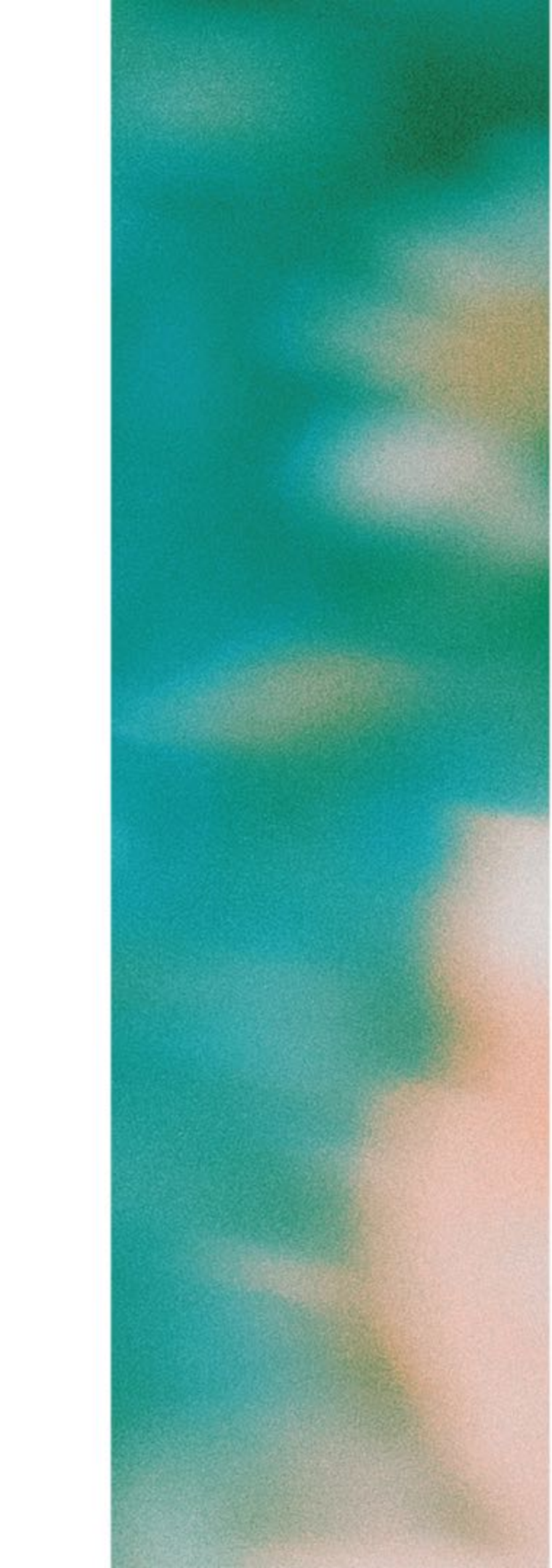
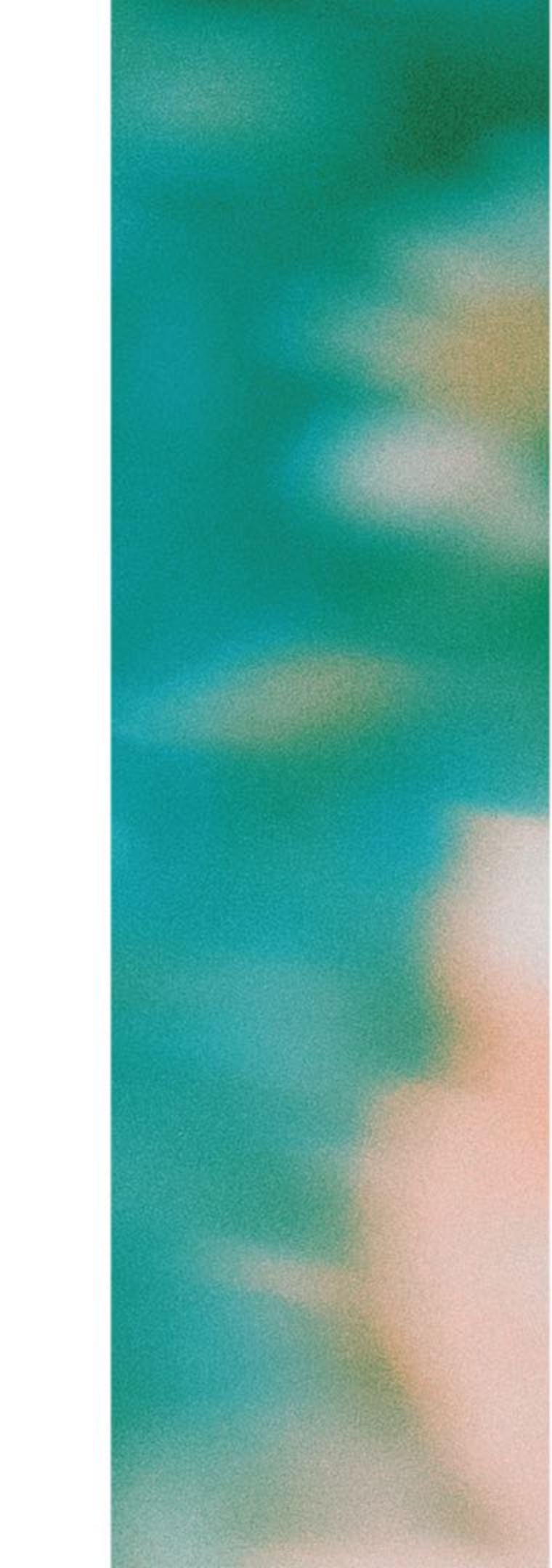


Prayer and Fasting



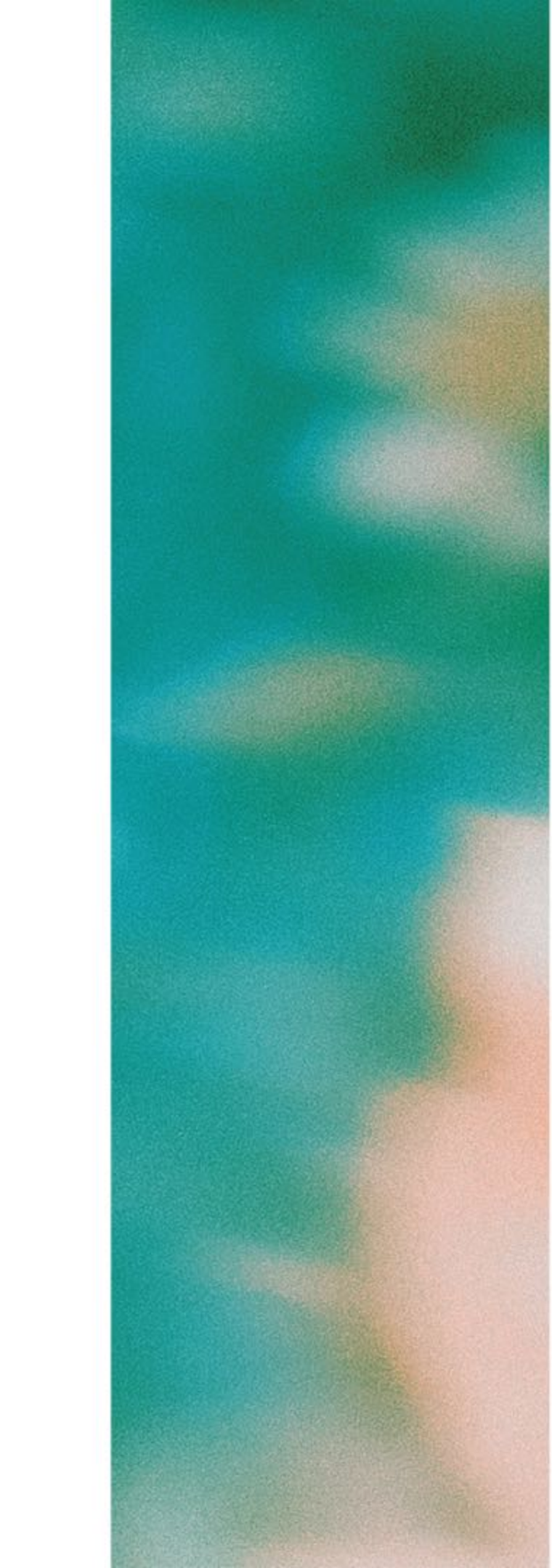
³ “Listen! A farmer went out to plant some seed. ⁴ As he scattered it across his field, some of the seed fell on a footpath, and the birds came and ate it. ⁵ Other seed fell on shallow soil with underlying rock.

