



3 reasons to Fast in 2010

Presented by Pastor Daren L. Barron

Sermon Notes from January 3, 2010

Matthew 6:17 (The Message)

16-18 When you practice some appetite-denying discipline to better concentrate on God, don't make a production out of it. It might turn you into a small-time celebrity but it won't make you a saint. If you 'go into **training**' **inwardly**, act normal outwardly. Shampoo and comb your hair, brush your teeth, wash your face. God doesn't require attention-getting devices. He won't overlook what you are doing; he'll reward you well.

Preparation

- Cleanse - Psalm 51:10 (CEV) **10** Create pure thoughts in me and make me faithful again.
- Closure
- Clarity
- Confess - James 5:16 (NLT)
- Consecrate (bonus)

Prayer

- **The secret of your future is hidden in your daily routine!**
- Love
- Fellowship
- Answers

Matthew 17:21 (New King James Version)

21 However, this kind does not go out except by prayer and fasting.

Ezra 8:23 (New Living Translation)

23 So we fasted and earnestly prayed that our God would take care of us, and he heard our prayer.

Peace

- ***Peace is not the absence of conflict; It is the absence of inner conflict!***
- Trust
- Believe
- Confident



Isaiah 26:3 (New Living Translation)

3 You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!

Romans 8:6 (Amplified Bible)

6 Now the mind of the flesh [which is sense and reason without the Holy Spirit] is death [death that comprises all the miseries arising from sin, both here and hereafter]. But the mind of the [Holy] Spirit is life and [soul] peace [both now and forever].

Isaiah 58:6-12 (The Message)

6-9 "This is the kind of fast day I'm after: to break the chains of injustice, get rid of exploitation in the workplace, free the oppressed, cancel debts. What I'm interested in seeing you do is: sharing your food with the hungry, inviting the homeless poor into your homes, putting clothes on the shivering ill-clad, being available to your own families. Do this and the lights will turn on, and your lives will turn around at once. Your righteousness will pave your way. The God of glory will secure your passage. Then when you pray, God will answer. You'll call out for help and I'll say, 'Here I am.' **9-12**"If you get rid of unfair practices, quit blaming victims, quit gossiping about other people's sins, If you are generous with the hungry and start giving yourselves to the down-and-out, Your lives will begin to glow in the darkness, your shadowed lives will be bathed in sunlight. I will always show you where to go. I'll give you a full life in the emptiest of places—firm muscles, strong bones. You'll be like a well-watered garden, a gurgling spring that never runs dry. You'll use the old rubble of past lives to build anew, rebuild the foundations from out of your past. You'll be known as those who can fix anything, restore old ruins, rebuild and renovate, make the community livable again.