

## Benefits of Fasting

### The purpose of fasting

1. It helps us present our body as a living sacrifice.
2. Fasting is a way to humble ourselves before God.
3. Fasting makes us sensitive to hear the voice of God.
4. Fasting helps us through the desert storm.

### Matthew 4:1-4

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. <sup>2</sup> And when He had fasted forty days and forty nights, afterward He was hungry. <sup>3</sup> Now when the tempter came to Him, he said, “If You are the Son of God, command that these stones become bread.” <sup>4</sup> But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

- Jesus tested His identity.
- Temptations are directed to our ego.
- The first temptation was to test Him through food.
- The second temptation is to test the identity through illegal means.
- The third temptation was worship.

### Luke 4:13-14

<sup>13</sup> Now when the devil had ended every temptation, he departed from Him until an opportune time. <sup>14</sup> Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.

- Until you pass the temptation you will return in the power of the Spirit
- If you have a desert, it is time to fast.
- Fasting helps you face the devil.

5. Fasting helps us to be guided by the Holy Spirit

**Romans 8:14** For as many as are led by the Spirit of God, these are sons of God.

- Mature children are always seeking God's will for their lives.

6. Seek communion with God.

**2 Chronicles 7:14** If My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

Four conditions for healing and restoration:

- A. Humble
- B. Pray
- C. Seek
- D. Transform

If we do these four things, God will do the following:

- A. He will hear us.
- B. He will forgive us.
- C. He will heal us.

7. Fasting brings us supernatural provision.

8. Fasting breaks yokes and delivers us from the oppression of the enemy.

**Matthew 17:21** However, this kind does not go out except by prayer and fasting.”

9. Break the spirit of delay.

### **Daniel 10:1-3**

**10** In the third year of Cyrus king of Persia a message was revealed to Daniel, whose name was called Belteshazzar. The message *was* true, but the appointed time *was* long; and he understood the message, and had understanding of the vision. <sup>2</sup>In those days I, Daniel, was mourning three full weeks. <sup>3</sup>I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

### **Daniel 10:12-13**

<sup>12</sup> Then he said to me, “Do not fear, Daniel, for from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard; and I have come because of your words. <sup>13</sup> But the prince of the kingdom of Persia withstood me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia.

10. Fasting removes mountains

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## The Benefits of First fruits

Everything that is first belongs to God. The first moment of your morning.

Why does everything that is first belong to God?

- God must be first in your family
- God must be first in your business
- God must be first in ministry
- God must be first in finances

When God is first, He sanctifies and redeems the rest

Jesus is the first among many brothers

Psalm 11:3

If the foundations are destroyed, What can the righteous do?

The fundamentals are that God is first. He is the foundation for your success.

Matthew 6:33

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

- **Seek** means worship
- Everything that is first belongs to God.
- Why is that?
- Because what is used first establishes what happens to the rest
- The first thoughts of the morning will rule the rest of the day
- God claims all that comes first

Exodus 31:12-13

<sup>12</sup> And the LORD spoke to Moses, saying, <sup>13</sup> “Speak also to the children of Israel, saying: ‘Surely My Sabbaths you shall keep, for it *is* a sign between Me and you throughout your generations, that *you* may know that I *am* the LORD who sanctifies you.

**Illustration:** A bill. is cursed because we are under a fallen world. But when the first fruits are brought it is blessed.

Every time there is a beginning of something. It is time to give God the first

**Illustration:** A fruit represents your first fruits. The curse is removed and is multiplied because it carries the blessing and favor of God.

God redeems what you give!

## **The Blessings of bringing the first fruits**

### **1. The generational blessing**

Ezekiel 44:30

The best of all firstfruits of any kind, and every sacrifice of any kind from all your sacrifices, shall be the priest's; also you shall give to the priest the first of your ground meal, to cause a blessing to rest on your house.

- **House:** generations
- When you honor God with your first fruits it causes your generations to be blessed

### **2. The blessing of sending an angel before you**

Exodus 23:19-22

<sup>19</sup> The first of the firstfruits of your land you shall bring into the house of the LORD your God. You shall not boil a young goat in its mother's milk.

<sup>20</sup> "Behold, I send an Angel before you to keep you in the way and to bring you into the place which I have prepared. <sup>21</sup> Beware of Him and obey His voice; do not provoke Him, for He will not pardon your transgressions; for My name *is* in Him.