Mark 4:3-9 (NLT)



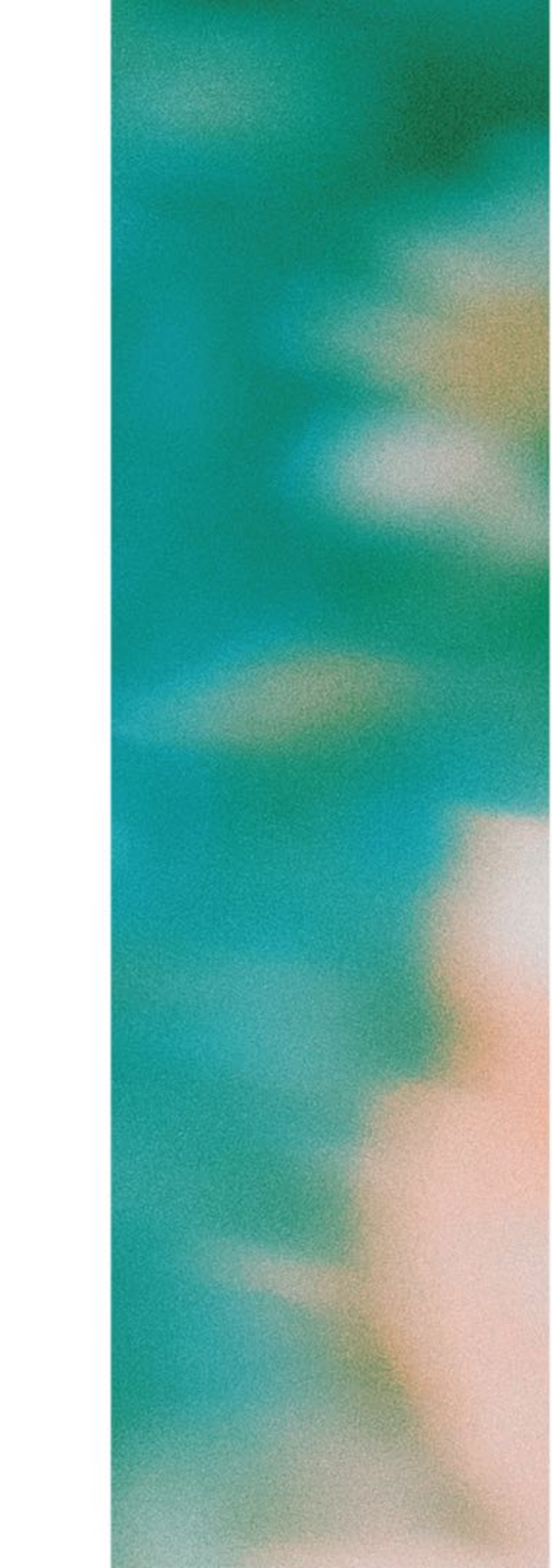
The seed sprouted quickly because the soil was shallow.⁶ But the plant soon wilted under the hot sun, and since it didn't have deep roots, it died.⁷ Other seed fell among thorns that grew up and choked out the tender plants so they produced no grain.

Mark 4:3-9 (NLT)



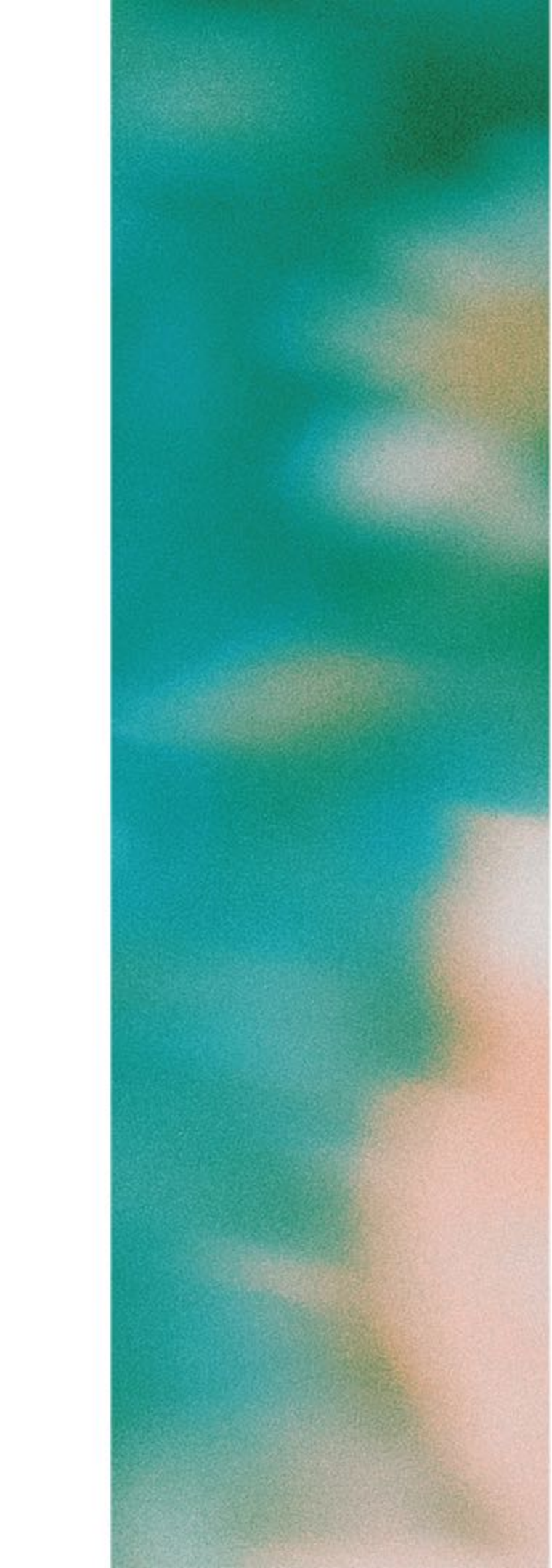
⁸ Still other seeds fell on fertile soil, and they sprouted, grew, and produced a crop that was thirty, sixty, and even a hundred times as much as had been planted!”⁹ Then he said, “Anyone with ears to hear should listen and understand.”

