

Fasting

¹⁶ “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. ¹⁷ But when you fast, anoint your head and wash your face, ¹⁸ 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

4 Characteristics about Fasting:

1. Optional? "When You Fast," not "If You Fast"
2. Jesus' Test of the Reality of Our Worship: Who is my audience?
3. Jesus' Promise for Those Whose Worship is True: The reward of the Kingdom.

“And your Father who sees in secret will reward you”

4. A Powerful Church: Prepared Hearts corporately gathered and hungry for a King’s mission

¹ Now there were in the church at Antioch prophets and teachers, Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen a lifelong friend of Herod the tetrarch, and Saul. ² 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.” ³ Then after fasting and praying they laid their hands on them and sent them off. Acts 13:1-3

6 Characteristics of God Speaking to a Prepared People:

1. God was about to change the course of history.
2. God revealed his divine purpose to flesh and blood.
3. God spoke his plan to Antioch when they were worshiping and fasting.
4. The changes that God commanded were personally and corporately disruptive.
5. The changes were not about leaving & losing, but rather commissioning & redeploying.
6. The changes at Antioch was not about corporate consolidation, but about Kingdom mission.

Where do we go from here as a church corporately and we as individuals?