



Before & After
Lesson 1: Before and After Fasting
January 2 & 3

Fasting creates a crisis, bringing us to our knees so God can bring us what we need.

Fasting is a voluntary abstinence from food that creates a personal crisis that we solve by spending more time with God.

Fasting is meant to...

- Focus on impasses in our lives
 - A circumstance that must change
 - A battle that must end
 - A choice that must be made
 - A spiritual breakthrough you must have
 - A loved one who must change

Fasting is meant to...

- Focus on impasses in our lives
- Produce spiritual hunger & sensitivity
- Propel us towards God so we can PRW

Matthew 7:7 "Ask and **it will be** given to you; seek and **you will find**; knock and the door **will be opened to you.** **8** For everyone who asks **receives**; he who seeks **finds**; and to him who knocks, the door **will be opened.** *NIV*

The idea when fasting is to fill your crisis with Christ

When a Onetime Prayer isn't enough

Mark 11: 24 Therefore I tell you, whatever you ask for in prayer, **believe that you have received it**, and it will be yours. *NIV*

When a Onetime Prayer isn't enough

Mark 9:29 So He said to them, "This kind can come out by nothing but prayer and fasting." *New King James Version*

The Rewards of Fasting

Matthew 6: 17 But when you fast, perfume your head and wash your face, **18** So that your fasting may not be noticed by men but by your Father, Who sees in secret; and your Father, Who sees in secret, **will reward you in the open** *Amplified Bible*

"Fasting is a short season that releases long-term rewards." *Jentezen Franklin*

Esther 4:15 Then Esther sent this reply to Mordecai: **16** "Go, gather together **all the Jews** who are in Susa, **and fast for me**. Do not eat or drink for three days, night or day. I and my attendants **will fast as you do**. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." **17** So Mordecai went away and carried out all of Esther's instructions. *New International Version*

Questions to ask...

How can I create a crisis and what will I fill it with?

- Media Crisis
- Food Crisis

Questions to ask...

How long will I go?

- It's better to create a crisis for one day then giving things up for multiple days
 - Most common Bible Fast
 - One day
 - Three days