

Greenforest Community Baptist Church
3250 Rainbow Drive / Decatur, GA 30034
Teaching on Tuesdays (1/5/21)

“Moving Forward into the Future through Fasting” – Daniel 10

I. What are some questions we should consider?

1. How often do you fast each year?
2. Do you believe fasting is a spiritual discipline?
3. What are the benefits to fasting before making a decision?
4. How can fasting help you with spreading the gospel of Christ?

II. Who is Daniel?

1. Original name is Belteshazzar and means “God is my hope”
2. Recruited, detained, and persecuted with his friends
3. Connected to God-fearing friends who refused to worship idol gods
4. Stood for God, spoke up for God, and trusted God
5. Fasted for at least 31 days and prayed to God often
6. Protected by God in the Lion’s Den
7. Had dreams and visions from God
8. Book covered the 70 years of Babylonian Captivity
9. 9 of the 12 chapters in Daniel focuses on dreams and visions
10. Fasted for at least 31 days and prayed to God often

III. Who are people that FASTED in the Bible?

1. Moses – Exodus 34:28
2. Nehemiah – Nehemiah 1:4
3. Esther – Esther 4:16
4. Anna – Luke 2:37
5. David – 2 Samuel 12:16
6. Jesus – Matthew 4:2

IV. What does the Bible say about FASTING?

1. Matthew 17:21 - This kind came out through prayer and fasting

V. Lessons learned from Daniel on fasting. When you FAST, you are:

1. DECIDING to intentionally seek God
2. DRAWING closer to God
3. DENYING your flesh
4. DISCIPLING your mind, body, and spirit
5. DEVELOPING your faith in God
6. DEPOSITING godly things into your spirit
7. DECLARING your trust
8. DEMONSTRATING your commitment to God
9. DISCOVERING God in new ways
10. DIRECTING your focus on God