Sermon title : Why we fast and pray.

There are three kinds of fasting.

1. The Normal fast
2. The Absolute fast - Matthew 4:1-2
3. The Partial fast- Daniel 1:11-12-

Our scripture for today- Matthew 9:14:15

A few questions from that portion of scripture- as we seek to learn about fasting.

1. Why don’t your disciples fast. (Why don’t I fasting?)

-You see church prayer and fasting is for everyone.

-It is not for a selected few.

-Some of us we do not fast not because we do not know Christ as our personal Saviour.- 1 Corinthians 2:14

1. Is there a difference in fasting.(Is there a difference in Christian fasting and other religions).

* First we are fasting seeking and worshiping the true only God.
* Two, our Christian fasting is rooted in the completed work of Christ.
* Christian fasting is not mainly about what we go without, but who we want more of.
* Three, we are not fasting to loose weight-Our focus is Christ!

1. When are we supposed to fast?

Vs 15 of matthew 9

Here are a few times when we are supposed to fast and pray

1. We fast and Pray to grow deeper in our relationship with God.
2. We fast and pray For God to do things for us-
3. To reveal himself and things to us.
4. For God to intervene
5. To overcome demonic strongholds-
6. For God to divert calamities and save-