

## Why We Fast

**1co 9:25** And every man that **striveth for the mastery** is **temperate** in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

- Temperance is an important part of our witness and is created through self abasement

**1co 9:26** I therefore so run, **not as uncertainly**; so fight I, not as one that beateth the air:

**1co 9:27** But **I keep under my body**, and **bring it into subjection**: lest that by any means, when I have preached to others, I myself should be **a castaway**.

### **Spiritually, fasting:**

- Increases spiritual **sensitivity** [makes hearing God easier]
- Repositions the spirit man to **life-leadership**
- Gives us **advantage over principle** demons [some cometh out by]
- Empowers us to break **besetting sins**

### **Emotionally fasting:**

- Brings the mind under control
- Kills sinful emotional desires [self-will, self-centeredness, self-righteousness]
- Calms the emotional “chatter”
- Gets your feeling off your sleeves

### **Physically fasting:**

- Cleanses the body from toxins
- Takes food off the throne of our lives [helps to develop **temperance**]
- Kills unhealthy desires of the fleshly man
- Helps you to get the extra people from around your waist

### **2 Different kind of fasts: Partial & absolute**

- In a partial fast “something” is given up in a demonstration of temperance and humility towards God.
- In an absolute fast “everything” is given up, as an extreme act of humility and hunger for God

Fasting is about the **denial of oneself in an act of humility** towards God [not a formula]