<sup>22</sup> But if you indeed obey His voice and do all that I speak, then I will be an enemy to your enemies and an adversary to your adversaries.

### **3. The blessing of multiplication and provision**

John 6:5-13

<sup>5</sup> Then Jesus lifted up *His* eyes, and seeing a great multitude coming toward Him, He said to Philip, "Where shall we buy bread, that these may eat?" <sup>6</sup> But this He said to test him, for He Himself knew what He would do. <sup>7</sup> Philip answered

Him, “Two hundred denarii worth of bread is not sufficient for them, that every one of them may have a little.”<sup>8</sup> One of His disciples, Andrew, Simon Peter’s brother, said to Him,<sup>9</sup> “There is a lad here who has five barley loaves and two small fish, but what are they among so many?”<sup>10</sup> Then Jesus said, “Make the people sit down.” Now there was much grass in the place. So the men sat down, in number about five thousand.<sup>11</sup> And Jesus took the loaves, and when He had given thanks He distributed *them* to the disciples, and the disciples to those sitting down; and likewise of the fish, as much as they wanted.<sup>12</sup> So when they were filled, He said to His disciples, “Gather up the fragments that remain, so that nothing is lost.”<sup>13</sup> Therefore they gathered *them* up, and filled twelve baskets with the fragments of the five barley loaves which were left over by those who had eaten.

2 Kings 4:42-44

<sup>42</sup> Then a man came from Baal Shalisha, and brought the man of God bread of the firstfruits, twenty loaves of barley bread, and newly ripened grain in his knapsack. And he said, “Give *it* to the people, that they may eat.”<sup>43</sup> But his servant said, “What? Shall I set this before one hundred men?” He said again, “Give it to the people, that they may eat; for thus says the LORD: ‘They shall eat and have *some* left over.’ ”<sup>44</sup> So he set *it* before them; and they ate and had *some* left over, according to the word of the LORD.

#### 4. Power to acquire wealth

Deuteronomy 8:18

“And you shall remember the LORD your God, for *it is* He who gives you power to get wealth, that He may establish His covenant which He swore to your fathers, as *it is* this day.

#### 5. The blessing of good health

3 John 2

Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.

Leviticus 27:26

‘But the firstborn of the animals, which should be the LORD’s firstborn, no man shall dedicate; whether *it is* an ox or sheep, *it is* the LORD’s.

## The Honor of Serving

**Illustration:** Several people with signs “I serve Ushers, Kids, cameras, hosts, welcome table, affirmation, evangelism, intercession, worship team, cleaning. They are asked: Why did you stop serving? Answer: I am tired, I am burdened, I have problems, I am bored, etc.

- How can I tell Jesus, I am burdened to serve, when He carried my sins on the cross?
- How can I tell Jesus that I am tired of serving when He climbed Mount Golgotha tired, carrying the cross on His back?
- Worry can drown the seed of service and make it unfruitful.
- Your level of worry tells me who you serve.
- Why have you stopped serving? I got tired, well, rest and continue serving. But do not rest forever.
- I got bored of serving, so you served for entertainment.
- They hurt me, well forgive.
- I sinned, ask for forgiveness, and turn away from sin and continue serving.
- I have a lot of work, so you would serve because you had nothing else to do.
- I have financial problems, so you would serve only because everything was going well.

**Change your mindset today!**

### 1. Jesus is our perfect example.

**Philippians 2:7** but made Himself of no reputation, taking the form of a bondservant, *and* coming in the likeness of men.

- The word servant in Greek is **Doulos**, which means slave. One who has a permanent attitude of service to others.
  - A doulos is a voluntary slave of the Lord.
  - A doulos is a faithful servant.

**Jesus was a doulos:**

**Matthew 20:28** just as the Son of Man did not come to be served, but to serve, and to give His life a ransom for many.”

**Matthew 20:25-27** But Jesus called them to *Himself* and said, “You know that the rulers of the Gentiles lord it over them, and those who are great exercise authority over them. <sup>26</sup> Yet it shall not be so among you; but whoever desires to become great among you, let him be your servant. <sup>27</sup> And whoever desires to be first among you, let him be your slave—

The word “Great” is synonymous of mega, it has a lot of extent and measure, great in degree and intensity, great in rank and authority.

