

WASTED!





Philippians 3:17-19

¹⁷ Brethren, join in following my example, and note those who so walk, as you have us for a pattern.

¹⁸ For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: ¹⁹ whose end is destruction, whose god is their belly, and whose glory is in their shame—who set their mind on earthly things.





Philippians 3:17-19 (MSG)

Stick with me, friends. Keep track of those you see running this same course, headed for this same goal. There are many out there taking other paths, choosing other goals, and trying to get you to go along with them. I've warned you of them many times; sadly, I'm having to do it again. All they want is easy street. They hate Christ's Cross. But easy street is a dead-end street. Those who live there make their bellies their gods; belches are their praise; all they can think of is their appetites.



CORNERSTONE



'Hangry'

- * When someone becomes irritated, angry, or cranky when they haven't eaten and are hungry.
- * When a person gets to the point of being angry, snappy, short-tempered, or emotional due to lack of food.



The End Of Dieting

by Dr. Joel Fuhrman

- If I don't eat regularly, I feel fatigued or irritable.
- I think about eating certain foods all the time.
- I feel sluggish or uncomfortable after eating.
- Eating poorly is interfering with my health.
- I'm overweight, but I continue to overeat.
- When I start eating sweets, I don't want to stop.
- I have tried to diet to lose weight but failed and given up.
- I prefer restaurants with all-you-can-eat buffets.



The End Of Dieting

by Dr. Joel Fuhrman

- I have physical withdrawal symptoms.
- I sneak food when others aren't around or looking.
- I store food or hide food from my family.
- I eat more even though I'm no longer hungry.
- My eating habits cause me distress.
- My eating habits are causing me social and family difficulties.
- I eat almost continuously all day long.



Health Risks of Obesity

by Dr. Joel Fuhrman

- Increased overall premature mortality;
- Adult-onset diabetes;
- Hypertension;
- Degenerative arthritis;
- Coronary artery disease;
- Cancer;
- Lipid disorders;
- Obstructive sleep apnea;
- Gallstones;
- Fatty infiltration of liver;
- Restrictive lung disease;
- Gastrointestinal diseases.





Matthew 6:1-6

¹“Take heed that you do not do your charitable deeds before men, to be seen by them. Otherwise you have no reward from your Father in heaven.

² Therefore, when you do a charitable deed, do not sound a trumpet before you as the hypocrites do in the synagogues and in the streets, that they may have glory from men. Assuredly, I say to you, they have their reward. ³ But when you do a charitable deed, do not let your left hand know what your right hand is doing,





Matthew 6:1-6

⁴ that your charitable deed may be in secret; and your Father who sees in secret will Himself reward you openly. ⁵ “And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward. ⁶ But you, when you pray, go into your room, and when you have shut your door, pray to your Father who is in the secret place; and your Father who sees in secret will reward you openly...”





Matthew 6:16-18

¹⁶ “Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. ¹⁷ But you, when you fast, anoint your head and wash your face, ¹⁸ so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.”





Genesis 3:6

So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate.





Ezekiel 16:49-50

⁴⁹ Look, this was the iniquity of your sister Sodom: She and her daughter had pride, fullness of food, and abundance of idleness; neither did she strengthen the hand of the poor and needy. ⁵⁰ And they were haughty and committed abomination before Me; therefore I took them away as I saw fit.”





Genesis 25:34

And Jacob gave Esau bread and stew of lentils; then he ate and drank, arose, and went his way. Thus Esau despised his birthright.





Numbers 11:4-6

⁴ Now the mixed multitude who were among them yielded to intense craving; so the children of Israel also wept again and said: “Who will give us meat to eat? ⁵ We remember the fish which we ate freely in Egypt, the cucumbers, the melons, the leeks, the onions, and the garlic; ⁶ but now our whole being is dried up; there is nothing at all except this manna before our eyes!”





Numbers 11:18-20

¹⁸ Then you shall say to the people, ‘Consecrate yourselves for tomorrow, and you shall eat meat; for you have wept in the hearing of the Lord, saying, “Who will give us meat to eat? For it was well with us in Egypt.” Therefore the Lord will give you meat, and you shall eat. ¹⁹ You shall eat, not one day, nor two days, nor five days, nor ten days, nor twenty days, ²⁰ but for a whole month, until it comes out of your nostrils and becomes loathsome to you, because you have despised the Lord who is among you, and have wept before Him, saying, “Why did we ever come up out of Egypt?”’.





