

## Seeking Revival through Fasting and Repentance

“...you who seek God, let your hearts revive.”

Psalms 69:32b

**Question:** When was the last time you *really* felt the presence of God?

**Main Point:** There is still time to \_\_\_\_\_ to the Lord with all our hearts.

*“‘Yet even now,’ declares the Lord, ‘return to me with all your heart, with fasting, with weeping, and with mourning; and rend your hearts and not your garments.’ Return to the Lord your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love; and he relents over disaster.”*

Joel 2:12-13

**Point One:** The discipline of \_\_\_\_\_ draws us to intimacy with God.

Fast- not eating; having an empty stomach; to abstain for a limited amount of time from any kind of food. Was practiced by Israel along with repentance and prayer to draw near to God.

Fasting Do’s and Don’ts...

1. Be specific of what you will fast from
2. Set a time frame for your fast
3. Pray before, during and after your fast

## Benefits of fasting-

1. It increases our sense of humility and dependence on God.
2. It allows us time to devote to prayer.
3. It is a constant reminder of the sacrifice of Jesus and our need to sacrifice ourselves to Him.
4. Refraining from the food we enjoy strengthens our ability to resist the sin we might enjoy.
5. Fasting heightens our spiritual alertness and a sense of God’s presence.
6. It expresses earnestness and urgency in drawing near to God.

**Point Two:** We cannot restore \_\_\_\_\_ with God without \_\_\_\_\_ of sin.

*“Repent, for the kingdom of heaven is at hand.”*

Matthew 4:17

Repentance- a godly sorrow, lament and grief over sin; abandonment of specific sin; a call to return to the Lord. To have a change of mind on certain behaviors.

## Wrap Up:

Will you seek God through fasting and repentance this week? He longs for you to return!

Sermon by Pastor Dave Williams on Sunday, January 4<sup>th</sup>, 2015  
Portions of this series from *Seeking Him: Experiencing the Joy of Personal Revival* by Nancy Leigh DeMoss and Tim Grissom