

SEEK & FIND



Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.

Jeremiah 29:12–13 NIV

“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

Jesus teaches that fasting is  
one of the core disciplines  
expected of His followers.

what fasting is not:

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## what fasting is not:



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Fasting is not gaining more of God's attention, but him having more of ours.

# what fasting is not:

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Fasting is not gaining more of God's attention, but him having more of ours.

Fasting Is not forcing God's hand, but him forming our heart.

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Fasting is not gaining more of God's attention, but him having more of ours.

Fasting Is not forcing God's hand, but him forming our heart.

Fasting Is not twisting God's arm Into blessing us, but Him transforming our lives.



What fasting is:

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🔍 Fasting is putting our focus and our affection towards God.

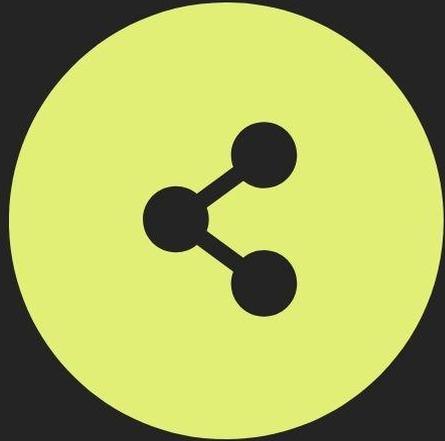
## 🔍 What fasting is:

🔍 Fasting is putting our focus and our **affection** towards God.

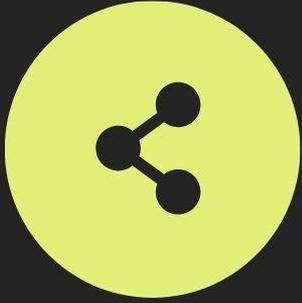
🔍 Fasting is saying **no** to some things for a season so we can say a stronger and more devoted **yes** to Jesus.

 **What fasting is:**

Q Fasting is allowing our hearts to be strengthened and **sharpened** by the Lord.



When we fast we are communicating to God several things:



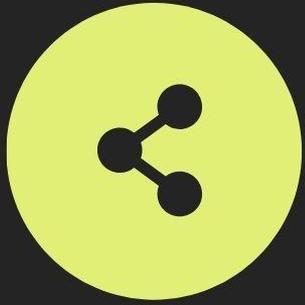
When we fast we are communicating to God several things:

- We are communicating Worship.

1 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

Romans 12:1 NIV

Anything we do out of obedience to  
God's word is worship.



When we fast we are communicating to God several things:

- We are communicating Worship.
- We are communicating Humility.

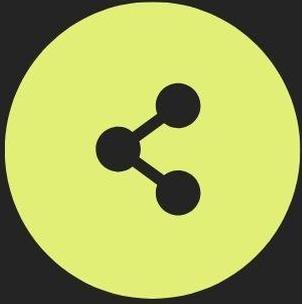
6 That is why Scripture says:

“God opposes the proud  
but shows favor to the humble.”

10 Humble yourselves before the Lord, and he will  
lift you up.

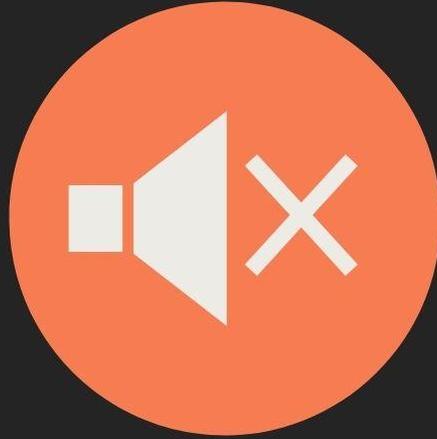
James 4:6b, 10 NIV

IF YOU WILL HUMBLE  
YOURSELF AND LET  
JESUS LIFT YOU UP HE  
 WILL DO IT IN A WAY  
THAT YOU COULD NEVER  
HAVE DONE FOR  
YOURSELF.



When we fast we are communicating to God several things:

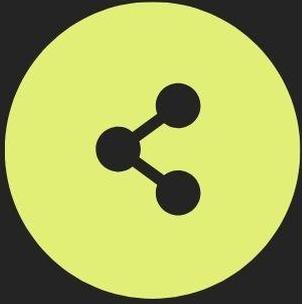
- We are communicating Worship.
- We are communicating Humility.
- We are communicating Priority.



WE ARE FAR TOO OFTEN BEING DRAGGED BY WHAT  
IS PRESSING RATHER THAN BEING DRIVEN BY WHAT  
IS PRIORITY.

Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment."

Matthew 22:37-38 NIV



When we fast we are communicating to God several things:

- We are communicating Worship.
- We are communicating Humility.
- We are communicating Priority.
- We are communicating Dependence.

Alarmed, Jehoshaphat resolved to inquire of the Lord, and he proclaimed a fast for all Judah. The people of Judah came together to seek help from the Lord; indeed, they came from every town in Judah to seek him.

2 Chronicles 20:3-4 NIV

“For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you.”

2 Chronicles 20:12B NIV