

**Life Changing Principles
Of Freedom #11**

Matt.6:16-18 NKJV

"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.*

Matt 4:1-11 NKJV

4 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. 2 And when He had fasted forty days and forty nights, afterward He was hungry. 3 Now when the tempter came to Him, he said, "If You are the Son of God, command that these stones become bread." 4 But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"* 5 Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, 6 and said to Him, "If You are the Son of God, throw Yourself down. For it is written: 'He shall give His angels charge over you,' and, 'In their hands they shall bear you up, Lest you dash your foot against a stone.'"* 7 Jesus said to him, "It is written again, 'You shall not tempt the Lord your God.'" *8 Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. 9 And he said to Him, "All these things I will give You if You will fall down and worship me." 10 Then Jesus said to him, "Away with you,* Satan! For it is written, 'You shall worship the Lord your God, and Him only you shall serve.'"11 Then the devil left Him, and behold, angels came and ministered to Him.

Matt 9:14-17 NKJV

14 Then the disciples of John came to Him, saying, "Why do we and the Pharisees fast often,* but Your disciples do not fast?" 15 And Jesus said to them, "Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast. 16 No one puts a piece of unshrunk cloth on an old garment; for the patch pulls away from the garment, and the tear is made worse. 17 Nor do they put new wine into old wineskins, or else the wineskins break, the wine is spilled, and the wineskins are ruined. But they put new wine into new wineskins, and both are preserved."

Is 58:6 NKJV

6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke?"

Reasons to Fast

- 1. Obedience to God (Matt 6:16)**
- 2. Reality check for our flesh (Matt. 9:16-17, Is. 28:7)**
- 3. Father Rewards us (Matt. 6:18)**
- 4. Freedom (Is. 28:6, Matt. 17:14-21)**
- 5. Health (Is.28:8)**
- 6. Prosperity (Joel 2:26)**
- 7. Legacy (Is. 28:12)**