



REAL CHANGE

IT'S BREAKTHROUGH TIME IN '09

Welcome!

Today's Message:

Hungering for Real Change

fasting

Opening the door to a deeper,
more intimate, more powerful
relationship with God



Jentezen Franklin

*“Lord, have mercy on my son.
He is an epileptic and is suffering
greatly. He often falls into the fire
or into the water. I brought him
to your disciples, but they could
not heal him.”*

Matthew 17:15-16

*“This kind does not go out
except by prayer and fasting.”*

Matthew 17:21



REAL CHANGE

**FASTING FOR
SPIRITUAL BREAKTHROUGH**

A 21-DAY JOURNEY

**PART OF THE
REAL CHANGE
WEEKEND MESSAGE SERIES**



NORTHWOODS

**Normal fast:
abstaining from solid food and
drinking only water and 100% juice**

Partial fast:
abstaining from meats, breads,
sweets, wines and sodas and eating
only vegetables and fruit
and drinking only water and juices

*“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.”*

Matthew 6:16-18

*“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

Receive the Benefits That Only God Can Give You

**Benefit #1:
Fasting can increase the intimacy
of your walk with God**

*...She never left the temple
but worshiped night and day,
fasting and praying.*

Luke 2:37

Receive the Benefits That Only God Can Give You

Benefit #2:

**Fasting can increase your power
to withstand temptation**

...their god is their stomach...

Philippians 3:19

Receive the Benefits That Only God Can Give You

Benefit #3:

**Fasting can bring special protection
and provision for you
and your family**

*There by the Ahava Canal,
I proclaimed a fast, so that we might
humble ourselves before our God
and ask him for a safe journey for us
and our children with all
of our possessions.*

Ezra 8:21

Receive the Benefits That Only God Can Give You

**Benefit #4:
Fasting can bring clarity
and direction to tough decisions**

*While they were worshiping the Lord
and fasting, the Holy Spirit said,
“Set apart for me Barnabas and Saul
for the work to which I have
called them.”*

Acts 13:2

Receive the Benefits That Only God Can Give You

**Benefit #5:
Fasting can lead
to spiritual renewal in people's lives**

*...On that day they fasted
and there they confessed,
“We have sinned against the Lord.”*

1 Samuel 7:6

Receive the Benefits That Only God Can Give You

Benefit #6:

**Fasting can bring about
physical healing and renewal**

*“Seek first the kingdom of God
and his righteousness,
and all these things
shall be added to you.”*

Matthew 6:33



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January 10-11
Contending for Real Change