

*January 1, 2017*

## **FASTING FOR A BREAKTHROUGH**

**Mark 9:28-29 / Matthew 6:16-18 / Isaiah 58:1-12**

*Rocky Purvis, Senior Pastor*

### **1. WHAT IS FASTING?**

Fasting is voluntarily going without food for a period of time for a spiritual purpose.

*Mark 9:28-29*

Some things will never be accomplished apart from fasting.

### **2. HOW SHOULD I FAST?**

*Matthew 6:16-18, Isaiah 58:1-12*

Fasting isn't simply a spiritual discipline;  
it is a spiritual longing.

### **3. WHY SHOULD I FAST?**

- To break every chain that binds.
- To change our attitude towards others.
- To help me live a righteous life.
- So my prayers will have power.
- For God's guidance.
- So my needs will be met.
- So my light will shine brightly in darkness.

**Will you commit to fasting for a breakthrough in 2017?**