



SEEK FIRST

PART 2

The Bottom Line:

_____ With _____ Positions Us For God's Purpose and Presence

Matthew 6:16–18 (NKJV)

16 "Moreover, **when you fast**, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 But you, when you fast, anoint your head and wash your face, 18 so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

The When, Who, What and Why Of Fasting and Prayer:

1. **The When:** Regular fasting with prayer is _____ Christian discipline.
2. **The Who:** Jesus, Disciples, Early church all practiced fasting
3. **The What:** Fast: Refraining from food for a _____ purpose
4. **The Why:** To _____ ourselves before God and say you are our source, wisdom and provision.

1. The _____ Walk

Acts 1:8(NKJV)

8 "But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

The _____ we must have to live an effective Christian life and to advance the message of God's kingdom is in the _____ alone.

2. The Serious _____

Galatians 5:16–17 (NKJV)

16 I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. 17 For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish.

Fasting is a powerful means of putting _____ our old sinful nature and putting _____ new life in the Spirit. (**Ephesians 4:22**)

Ephesians 4:22 (NKJV)

22 that you put off, concerning your former conduct, the old man which grows corrupt according to the deceitful lusts,

Fasting Is A _____

3. A _____ In Thinking

Joel 2:12 (NLT)

12 That is why the LORD says, "**Turn** to me now, while there is time. **Give** me your hearts. **Come** with fasting, weeping, and mourning.

Three admonitions from Joel 2:12 (New Living Translation)

1. _____ to God and away from selfish and fleshly pursuits.
2. _____: Give all of your mind, will, emotions and life to pursue Christ and His purpose.
3. _____: Come with fasting and prayer, seeking God above all else

Joel 2:13 (NLT)

13 Don't tear your clothing in your grief, but tear your hearts instead." Return to the LORD your God, for he is merciful and compassionate, slow to get angry and filled with unfailing love. He is eager to relent and not punish.

A Willing _____ Brings A Wave Of _____.



Life Group Application Questions:

1. Describe in your own words the battle between our spirit and our flesh. (Acts 1:8, Galatians 5:16-17)

2. How does fasting/prayer help in putting off our flesh and putting on life in The Spirit. (Ephesians 4:22)

3. How does our willing response to God's call to repentance position us for a wave of blessing? (Joel 2:12-13 <<Note this in New Living Translation, Matthew 6:18)

4. What question was not asked here that should have been?

Notes:
