

## **Wildwood Baptist Church**

April 29, 2012

### **“Let’s Go Retro: Fasting”**

#### “Marshmallow Study” Results

*Those who practiced discipline:*

- scored hundreds of points higher on standardized tests in school
- had stronger relationships
- were promoted more often
- were happier in life

*Matthew 9: 15b*

Fasting and prayer **strengthens** our relationship with the Lord.

Fasting has two important components:

- Stop doing something you usually do.
- Use that time to pray and seek the Lord.

*Matthew 6: 16-18*

Jesus **expects** us to fast.

Fasting involves **denying** ourselves of something we want allowing God to replace it with something He wants us to have.

#### Different types of fasts:

- **Food**

This is the type of fast primarily described in Scripture. There are various ways to go about fasting from food—a food fast can range from skipping a meal to going days or even weeks without solid food. If you’ve never gone on a fast from food before, you may want to start by fasting one meal, maybe over a span of three days, and replacing the time you would have been eating with meditating on the Bible and praying. Some food fasts range from 1 day to 40 days and everyone should seek the Lord about what He would call you to do rather than just deciding for yourself because some health concerns may be involved. Another type of fast we see in scripture would be to fast from . . .

- **Sexual relations**

*1 Corinthians 7: 5*

- **Media**
- **Entertainment**

Attitude Check:

1. Don’t **boast** about it.
2. Choose your **reward**.
3. Be **positive**.

*Matthew 15: 17-19*

*Matthew 4: 4b*

