

# **Slaying the Dragon Week 9**

## **The People who fasted**

Sunday 11<sup>th</sup> November 2018. Message notes.

### **Introduction**

People facing real life situations to whom we can relate

### **Who fasted ?**

- In a crises
- On hearing sad news
- Seeking the mind of God
- Needing protection
- Covering the next generation
- Needing power for ministry
- Seeking repentance
- Today's people

### **Notes**

# **Slaying the Dragons Week 9**

## **The People who fasted**

Digging deeper notes on fasting Week beginning 12 November

Look at the references below to see how fasting enhances spiritual progress

- Seeking God's guidance (Judges 20:26)
- Strengthening prayer (Ezra 8:23)
- Appointment of leaders and missionaries (Acts 13:3; 14:23)
- Expressing grief (1 Samuel 31:11-13; 2 Samuel 1:11-12)
- Seeking deliverance or protection (2 Chronicles 20:2-4; Ezra 8:21-23)
- Expressing repentance (1 Samuel 7:6; Joel 2:12-13; Jonah 3:5-8)
- Humbling oneself before God (1 Kings 21:27-29; Psalm 35:11-13)
- Expressing concern for the work of God (Nehemiah 1:2-4; Daniel 9:2-3)
- In ministering to the needs of others (Isaiah 58:3-7)
- Overcoming temptation (Matthew 4:1-11)
- Expressing love and worship to God (Luke 2:36-38)

## **Seven spiritual benefits of fasting with prayer**

- Fasting is a primary means of restoration
- Fasting reduces the power of self so that the Holy Spirit can do a more intense work within us
- Fasting helps to purify us spiritually
- Fasting increases our spiritual reception by quieting our minds and emotions
- Fasting brings a yielded spirit, even a holy brokenness, a resulting in an inner calm and self-control
- Fasting renews spiritual vision
- Fasting inspires determination to follow God's revealed plan for your life