**The word “Server” is the Greek word “DIAKONO,” which means:**

- One that generally serves to help others.
- One who serves by alleviating the needs of others.
- One who serves the church and the community, meeting any need; “One who serves tables.”

**Acts 6:1-2** Now in those days, when *the number of* the disciples was multiplying, there arose a complaint against the Hebrews by the Hellenists, because their widows were neglected in the daily distribution. <sup>2</sup> Then the twelve summoned the multitude of the disciples and said, “It is not desirable that we should leave the word of God and serve tables.

**Matthew 20:27** And whoever desires to be first among you, let him be your slave.

The word “**first,**” in the Greek language, is “proton” which means: Chief, **leader**, chieftain, head of state, one who is first in rank and authority.

**Servant**, in the Greek doulos, which represents one who has a permanent attitude of service, who is a permanent slave of service to others.

- True greatness is not achieved by trying to own the people but by being a servant of all the people.

**Jesus our example took the towel of service.**

**John 13:4-5** rose from supper and laid aside His garments, took a towel and girded Himself. <sup>5</sup> After that, He poured water into a basin and began to wash the disciples’ feet, and to wipe *them* with the towel with which He was girded.

- Do not seek to always receive, seek for opportunities to give, and serve.
- Decide today to forget about yourself and start serving.

**Illustration:** Hand out towels and questionnaire of places to serve

## How to Build a Strong Family

What is a family? What is a marriage covenant? What is it to be a woman? What are the roles in marriage?

- The origin of the family is God
- The family is a sacred institution

### 1 Peter 3:7

Husbands, likewise, dwell with *them* with understanding, giving honor to the wife, as to the weaker vessel, and as *being* heirs *together* of the grace of life, that your prayers may not be hindered.

“Husbands, consider the needs of your wives”

- Knowledge – understanding – wisdom
- Wisdom applies knowledge

Most common problems in the family:

1. Divorce
2. Money
3. Influence of social media
4. Abuse
5. Chosen ignorance.
  - They have problems in their marriages but choose not to know.
  - What you do not know you transfer to your children
  - Ignorance is generational.
6. Sexual sins
7. Lack of fathers
8. The spirit of rebellion
9. The spirit of Jezebel
10. Financial pressures
11. Lack of communication
12. Anti-Christian culture
13. Lack of relationship with God



- If the relationship with God is not right, no other relationship will work.

14. There is no fear of God.

15. A broken-hearted society

- If your heart is wounded, you will not receive.

### **Psalms 147:3**

He heals the brokenhearted and binds up their wounds.

- A person with a broken heart cannot give you love.

### **Seven principles to build strong families.**

#### **Psalms 11:3**

If the foundations are destroyed, What can the righteous do?

1. The love of God

4 types of loves:

Estergo (friends)

Filio (Family)

Eros (Sexual)

Agape (God)

- The love of God is a decision to commit to meeting the needs of others for the rest of your life without expectations and conditions

- Love is the motivation in any relationship

2. Effective communication

Without communication there is no relationship

#### **James 1:19 - New Living Translation**

<sup>19</sup> Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.

3. Trust

- When people trust you, it is like opening an account with you.
- If people trust you, you are rich.

- Never betray the trust that someone has given you.
- The way to influence others is through trust.
- Trust is earned, not demanded.
- People trust you when they see your character.
- The most difficult thing about betrayal is to trust again.
- Trust is tested.

#### 4. The law of submission

### **Ephesians 5:21**

Submit to one another in the fear of God.

- Submission brings order.

#### 5. The principle of loyalty

If there is no loyalty, no relationship can be permanent.

### **Matthew 10:21**

Now brother will deliver up brother to death, and a father *his* child; and children will rise up against parents and cause them to be put to death.

### **2 Timothy 3:4**

**traitors**, headstrong, haughty, lovers of pleasure rather than lovers of God,

### **Psalms 41:9**

Even my own familiar friend in whom I trusted, who ate my bread,  
Has lifted up *his* heel against me.

- In times of crisis, the person's loyalty is revealed.

#### 6. The fear of God

#### 7. To have a covenant

- Contract or deal between two or more parties that commit to comply with what is stipulated. /'stɪp.jə.leɪt/