



World Conquerors Church  
Where You Discover Who You Were Born To Be!  
[www.worldconquerorschurch.org](http://www.worldconquerorschurch.org)

**2016: THE YEAR OF RENEWED MINDS AND RECEPTIVE HEARTS!**

## **Why Fast for 7, 14, 21 Days?**

Presented by Pastor Daren Barron

Sermon Notes from January 3, 2016

### **Many reasons to fast**

- **Moses Fasted Before Receiving the Commandments – Deuteronomy 9:9-18**
- **David Mourning His Child's Illness – 2 Samuel 12:1-23**
- **Elijah Fasted While Escaping Jezebel – 1 Kings 19:4-8**
- **Ezra Fasted While Mourning Over Sin – Ezra 10:6-17**
- **Esther Fasted for the Safety of the Jews – Esther 4:15-17**
- **Darius Fasted For the Safety of Daniel – Daniel 6:18-23**
- **Daniel Fasted for an Answer to Prayer – Daniel 10:1-3**
- **Paul Fasted After His Conversion – Acts 9:1-9**
- **Jesus Fasted Before Temptation by Satan – Matthew 4:1-2**
- **Church Elders in Antioch Fasted Before Sending out Missionaries – Acts 13**

### **Why We are Fasting?...**

- **Preparation**
- **Plan**
- **Prayer**
- **Peace**

### **Why Fast?**

- **Fasting helps: Prepare you - Plan your life - Prayer life - Discover Peace in your life**

### **Matthew 6:16-18 (The Message, MSG)**

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.

- **Fasting helps: Train you where it counts....Inward!**

### **Why Fast?...Prepare**

- **Cleanse**

#### **Psalm 51:10 (Contemporary English Version, CEV)**

Create pure thoughts in me and make me faithful again.

- **Closure**
- **Clarity**
- **Confess - James 5:16 NLT**
- **Consecrate - set apart for God's use**

### **Why Fast?...Plan**

- **Fasting helps you PLAN**
- **Make your plan according to the Word and you will never fail!**

#### **Jeremiah 29:11 (Amplified Bible, AMP)**

For I know the plans and thoughts that I have for you,' says the Lord, 'plans for peace and well-being and not for disaster to give you a future and a hope.

#### **Proverbs 16:9 (AMP)**

A man's mind plans his way [as he journeys through life], But the Lord directs his steps and establishes them.

#### **Proverbs 19:21 (AMP)**

Many plans are in a man's mind, But it is the Lord's purpose for him that will stand (be carried out).

### **Why Fast?...Pray**

- **Successful people do daily what others do occasionally**
- **The secret of your future is hidden in your daily routine!**
- **PRAY for: Answers, forgiveness, joy, love, healing, family and friends...**

#### **Matthew 17:21 (New King James Version, NKJV)**

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

### **Ezra 8:23 (New Living Translation, NLT)**

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

#### **Why Fast?...Peace**

- **Peace is not the absence of conflict; it is the absence of inner conflict!**
- **Fasting promotes inner peace**

### **Isaiah 26:3 (NLT)**

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

- **Fasting helps you get centered**
- **Fasting positions you to make fruitful decisions**

### **Romans 8:6 (AMP)**

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].

#### **Why Fast?**

- **Fasting was an expected discipline in both the Old and New Testament eras.**
- **Fasting and prayer can restore the loss of the “first love” for your Lord and result in a more intimate relationship with Christ.**
- **Fasting is a biblical way to truly humble yourself in the sight of God.**
- **Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.**
- **Fasting will encourage the Holy Spirit to quicken the Word of God in your heart and His truth will become more meaningful to you.**
- **Fasting can transform your prayer life into a richer and more personal experience.**
- **Fasting can result in a dynamic personal revival in your own life and make you a channel of revival to others.**