

Greenforest Community Baptist Church

3250 Rainbow Drive / Decatur, GA 30034

Teaching on Tuesdays w/ Pastor Berry

Mark 9:2-29

“The IMPORTANCE of PRAYER & FASTING”

I. Biblical Characters who fasted

1. Moses – Exodus 34:28 (Fasted before receiving the 10 commandments)
2. Daniel - Daniel 1:8-14 (Fasted instead of intaking the King's food or worshipping an idol)
3. Esther – Esther 4:16 (Fasted before approaching the King)
4. David – 2 Samuel 12:15-17 (After his baby died from Uriah's wife)
5. Nehemiah 1:4 (Faster before building the wall)
6. Anna – Luke 2:37 (Fasted while waiting in the temple after Jesus Birth)
7. Paul & Barnabas – Acts 14:23 (Fasted before appointing Elders/leaders in the church)
8. Jesus – Luke 4:2-4 (Fasted in the wilderness while tempted by the devil)

II. MAIN POINTS

Pt. 1 - A father REALLY needed help

¹⁷ And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit;
¹⁸ And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not.

Pt. 2 - Jesus REPRIMANDED the disciples

¹⁹ He answereth him, and saith, O faithless generation, how long shall I be with you? how long shall I suffer you? bring him unto me.

Pt. 3 - Jesus REBUKED the evil spirit (v.25)

²⁵ When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him. ²⁶ And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead. ²⁷ But Jesus took him by the hand, and lifted him up; and he arose. ²⁸ And when he was come into the house, his disciples asked him privately, Why could not we cast him out?

Pt. 4 - Jesus REVEALED to them the power of prayer and fasting

²⁹ And he said unto them, This kind can come forth by nothing, but by prayer and fasting.

III. Fasting helps you to:

1. Draw closer to God
2. Deny self/flesh
3. Discern the voice of God
4. Deepen your understanding of God
5. Detox from the distractions/waste
6. Discipline your heart, mind, body, and spirit
7. Demonstrate your commitment to God
8. Discover things about yourself
9. Develop into a stronger Christian
10. Draw from God's spiritual deposits