Mark 4:3-9 (NLT)



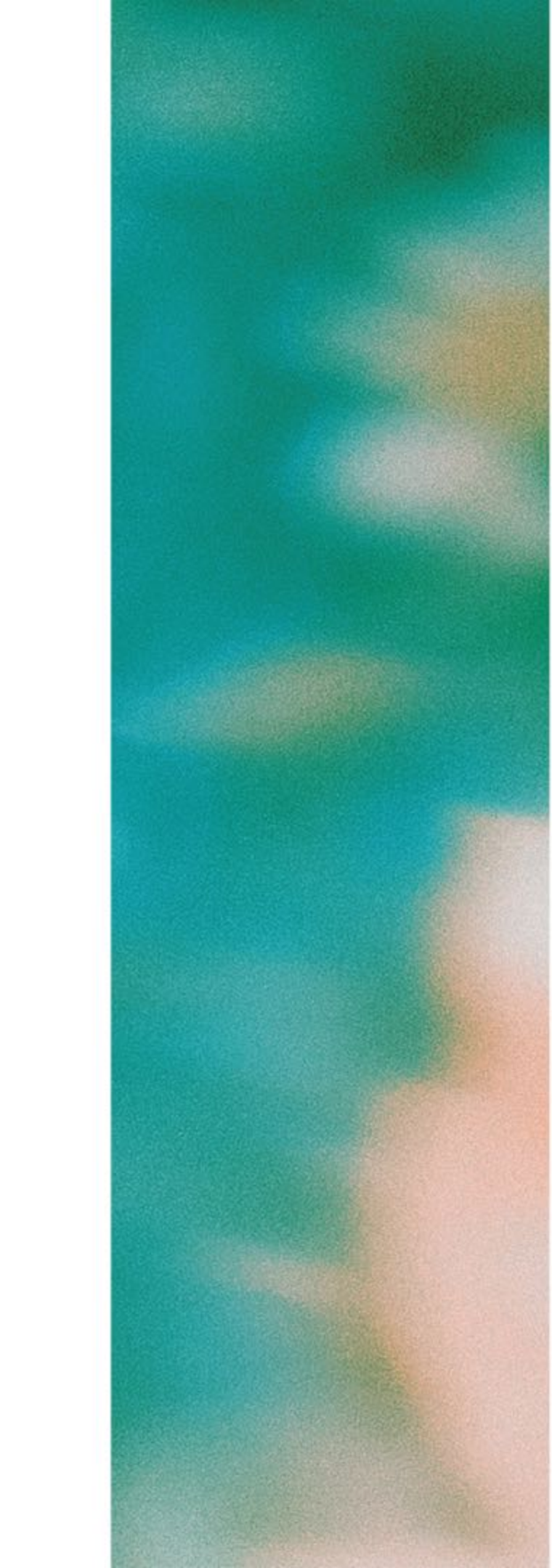
¹³ Then Jesus said to them, “If you can’t understand the meaning of this parable, how will you understand all the other parables? ¹⁴ The farmer plants seed by taking God’s word to others.

Mark 4:13-20 (NLT)



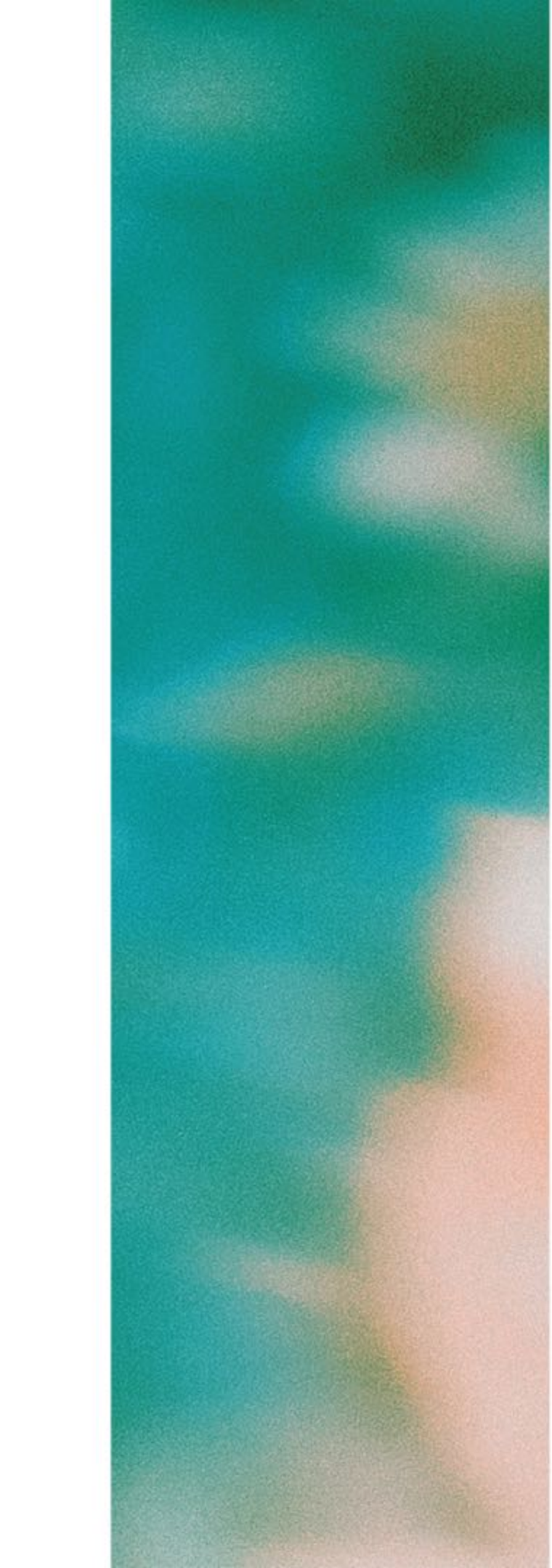
¹⁵ The seed that fell on the footpath represents those who hear the message, only to have Satan come at once and take it away. ¹⁶ The seed on the rocky soil represents those who hear the message and immediately receive it with joy.

Mark 4:13-20 (NLT)



¹⁹ but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced.

Mark 4:13-20 (NLT)



²⁰ And the seed that fell on good soil represents those who hear and accept God's word and produce a harvest of thirty, sixty, or even a hundred times as much as had been planted!"

Mark 4:13-20 (NLT)

THE FOUR SOILS

THE PARABLE OF THE SOWER

MARK 4:3-9, 13-20

1. THE PATH



The seed is sown on the path. Satan comes at once and takes away the word that was sown in them.

REJECTS THE WORD

2. ROCKY GROUND



The seed is sown on rocky ground. It springs up quickly, because the soil is shallow. But when the sun rises, it is scorched, and because it has no root, it withers away.

RECEIVES WITH JOY,
BUT FALLS AWAY

3. THORNY GROUND



The seed is sown among thorns. The thorns grow up and choke the word, so that it produces no fruit.

