

Title: Soul Detox

Text: Matthew 6:16-19

Target: What consumes you, controls you, and what controls you, eventually characterizes you. (Ex. Hungry)

- I. **Truth about Fasting:** Not commanded, but Compelled!
 - A. **The Priority of Fasting:** When you fast, not if you fast: (Matthew 6:16)
 - B. **The Purpose of Fasting:** *"My soul thirst for you!"* (Psalm 42:1-2, 63:1) Hunger for God, by Abstaining from something in the World. (If there is no spiritual purpose, then it's just going hungry: Piper)
 1. Give up something good for something greater. It's got to cost you something.
 2. Live by faith not by flesh. Our cravings do not control us, we control them.
 3. Give up something external for God to do something internal.
 - C. **The Principle of Fasting:** You can pray without fasting, but you can't fast without praying.
 1. **Dependence on God:** *"After fasting forty days and forty nights he was hungry."* (Matthew 4:2)
 - a) Fasting doesn't manipulate God towards our will, but moves our will to His will.
 - b) Fasting causes you to battle cravings, and forces the choice of not just will power, but God power.
 2. **Deepens time with God:** *"So, he was there with the Lord forty days and forty nights. He neither ate bread nor drank water."* (Exodus 34:28)
 - a) Regard Silence & Solitude
 - b) Read and Memorize Scripture
 - c) Record your Supplications
 3. **Delight yourself in God:** *"Delight yourself in the Lord, and He will give you the desires of your heart."* (Psalm 37:4)
- II. **Types of Fasting:** (Not about the Formula, it's about the Focus - What's going to get your attention?)
 - A. **Complete Fast:** Drink only liquids, abstain from all food. (Ex. Jesus, Moses...)
 - B. **Selective Fast:** Removing certain elements from your diet. (Ex. Daniel fast)
 - C. **Partial Fast:** Abstaining from eating during a certain time such as sunup to sundown. (Ex. Jewish fast)
 - D. **Soul Fast:** Removing distractions such as TV, social media, streaming etc.
- III. **Timing of the Fast:** We here at CBC begin every year with a 21-day church wide fast to tune our hearts to God's voice above all voices and above the noise.
 - A. **Starting and Ending:** January 10th 6am to January 30th 6pm.
 - B. **Prayer and Praise:** Wednesday's at 6:30pm - January 12, 19, 26th.
- IV. **Transformation in Fasting:**
 - A. **Believing for Victory:** 2 Chronicles 20:3: *"Then Jehoshaphat was afraid and set his face to seek the Lord, and proclaimed a fast throughout all Judah."*
 - B. **Believing for a Breakthrough:** Mark 9:29: *"This kind cannot be driven out by anything but prayer and fasting."*
 - C. **Believing for Revival:** Nehemiah 1:4: *"As soon as I heard these words I sat down and wept and mourned for days, and I continued fasting and praying before the God of heaven."*

- D. **Believing for a Miracle:** 2 Samuel 12:16: *“David therefore sought God on behalf of the child. And David fasted and went in and lay all night on the ground.”*
- E. **Believing for Wisdom:** Daniel 9:3: *“Then I turned my face to the Lord God seeking him by prayer and pleas for mercy with fasting and sackcloth and ashes.”*
- F. **Believing for Success:** Esther 4:16: *“I and my young women will fast as you do. Then I will go to the king,....If I perish, I perish.”*

Takeaway: *If I were to tell you that 21 days of fasting would lead to 344 days of feasting, would you do it?*