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**burlington**  
BAPTIST CHURCH



# daniel FAST



# week one: His Majesty

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# Fasting

## 1. Jesus expected it

Matthew 6:2, 5, 16

"So when you give .....

"And when you pray, .....

"When you fast.....



# Fasting

## 2. The Bible is full of it

Zechariah 8:19

**This is what the Lord Almighty says: "The fasts of the fourth, fifth, seventh and tenth months will become joyful and glad occasions and happy festivals for Judah. Therefore love truth and peace."**



# Fasting

## 3. Centres our lives on God

Acts 13:2

**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."**



# Fasting

## 3. Centres our lives on God

Proverbs 16:2

**All a person's ways seem pure to them,  
but motives are weighed by the Lord..**



# Fasting

## 4. Deepens our life of prayer

Ezra 8:23

**So we fasted and petitioned our God about this,  
and he answered our prayer.**



# Fasting

## 5. Strips away self

Psalm 69:10

**When I wept, and chastened my soul with fasting,  
that was to my reproach.**





# Fasting

6. Reminds us: we are sustained by God

Colossians 1:17

**He is before all things, and in him all things hold together.**



# Fasting

## 7. Achieves things others don't

Mark 9:29

He replied, "This kind can come out only by prayer.\*"



# Fasting

## 8. Increases our ability to hear God

Acts 14:23

**Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.**



# Why a Daniel Fast?

It gives us time to press in to God

Daniel 1:2-3

At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.



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# Embrace His majesty

## 1. He forgives sins

Luke 5:23-24

**Which is easier: to say, “Your sins are forgiven,” or to say, “Get up and walk”? But I want you to know that the Son of Man has authority on earth to forgive sins.’ So he said to the paralysed man, ‘I tell you, get up, take your mat and go home.’**

# Embrace His majesty

## 2. He is the Son of Man

Daniel 7:13

**In my vision at night I looked, and there before me was one like a son of man, coming with the clouds of heaven. He approached the Ancient of Days and was led into his presence.**



# Embrace His majesty

## 3. He does God's work

John 10:36-39

**Why then do you accuse me of blasphemy because I said, 'I am God's Son'? Do not believe me unless I do what my Father does. But if I do it, even though you do not believe me, believe the miracles, that you may know and understand that the Father is in me, and I in the Father."**





# Embrace His majesty

## 4. He is without sin

1 John 3:5

**But you know that he appeared so that he might take away our sins. And in him is no sin.**



# Embrace His majesty

## 5. He is judge of all

John 5:22-24

Moreover, the Father judges no-one, but has entrusted all judgment to the Son, that all may honour the Son just as they honour the Father. He who does not honour the Son does not honour the Father, who sent him.



# Embrace His majesty

## 6. He answers prayers as God

John 14:13-14

**And I will do whatever you ask in my name, so that the Son may bring glory to the Father. 14 You may ask me for anything in my name, and I will**



# Embrace His majesty

## 7. He is the only way to heaven

John 14:6

**Jesus answered, “I am the way and the truth and the life. No-one comes to the Father except through me.**



# Embrace His majesty

## 8. He has all authority

Matthew 28:18

Then Jesus came to them and said, “All authority in heaven and on earth has been given to me.



# Embrace His majesty

## 9. He is the great “I am”

John 6:35

**Then Jesus declared, “I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.**



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## 9. He is the great “I am”

John 6:35

**Then Jesus declared, “I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.**