Numbers 11:34

So he called the name of that place
Kibroth Hattaavah, because there they buried
the people who had yielded to craving.



‘Kibroth Hattaavah’

– The Graves of Lusters



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What is Fasting?

- * Fasting is not dieting or starving.
- * Fasting is not twisting God's arm to get something.
- * Fasting is not done only by fanatics.





Biblical Fasting:

! Refraining from food
! for a spiritual purpose



CORNER/TONE



**“More than
any other
discipline,
fasting
reveals the
things that
control us.”**

— Richard Foster



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Why Fast?

- Grow in hunger for God
- Regain focus
- Reposition or seek alignment
- Freedom from addiction or from habitual patterns of sin/bondage
- Help set others free (Isaiah 58:6, Luke 9:1-2)
- Spiritual warfare (casting out demons, Matthew 17:21)
- Guidance in decisions (Daniel 9:2-22)
- An act of humility (Psalm 69:10, John 4:8)



Why Fast?

- Be refined
- Develop fruit of the spirit, self-control
- Grow in intercessory prayer
- Sow into future seasons
- Set yourself aside as an act of consecration to God (Daniel)
- Prepare for stepping into greater measure of empowerment and anointing



**1 / Fasting
For Intimacy
With Jesus:
*HUNGER***





“ I would rather have a man on my platform not filled with the Holy Ghost but hungry for God, than a man who has received the Holy Ghost but has become satisfied with his experience. ”

— Smith Wigglesworth



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**2 / Fasting
For Consecration:
*HUMILITY***



“ All believers are called to a 100% consecration. God has no two standards of consecration for the foreign missionary and the home Christian. We cannot find it in the Bible. One is called to consecrate their all as well as the other, as God’s steward, in their own place and calling. ”

— Frank Bartleman





Psalm 119:17

Deal bountifully with Your servant,
That I may live and keep Your word.



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Take Note:

- Are you easily irritated, feeling out of control, or experiencing some other extreme mood swings?
- What things are you running to rather than food?
- What themes are emerging in your heart?
- What relationships are being brought to the surface and is He asking you to respond in a certain way?
- Is there anyone you need to forgive or be reconciled with?
- Is there anyone you need to reach out to or become more aligned with?



**3 / Fasting
For Revival &
Breakthroughs:
*HASTENING***





Joel 2:28

And it shall come to pass afterward
that I will pour out My Spirit on all flesh;
Your sons and your daughters shall
prophecy, Your old men shall dream
dreams, Your young men shall see visions.



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Joel 2:15

Blow the trumpet in Zion,
Consecrate a fast, call a sacred assembly...





Matthew 17:14-21

And when they had come to the multitude, a man came to Him, kneeling down to Him and saying,
¹⁵ “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. ¹⁶ So I brought him to Your disciples, but they could not cure him.” ¹⁷ Then Jesus answered and said, “O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.” ¹⁸ And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.





Matthew 17:14-21

¹⁹ Then the disciples came to Jesus privately and said, “Why could we not cast it out?” ²⁰ So Jesus said to them, “Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. ²¹ However, this kind does not go out except by prayer and fasting.”





Matthew 17:21

However, this kind does not go out except by prayer and fasting.



CORNERSTONE



FUN FACT:

! Fasting cleanses
your body physically



CORNER/TONE



“ Fasting does not only prevent sickness. If done correctly, fasting holds amazing healing, benefits to those of us who suffer illness and disease. From colds and flu to heart diseases, fasting is a mighty key to healing the body. ”

— Don Colbert in his book, Toxic Relief



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“Fasting is a royal road to healing, for anyone who agrees to take it, for recovery and regeneration of the body, mind and spirit. Fasting can heal and help heart, circulation, blood vessels, stress-related exhaustion, skin diseases – including pimples and complexion problems, irregular cycles and hot flashes, disease of respiratory organs, allergies such as hay fever and other eye diseases.”

— Dr. Oda H.F,
who supervised more than 70,000 fasts





Deuteronomy 34:7

Moses was one hundred and twenty years old when he died. His eyes were not dim nor his natural vigor diminished.





How to Fast?

- * An Absolute Fast (Esther Fast)
- * A Normal Fast
- * A Partial Fast (Daniel Fast, Intermittent Fast, etc)

