



“Fasting...God’s Way”

Wed Dec 17, 2025

I. **Isaiah 58:6-12**

A. The Purpose

1. **To loose the bands of wickedness**
2. **To undo the heavy burdens**
3. **To let the oppressed go free**
4. **To break every yoke** – Fasting is necessary because man is spirit, soul, and body. To unify the body and the soul with the spirit (which is connected to God), fasting is vitally important for every believer. Fasting with prayer brings your flesh into submission to your spirit man!

B. **Matthew 17:19-21**

1. “This kind” refers to 3 things: unbelief, faith, and the demon – Prayer and Fasting helps build your faith in God. Having faith as a seed, knowing only one thing, will dispel unbelief, which is the only reason anyone does not receive from God. In this case, the disciples were unable to cast out a demon. The reason: unbelief!
2. Jesus had already given them the power to cast out devils (**Luke 10:19**), and the disciples did not fast until after He was resurrected (**Mark 2:18-20**); So one can see clearly that fasting helps in your relationship with God so there is **no unbelief** that will hinder you from receiving!

C. Walking in God’s Power and Direction

1. **Daniel 10:2-6, 11-14**
2. **Luke 4:14** “Jesus returned in the power of the Spirit after 40 days of fasting”
3. **Acts 13:2-3** – Fasting and prayer always go together!
4. **Acts 10:30-32** – Cornelius received specific direction through prayer and fasting.
5. **Acts 14:23** – Major decisions should be made after prayer and fasting.

II. The Fasted Life

A. What this means

1. Fasting is not something you do as a religious action (Daniel fast, 40 day fast) – Jesus warned of this for only a religious show (**Matthew 6:16**).
2. Fasting is spiritual and you should be led by His Spirit. This is how the Lord revealed the phrase “Living a Fasted Life” to me in 1992. One meal, one day... be led by His voice and be quick to obey!

B. Proclaimed Fast from the Lord

1. Pray for lost souls
2. Pray for Israel
3. Pray for Revival

Volunteer at WVC!

Our church thrives because of the hearts and hands of people like you.

Whether you love greeting guests, serving children, praying with others, or helping behind the scenes, there's a place for your gifts. Volunteering isn't just a role — it's building community, growing spiritually, and making a meaningful impact.

Interested in serving?

We would love to help you get connected! Reach out to our Outreach Team Leaders, Nathanael and Kailee Machen to learn more about serving opportunities in any of these areas:

Worship Team
Media Team
Security Team
Usher Team
Greeter Team
Children's Ministry Team

Thank you for considering being part of what God is doing at WVC!

"As each one has received a gift, minister it to one another, as good stewards of the manifold grace of God." — 1 Peter 4:10 (NKJV)