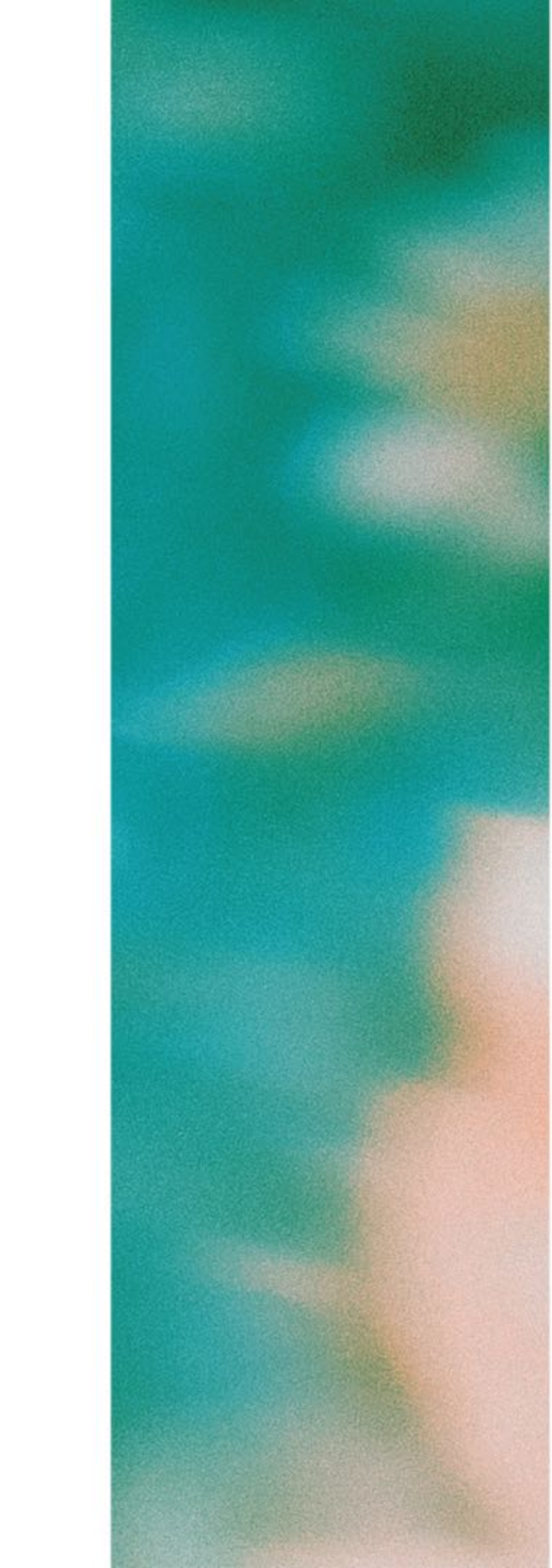
RECEIVES, BUT IS
CHOKED OUT

4. GOOD SOIL



The seed is sown on good soil. It grows and produces a crop—some thirty, some sixty, some a hundred times what was sown.

RECEIVES AND PRODUCES
ABUNDANT FRUIT



³ “Blessed are the **poor in spirit**,
for theirs is the kingdom of
heaven.”

Matthew 5:3 (NIV)



Blessed is the person who realizes
they are completely destitute, utterly
helpless, one who realizes their
absolute need for God.

**We will never depend on something
we don't think we need**



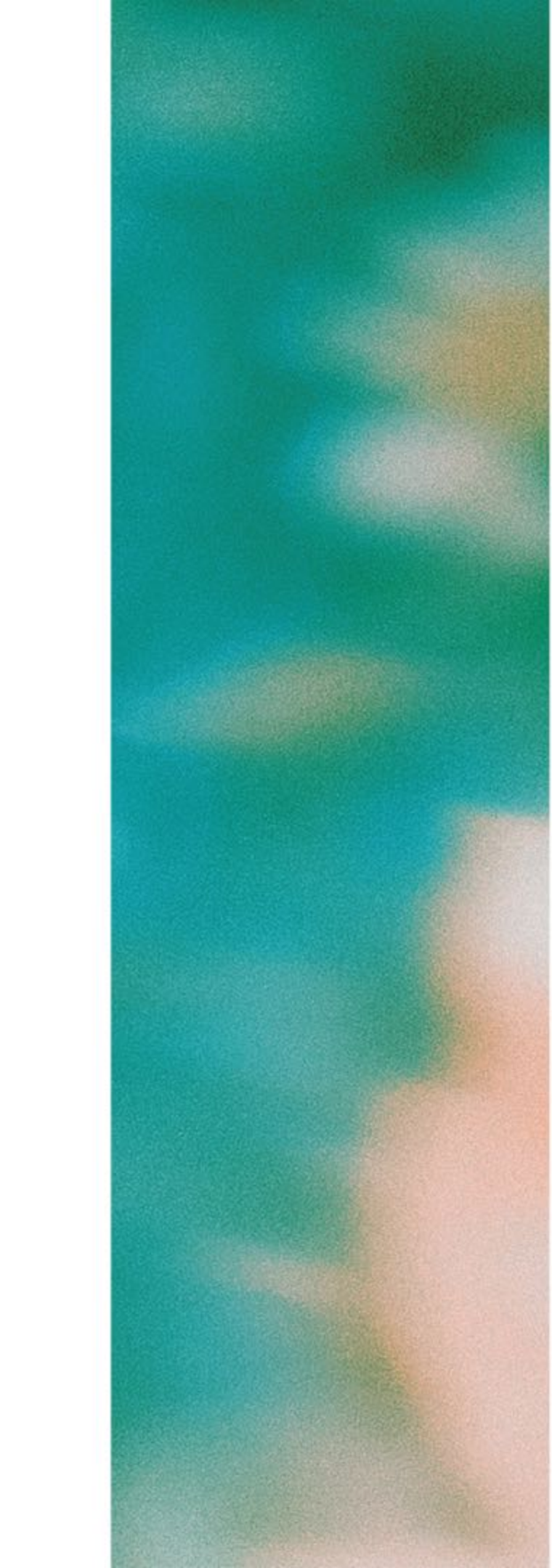
You are responsible for your soil.
Spiritual growth is not accidental, it's
cultivated.



**A diet changes the way you look.
Fasting changes the way you see.**



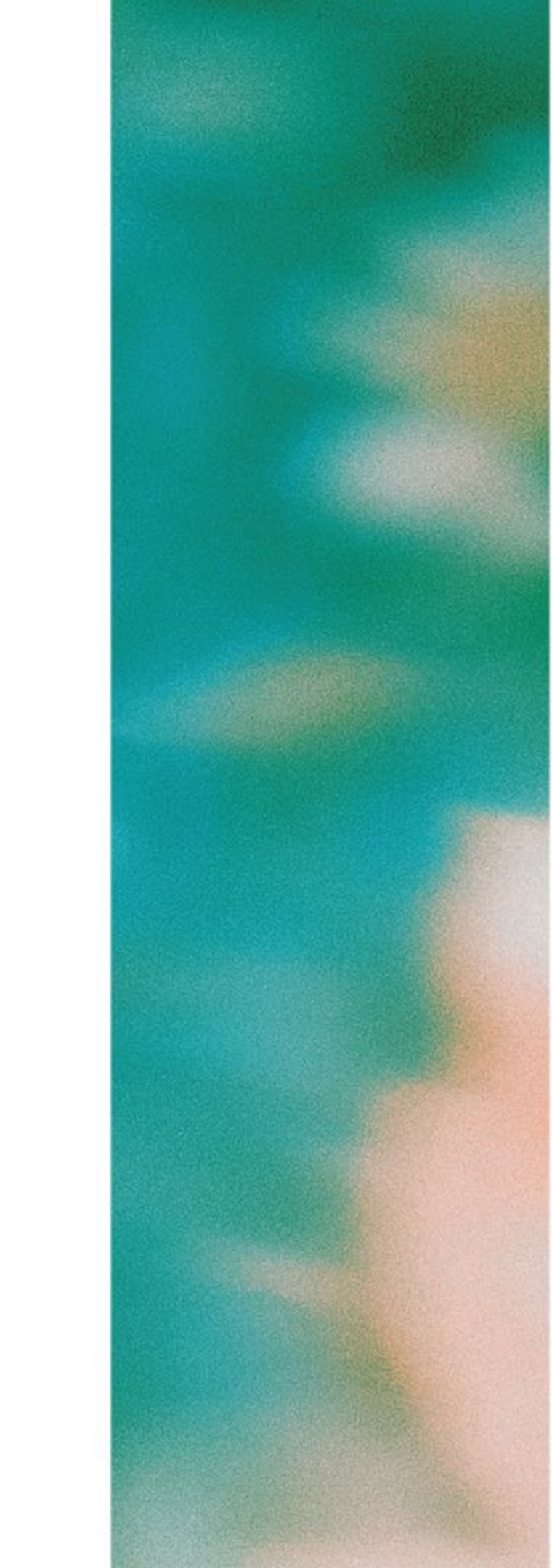
Prayer Connects Us To God
Fasting Disconnects Us From The
World



¹⁴ Then John's disciples came and asked him, "How is it that we and the Pharisees fast often, but your disciples do not fast?"

