

Breakthrough Fast (12/31/2017)

The Apostle Paul said in:

Philippians 3:12-14

12 Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. 13 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, 14 I press toward the goal for the prize of the upward call of God in Christ Jesus.

Sometimes as Christians, it can be difficult to admit that we have imperfections in our life.

- We shouldn't... but we do...

But as we can see in this example of Apostle Paul, we all probably have imperfections (shortcomings or strongholds) in our lives that we want to overcome.

- That's why we "press on"

Stronghold:

- Anything that prevents you from surrendering completely to God
- Anything that prevents you from reaching your reserved position in God's Kingdom

Shortcomings and imperfections:

- Basically talking about areas of un-yielded sin (missing the mark)
- Places in your life that you have, justified sin...

If you look closely, you will probably be surprised to find these areas in your own life...

Trying to overcome areas of imperfection (shortcoming, strongholds, sin) in our life can be difficult...

- But there is a way...

Matthew 17:19-21

19 Then the disciples came to Jesus privately and said, "Why could we not cast it out?"

20 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. 21 However, **this kind does not go out except by prayer and fasting.**"

Some people will simply say that you are simply dealing with lack of faith and you just need to trust Jesus more... But listen to Jesus Himself here...

- **Some things can only be accomplished through prayer and fasting...**
- **Maybe He is speaking directly to you... “this kind”**

It's not unusual for us to participate in a fast at the beginning of each year, but this year I want to encourage each of you to participate in a unique

- **21 day “Breakthrough Fast”.**

21 Day Fast are typically based on Daniel in The Bible and a fast he did... In Daniel 10, we see Daniel enter a fast for 3 full weeks, eating no pleasant foods, no meat, no wine touched his lips...

- **At the end of the fast, Daniel saw God!!**

Often times out of tradition, we do this type of Daniel Fast...

- **No meat**
- **No sugars**
- **No “pleasant food”**
 - **Praying daily...**

Maybe this is the right fast for you...

- **Maybe you need to see God move in your life and this is what it will take**

But today I want to introduce another “Daniel Fast”

Daniel was placed in captivity in “The World”...(in the world, not of the world...)

- **But Daniel was purposed for a position of power in God's Kingdom...**
- **So in order to reach his place of power, his potential, his destiny...**
- **He had to abstain from the things the world offered that would keep him from the place God had for him...**

In Chapter 1:8

But Daniel purposed in his heart that he would not defile himself with the portion of the king's delicacies, nor with the wine which he drank;

- **Daniel fasted of the Kings meat, wine, and pastries...(10 days)**
- **At the end of the time he stood out distinguished from the rest**
- **Obviously better**

If we want to stand out above the rest (let our light shine...), I propose what we should actually be fasting are the things the world tries to place on us that prevents us from fully serving God...

The Bible says:

- Do not be conformed to the world...
- Come out from among them and be separate...
- Be in the world, but not of this world...
- Be holy, for He is holy...

I have always said that we should enter a fast with expectations of favorable results.

- If you expect nothing, you will probably get what you expect.

I want to encourage each of you to enter into this fast expecting breakthroughs in areas of struggle or stronghold in your life...

And do that by **fasting your Stronghold, Addiction, struggle...**

Examples:

- Alcohol
- Drugs (prescription or illegal)
- Food addictions (Carbs, Sugar, over-eating)
- Tobacco
- Pornography
- Cussing
- Gossiping
- Social Media addiction

Take your struggle and give it to God as a gift of faith for 21 days

- Will it be easy? No!! (They're called strongholds for a reason)

But fasting is giving up something that you truly desire to give God your devotion.

Daniel "purposed in his heart..."

- He made the conscience choice to abstain...

"Inside of me there are two dogs. One is mean and evil and the other is good and they fight each other all the time. When asked which one wins I answer, the one I feed the most."

— Sitting Bull

It has been said that anything you do for 21 days becomes a habit...

So enter into this with the expectation of coming out freed from the bondage that has been holding you back!!

This may not seem like a traditional “fast” because a fast requires sacrifice...

But a fast always requires leaning on God to help you get through it...

And this fast is going to bring God so much glory, because it is going to require everyone participating to go to a whole new level of faith!!!!

Are you ready for your breakthrough?

Are you ready to see strongholds come down?

You pray right now and ask God how He would have you fast

- **The traditional Daniel Fast (no meat, sugar, pleasant foods)**
- **Breakthrough fast (fast your strongholds, come out noticeably better)**