

# BREAKING FREE – Fight Back

## Part 4

### I. INTRO – Root Causes/Breaking Free & *STAYING* Free

- A. Spider webs vs. Spider – deal with the root cause
- B. “For though we live in the world, we do not wage war as the world does. The **weapons (plural)** we fight with are not the weapons of the world. On the contrary, they have divine power to demolish **strongholds**. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.” -2 Corinthians 10:3-5 NIV
  - i. Right fight requires right weapons
  - ii. Personal story – digging for the septic – needed right tool
- C. Tool of Fasting - *“Fight the battle in your stomach”*

### II. Why Fast?

- A. **Physical obedience brings spiritual breakthrough**
- B. Story of Moses on the mountain with Joshua on the battlefield (Exod. 17)
  - i. Joshua facing a host of Amalekites
  - ii. God told Moses go up on the mountain and lift his hands
  - iii. As long as he obeyed God, the Israelites defeated the Amalekites (Exod. 17:11)

“And so it was, when Moses held up his hand, that Israel prevailed; and when he let down his hand, Amalek prevailed.”-Exodus 17:11 NKJV
  - iv. But he became tired and his hands would drop
  - v. Aaron and Herr held up his hands
  - vi. Physical obedience brought spiritual release
  - vii. There's a connection between what we do with our physical bodies and the unseen world
  - viii. \*Note: Joshua didn't grow tired fighting but Moses did praying.
- C. Two Reasons to Fast
  - i. Fasting is God's will
  - ii. Fasting brings specific reward

### III. Fasting is God's Will

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### A. Jesus taught about fasting during the sermon on the mount (Matthew 6)

“**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. But when you fast, put oil on your head and wash your face, so 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

### B. They fasted in the O.T.

- i. Moses
- ii. David
- iii. Elijah
- iv. Various Kings

### C. They fasted in the N.T.

- i. Jesus
- ii. Paul
- iii. In Acts the church when ordaining elders and sending apostles

### D. They fasted in the early church routinely

- i. Tradition on Wednesdays and Fridays
- ii. Early Methodists fasted often
- iii. John Wesley would not ordain to ministry any minister who would not commit to fasting every Wednesday and Friday until 4PM.

### E. If they did it in the Old Testament and the New Testament and in the early church—IF JESUS FASTED—don't you think we should fast?

## IV. Fasting Brings Specific Reward

### A. 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. But when you fast, put oil on your head and wash your face, so 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

### B. It's not always immediate and its not always dramatic, but God WILL reward you when you fast.

### C. ...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

### D. What Kind of Rewards? (Isa. 58:8-9, 11-12)

- i. Light (Revelation)

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- ii. Health
- iii. Righteousness
- iv. Glory
- v. Answered Prayer
- vi. Continual guidance
- vii. Satisfaction
- viii. Refreshing
- ix. Work that endures
- x. Restoration

### E. Fasting Objectives

- i. To humble myself
  - 1. Humility is not an emotion
  - 2. God will not humble us—he's given us that job
  - 3. Universal principle If I humble myself God will exalt me
- ii. To Draw near to God
- iii. To better understand God's Word
- iv. To Find God's will and receive direction
  - 1. "Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, **to seek from Him the right way** for us and our little ones and all our possessions." -Ezra 8:21 NKJV
- v. To seek him for protection
- vi. To seek healing (Isa. 58:8)
- vii. Deliverance of evil spirits
  - 1. "However, this kind does not go out except by prayer and fasting." -Matthew 17:21 NKJV
  - 2. Jesus began his on ministry of healing and deliverance after 40 days of fasting
- viii. When we need God's intervention
  - 1. 2 Chron. 20 – Jehoshaphat facing an invading army that couldn't defeat through normal military means
  - 2. God intervened so that they didn't have to fight at all
  - 3. Story of Esther and the King
- ix. When we're interceding on another's behalf
  - 1. We can fast for unsaved relatives or friends
- x. It's good to make a list of what you're fasting for as a record of God's intervention

## V. Conclusion – Physical Obedience Brings Spiritual Reward

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- A. “Do not let any part of your body become an **instrument** (weapon) of evil to serve sin. Instead, give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God.” -Romans 6:13 NLT
- B. Your body is not evil it's God's dwelling and when offered to him can become an instrument (A WEAPON) to fight spiritual battles
- C. Kill the spider. Fight the right fight. Fight back!