¹⁵ Jesus answered, "How can the guests of the bridegroom mourn while he is with them?"

Matthew 9:14-15 (NIV)

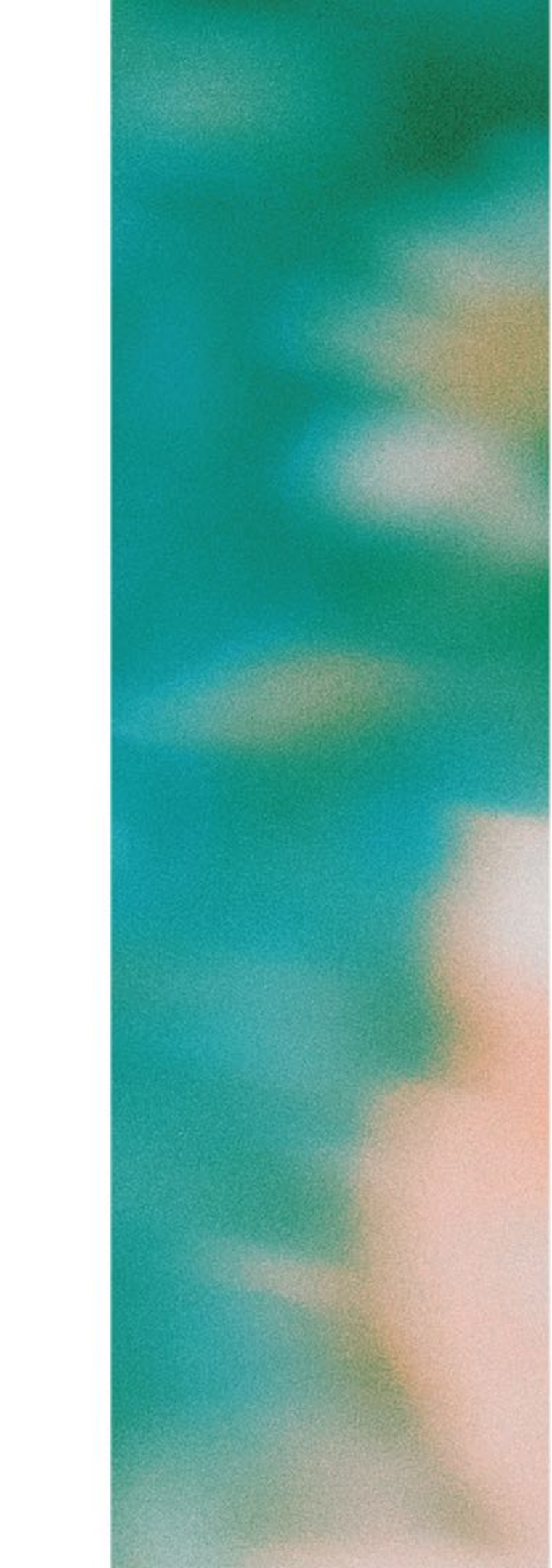


The time will come when the
bridegroom will be taken from them;
then **they will fast.**

Matthew 9:14-15 (NIV)

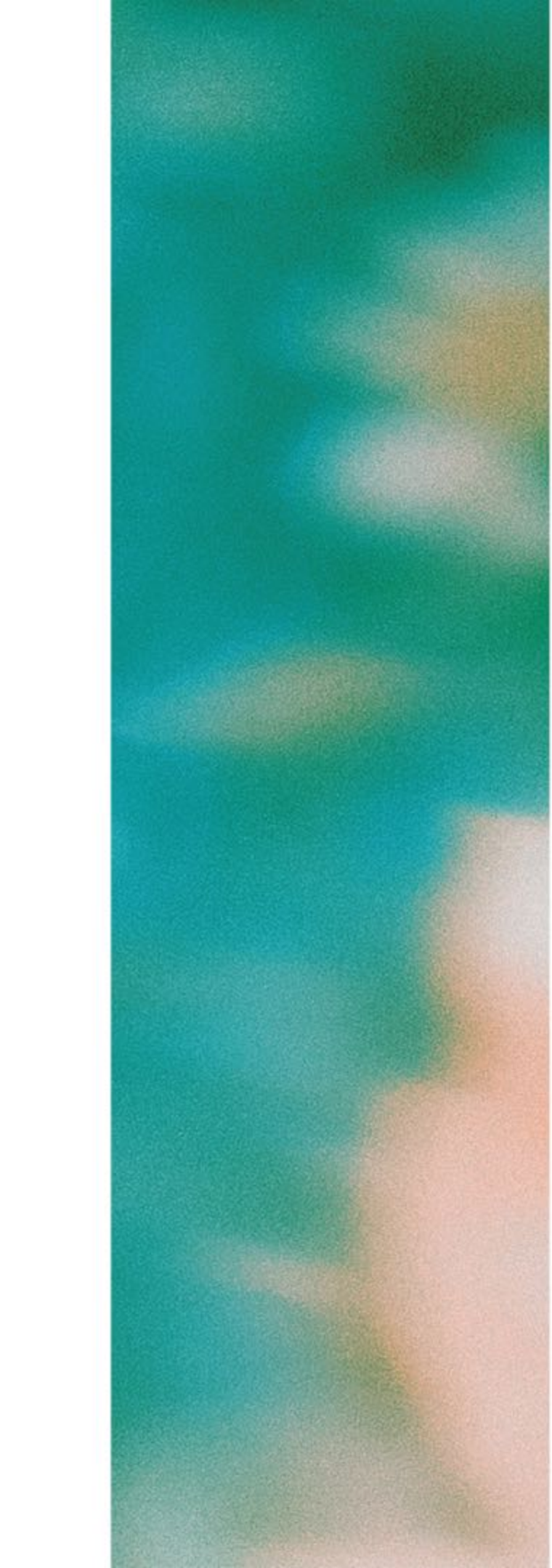
² While they were worshiping the Lord and **fasting**, the Holy Spirit said, "Set apart for me Barnabas and Saul for the work to which I have called them." ³ So after they had fasted and prayed, they placed their hands on them and sent them off.

Acts 13:2-3 (NIV)



²⁷ in weariness and toil, in
sleeplessness often, in hunger and
thirst, in **fastings** often.

2 Corinthians 11:27 (NKJV)



Fasting is not about punishing the body. It's about putting **every part of us in the right order.**



