



### III. 9 Biblical Reasons To Fast

- **BELIEVER'S FAST - Freedom From Addictions and Habitual Sins**
  - In Mark 9:17-18 we see a young man possessed of the devil who's father decided to bring the young man to Jesus' disciples, who could not cast the demon out.
    - The disciples did not take the boy's sin seriously - we can't get comfortable with sin that we pet it - WE SHOULD GET FREE FROM IT.
  - Mark 9:19-24 - Jesus said, "*O faithless generation,*" - a generation that does not know how to trust in God.
    - Jesus asked how long the boy had the condition - you can have a condition so long that it affects your faith.
    - "*If you believe*" - meaning having present faith; constant continual faith - "*all things are possible to him who believes.*"
    - The father said, "I believe" - means I did believe; I used to believe - "but help my unbelief!"
      - His belief (trust and relying on Jesus) turned into unbelief.
  - Mark 9:28 - The disciples asked, "*Why could we not cast out the demon? So He said to them, 'This kind - **unbelief** (not demon - not addiction) can come out by nothing but prayer and fasting.'*"
- **WHY DO WE FAST**
  - To break free from the habits and addictions to certain sins which are a result of unbelief.
  - To put our total trust in God to satisfy all of our needs.
- **EZRA FAST- Freedom From Great Financial Problems and Freedom in Hard Times**
  - This can be found in Ezra 8:21-23 - *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. <sup>22</sup>For I was ashamed to request of the king an escort of soldiers and horsemen to help us against the enemy on the road, because we had spoken to the king, saying, "The hand of our God is upon all those for good who seek Him, but His power and His wrath are against all those who forsake Him." <sup>23</sup>So we fasted and entreated our God for this, and He answered our prayer.*
    - Some financial issues will not be solved just because you trust in your education, there are some problems that can only be overcome by a revelation (Isaiah 48:17)
- **WHY DO WE FAST**
  - To prevent the theft of the funds that God has entrusted you with (John 10:10).
  - To reassure your complete and total trust in Him and His ability.
  - Anytime you are facing a major decision in your life or the life of your church (marriage; new job; new business venture; your church is buying new land; relocating; going through zoning problems).