

Fast, but Never Furious

Joel 2:12-17

Why Fast?

It honors God and it is expected. Matthew 6:16-18; Luke 5:33-35; 1 Corinthians 7:5

Luke 5:33-35 - ³³ Then they said to Him, “Why do the disciples of John fast often and make prayers, and likewise those of the Pharisees, but Yours eat and drink?”
³⁴ And He said to them, “Can you make the friends of the bridegroom fast while the bridegroom is with them? ³⁵ But the days will come when the bridegroom will be taken away from them; then they will fast in those days.

Humbles us and redirects our hearts and minds to God. 2 Chronicles 20

2 Chronicles 20:1-12 - It happened after this *that* the people of Moab with the people of Ammon, and *others* with them besides the Ammonites, came to battle against Jehoshaphat... ⁴ So Judah gathered together to ask *help* from the Lord; and from all the cities of Judah they came to seek the Lord.

⁷ Are You not our God, *who* drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever? ⁸ And they dwell in it, and have built You a sanctuary in it for Your name, saying, ⁹ ‘If disaster comes upon us—sword, judgment, pestilence, or famine—we will stand before this temple and in Your presence (for Your name *is* in this temple), and cry out to You in our affliction, and You will hear and save.’ ¹⁰ And now, here are the people of Ammon, Moab, and Mount Seir—whom You would not let Israel invade when they came out of the land of Egypt, but they turned from them and did not destroy them— ¹¹ here they are, rewarding us by coming to throw us out of Your possession which You have given us to inherit. ¹² O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes *are* upon You.”

Shows our repentance and mourning for our sins. Joel 2; Nehemiah 1:4, 9:1; Ezra 4:3

Shows a desire for God's help, direction and power. It speaks of our desperation for the Holy Spirit's help. Esther 4:3, 16; 2 Chronicles 20:3; Acts 13:1-3

Results of Fasting:

Helps crucify the flesh. Somethings are more important than food. 1 Corinthians 9:26-27

1 Corinthians 9:26-27 - ²⁶Therefore I do not run without a definite goal; I do not flail around like one beating the air [just shadow boxing]. ²⁷But [like a boxer] I strictly discipline my body and make it my slave, so that, after I have preached [the gospel] to others, I myself will not somehow be disqualified [as unfit for service] (AMP)

Will always strengthen the inner man. Matthew 4; Luke 4

Opens the door for the Holy Spirit to move. Acts 10:30; Matthew 17:21; 2 Chronicles 20, Joel 2:18-32

Sometimes it is not about us getting more of God, but rather God getting more of us