Triune Beings

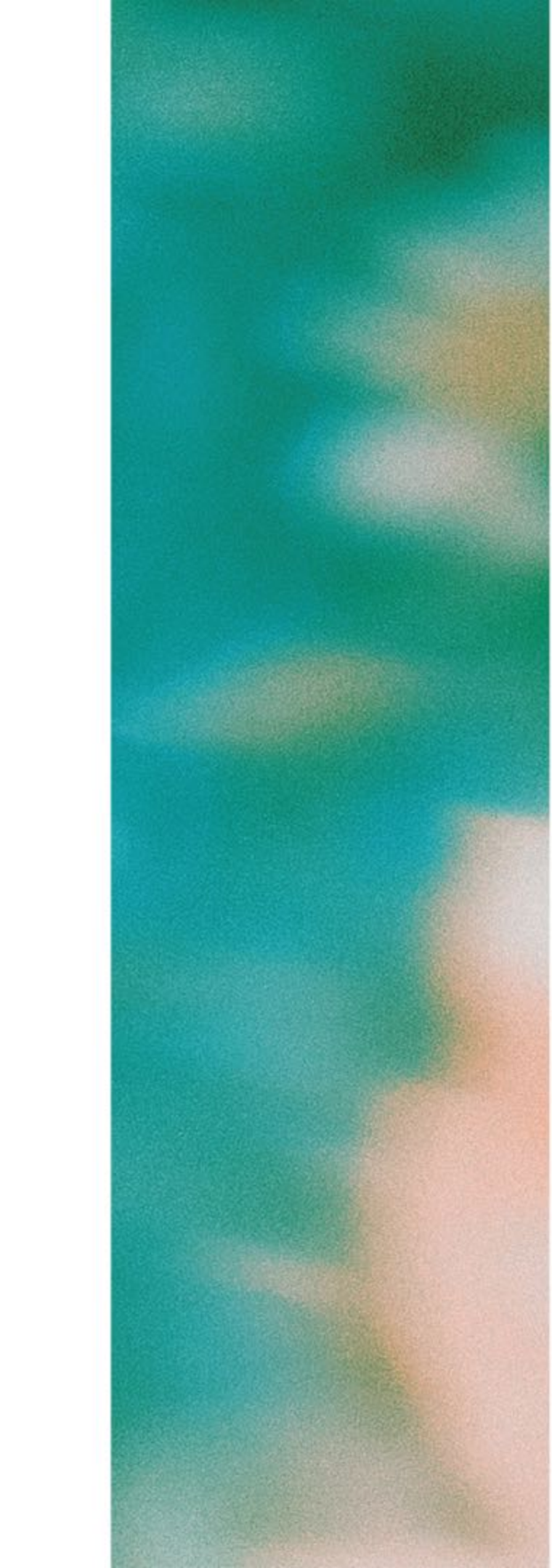
Body: The flesh (desires)

Soul: Mind, will and emotions

Spirit: The part that is like God

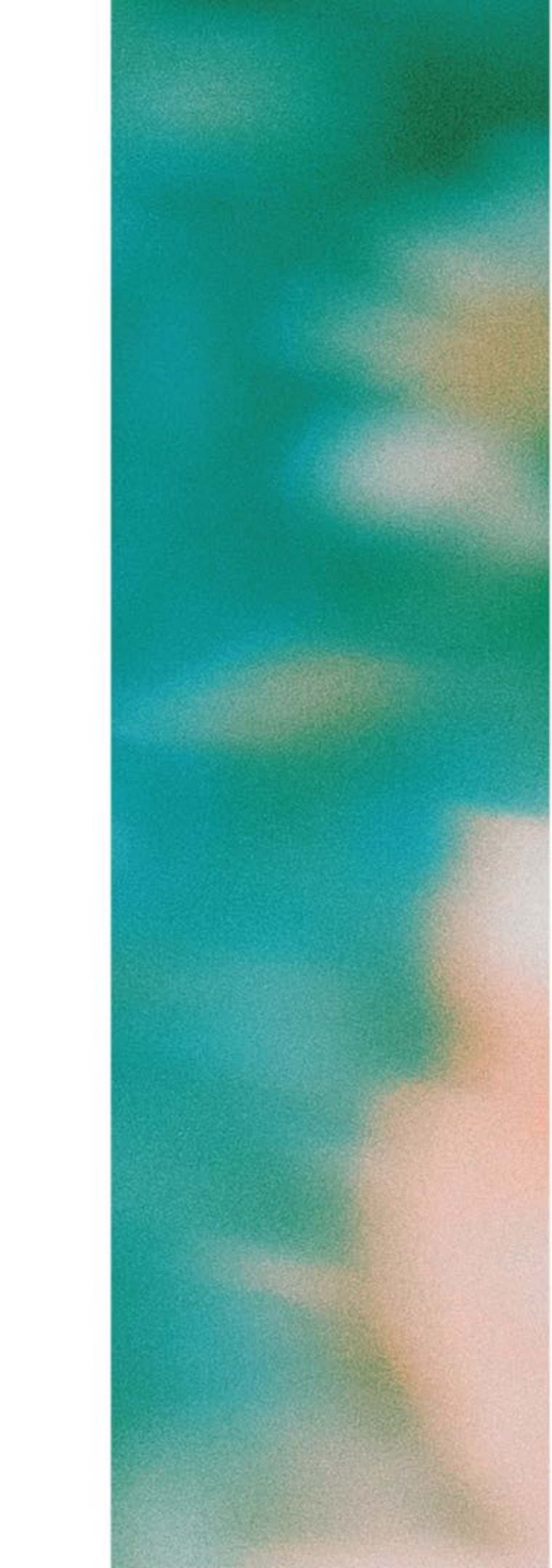
⁵ Those who live according to the **flesh** have their minds set on what the **flesh** desires; but those who live in accordancy with the **Spirit** have their minds set on what the **Spirit** desires.

Romans 8:5-6 (NIV)



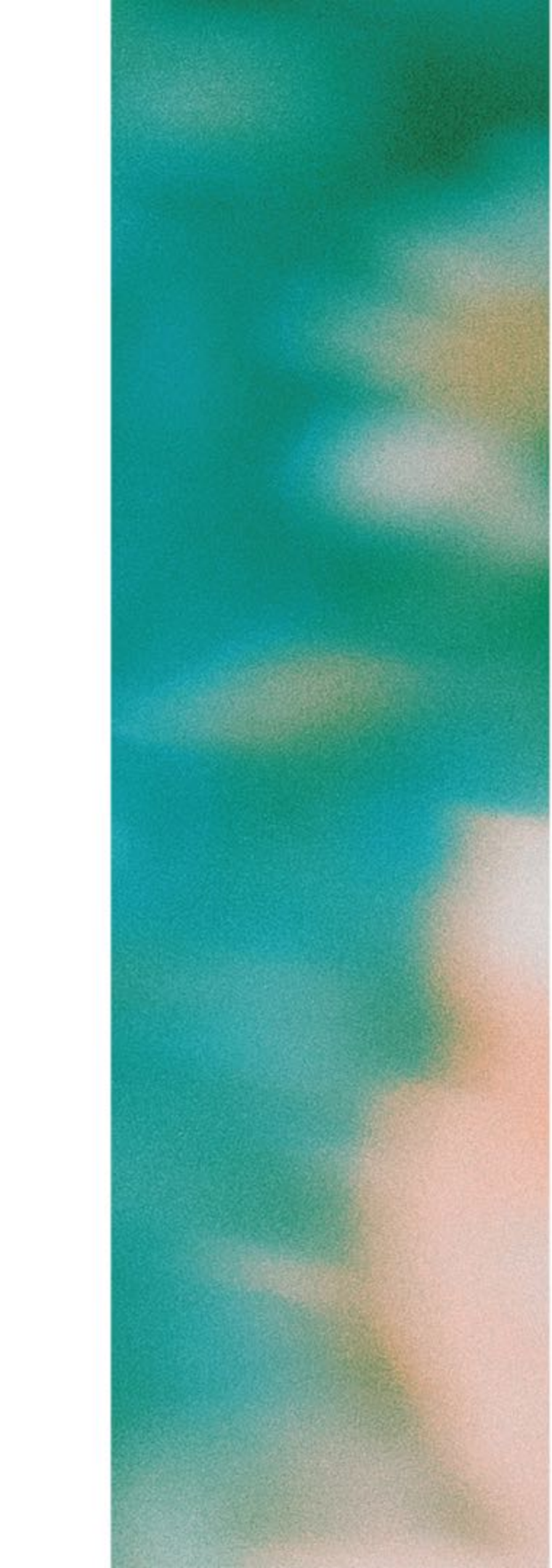
⁶ The mind governed by the **flesh** is death, but the mind governed by the **Spirit** is life and peace.

