischoff – 5/16**

**Malcolm Marshall – 6/6**

### **Holiday:**

**7/4**