

21 DAY FAST



2024



HEAVENLY REWARDS

Then your Father, who sees what is done in secret, will reward you.

Matthew 6:4b (NIV)

Reward:

Something given in recognition of one's service, effort, or achievement.

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him.

Hebrews 11:6 (NKJV)

¹⁶“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full. ¹⁷But when you fast, put oil on your head and wash your face, ¹⁸so that it will not be obvious to others that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.

Matthew 6:16-18 (NIV)

FASTING'S REWARD

To Fast:

To not eat, or empty one's self, out of devotion or commitment.

"Fasting cleanses the soul, raises the mind, subjects one's flesh to the spirit, renders the heart contrite and humble, scatters the clouds of concupiscence, quenches the fire of lust, kindles the true light of chastity."

St. Augustine

We Detach

Fasting is a Denying of Our Earthly Appetites in Order to Open Ourselves to Spiritual Provision and Satisfaction

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

Hebrews 12:1-2 (NIV)

Detaching Breaks the Power of:

- A. Unbelief
- B. Worry
- C. Anger
- D. Greed

Fasting Makes Us Aware of Our True Spiritual State

“Awareness, not age, leads to wisdom.”

Plubius Syrius

Open my eyes that I may see wonderful things in your law.

Psalms 119:18 (NIV)

Without Fasting, We Tend to Value Things Incorrectly

“We tend to take every precaution to safeguard our material possessions because we know what they cost. But at the same time we neglect things which are much more precious because they don’t come with price tags attached: The real value of things like our eyesight or relationships or freedom can be hidden to us.”

Peter D. Kaufman

We Attach

Deep Attachment in Private is What Creates Supernatural Flow in Public

“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”

John 15:5 (NIV)

When We Attach:

- A. Unbelief turns into faith
- B. Worry turns into worship
- C. Anger turns into love
- D. Greed turns into peace