

4 – MOVING MOUNTAINS BY FASTING – MATTHEW 6:16-18

Great mother's day quotes: One ounce of mom is worth a ton of pastors - - Winston Churchill you want to capture a country or control a nation enlists the mothers. - GW Greatest teacher I ever had was my mother. - AL all that I am or will be I owe to my angel mother. - RR. from my mother I learned the value of prayer how to have dreams and learn they could come true

- MOM'S ARE WARRIORS – FRONT LINES – WEAPONIZE

It's the secret sauce – the game changer – the A Bomb – bring out the big guns

MP: Fasting is the nuclear weapon in your spiritual arsenal that will bring spiritual breakthroughs for the glory of God.

2 Corinthians 10:4 For the weapons of our warfare *are* not carnal but mighty in God for pulling down strongholds, ⁵ casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ

- LASER GUIDED MISSILE / SP OPS PAINTS – LEADS TO BREAKTHROUGH

Define: a sudden dramatic and important development or discovery.

Breakthrough – Technology, diplomacy, medicine, marriage, relationship

Need: broken marriage, sin, prodigal, fear, confusion, finances, CITY

Breakthroughs happen when you seek them. When you seek God through P/F

EVERY TIME SOMEONE NEEDED A BREAKTHROUGH – PRAYER AND FASTING

Hanna barren womb, Esther people destroyed, Ezra called the people to fast (serious)

- Jesus fasted, Jesus taught His disciples to fast, Paul fasted, Early church fasted, the leaders of the churches fasted – choosing leaders, sending missionaries, plant churches

WHAT IS FASTING: Abstaining from food/liquids for a set period of time

- Moses (40), Esther food and water (3 days), Daniel (king's delicacies)

Fasting isn't about what you're missing it's about focusing your full attention on God.

- **Purpose:** to discover God's will, to experience answered prayer, spiritual strengthened **BREAKTHROUGH**

DISCIPLES COULDN'T EXORCISE – HIT A SPIRITUAL WALL

Matthew 17:20 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. ²¹ However, this kind does not go out except by prayer and fasting."

Mountains: bitterness, unforgiveness, broken relationships, spiritual oppression, demonic possession, confusion,

MAKE A PLAN AND PREPARE YOUR HEART

- PLAN how long, work up, what you will fast from)
 - o Early disciples fasted on Wednesday and Friday – ROUTINE TOOL
- It's not going to be easy – your flesh is going to fight – **DEVIL WILL TEMPT**

Matthew 4 Devil is going to tempt (STAND ON WORD OF GOD)

PERSEVERE IN PRAYER AND RIGHTEOUSNESS

Fasting without praying isn't fasting it's dieting or deprivation.

- (1) FASTING IS ALWAYS COUPLED WITH PRAYER – **PAINTS THE TARGET**

- (2) ENHANCED WITH RIGHTEOUSNESS – ADDRESSING INJUSTICES

- AHUMAUD ARBERY (WICKED) – racism, poverty, exploitation, vict

Isaiah 58:6 “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? ⁷Is it not to share your bread with the hungry, and that you bring to your house the poor who are cast out; When you see the naked, that you cover him, and not hide yourself from your own flesh? ⁸Then your light shall break forth like the morning, your healing shall spring forth speedily, And your righteousness shall go before you; The **glory of the LORD** shall be your rear guard. ⁹Then you shall call, and the LORD will answer; You shall cry, and He will say, ‘Here I am.’

WALK IN THE VICTORY

Jehoshapat – MOAB / AMMON / OTHERS – Armies are coming

2 Chronicles 20:3 And Jehoshaphat feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah

- **Almighty God - You’re our God – faithful in our past – promised help**

2 Chronicles 20:15 Do not be afraid nor dismayed because of this great multitude, for the battle is not yours, but God’s.

- **Believe and Sing – GOD wiped out the enemies – all of them – 3 days**

EVERYONE WATCHING – FASTING WEDNESDAY – breakthrough (b specific)

- **SPIITUAL AWAKENING**