Romans 8:5-6 (NIV)



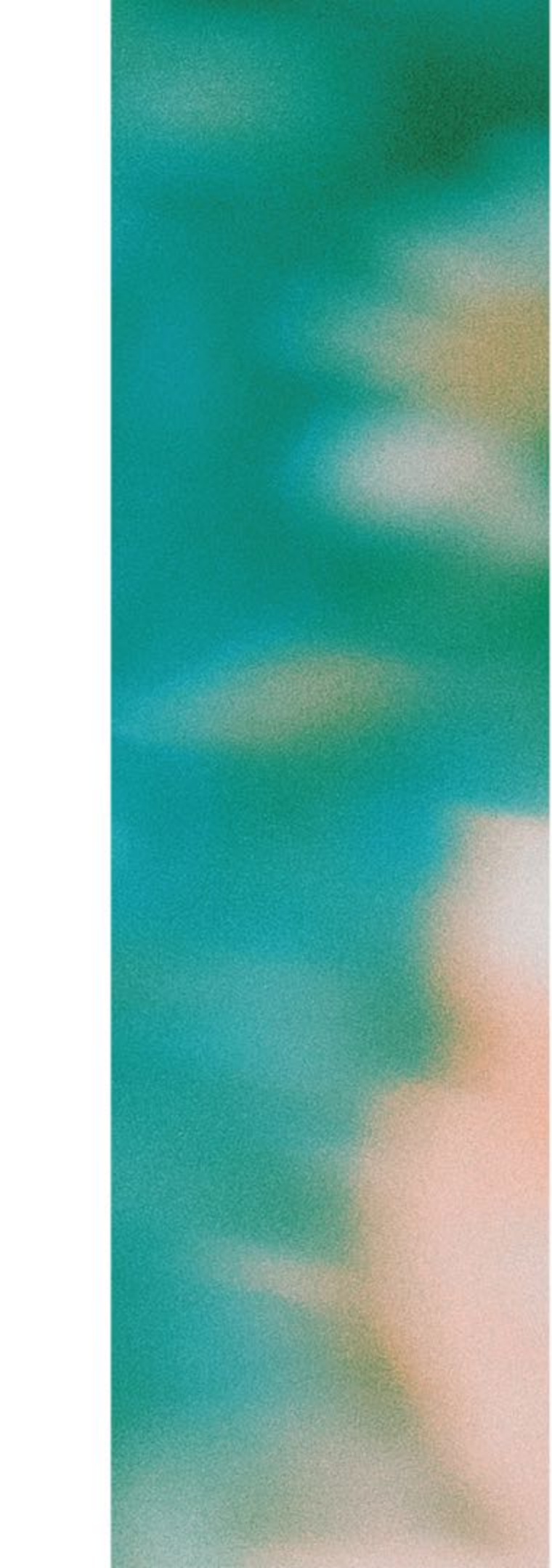
¹⁹ When you follow the desires of your sinful nature, the results are very clear: sexual immorality, impurity, lustful pleasures, ²⁰ idolatry, sorcery, hostility, quarreling, jealousy, outbursts of anger, selfish ambition, dissension, division,

Galatians 5:19-25 (NLT)



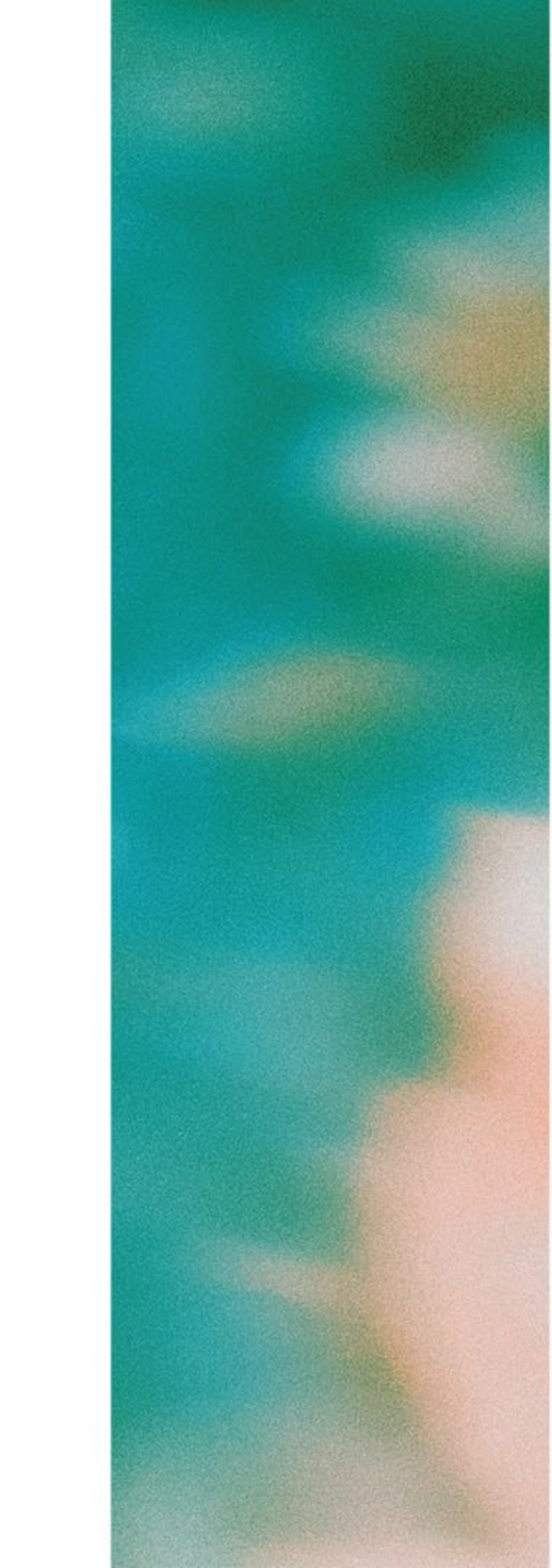
²¹ envy, drunkenness, wild parties,
and other sins like these. Let me tell
you again, as I have before, that
anyone living that sort of life will not
inherit the Kingdom of God.

Galatians 5:19-25 (NLT)



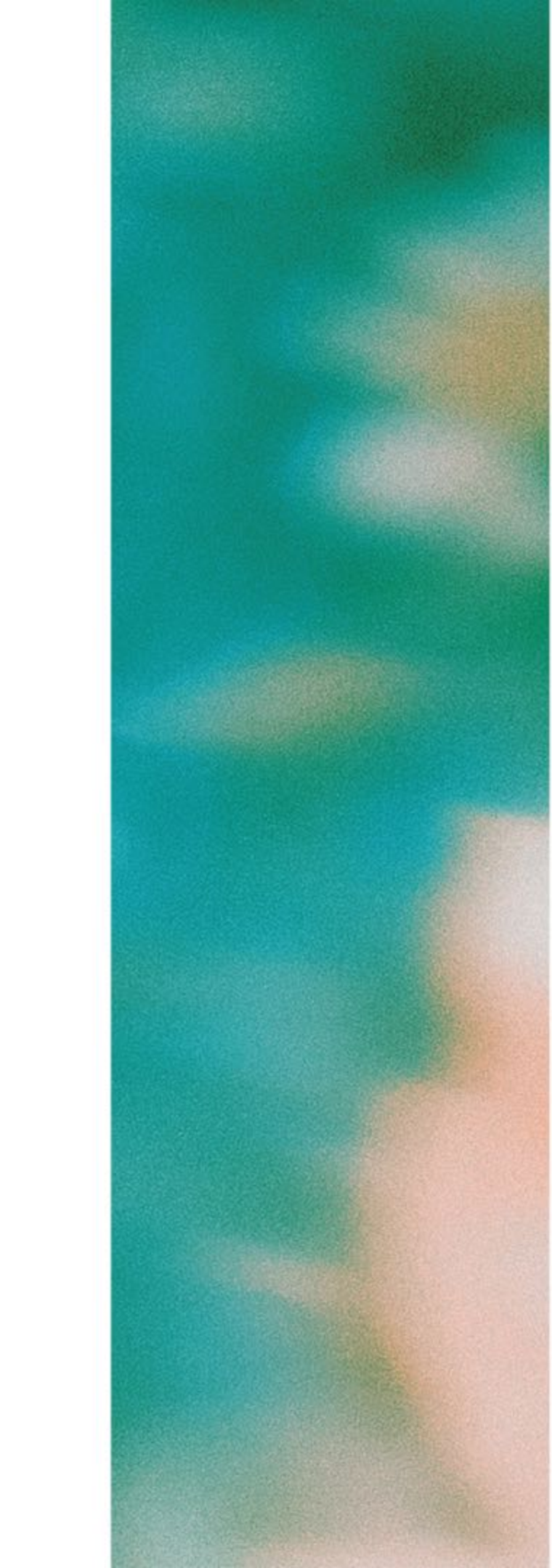
²² But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, and self-control. There is no law against these things!

Galatians 5:19-25 (NLT)



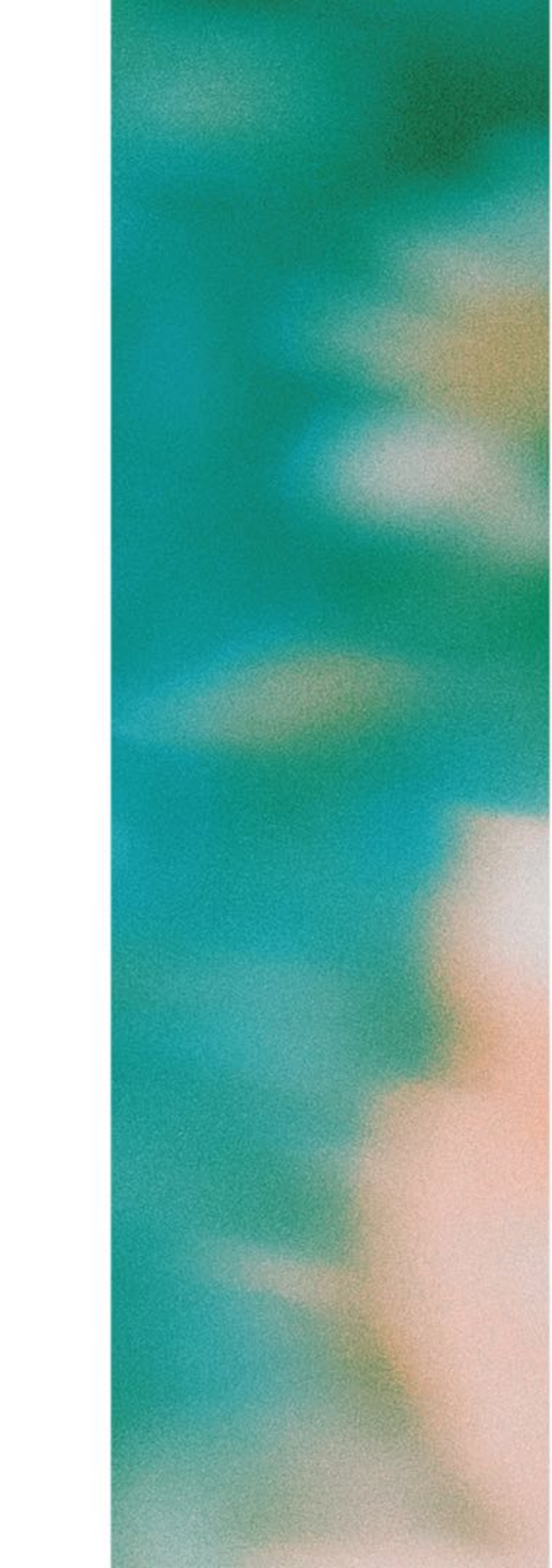
²⁴ Those who belong to Christ Jesus have nailed the passions and desires of their sinful nature to his cross and crucified them there.²⁵ Since we are living by the Spirit, **let us follow the Spirit's leading in every part of our lives.**

Galatians 5:19-25 (NLT)



Fasting is denying the **fleshly
appetites** of the body and
reordering the desires of the **mind,
will and emotions** so our **spirit**
becomes more responsive to God.

Chris Hodges

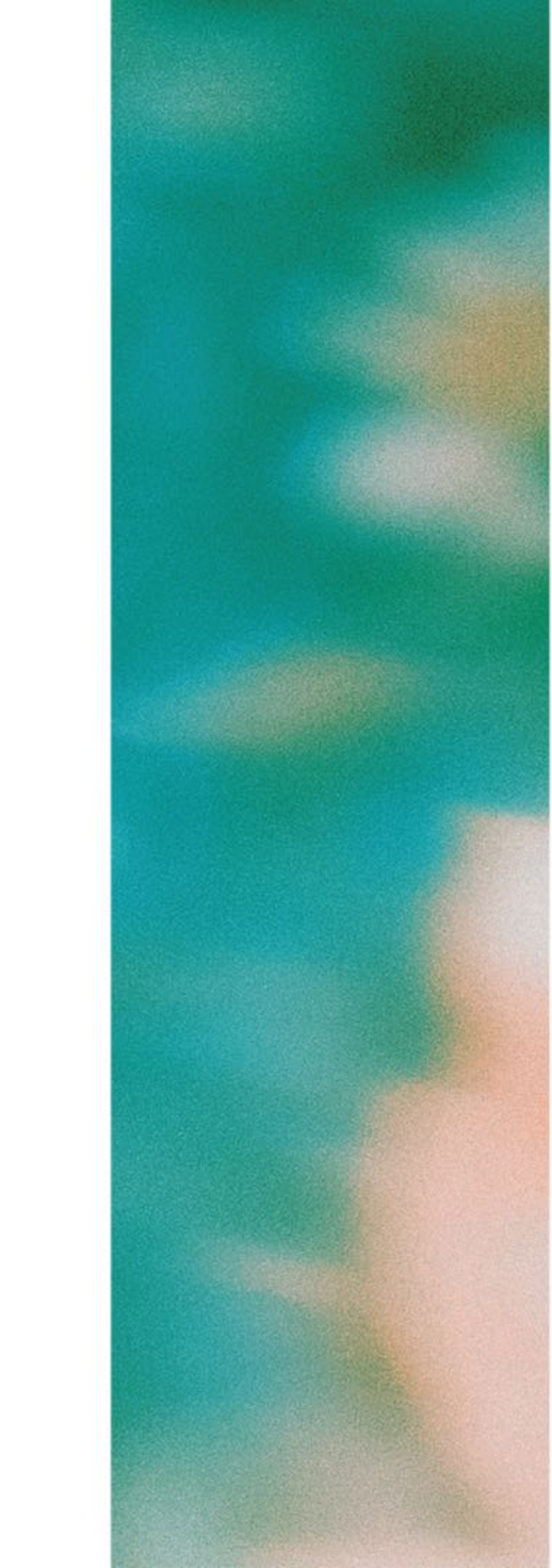


Next Steps

Set an objective.

Decide what type of fast you will do.

Expect Results.



⁸ “Then your salvation will come like the dawn, and your wounds will quickly heal. Your godliness will lead you forward, and the glory of the Lord will protect you from behind.

⁹ Then when you call, the Lord will answer.

‘Yes, I am here,’ he will quickly reply.

Isaiah 58: 8-9 NLT