

INTRODUCTION: Message - "The Deliverance Fast" (Matthew 17:14-21, KJV)

We desire holiness but satan works overtime to hinder our walk with Christ. A Christian cannot be controlled by satan but we are not immune to his lies, tricks, and other devices. How do we go about getting delivered from sins, habits, or addictions?

DISCUSSION QUESTIONS:

1. Read Mark 9:17-29. This account provides a few more details. How does unbelief affect the result of our prayer and fasting experience?
2. Read Hebrews 12:1-2. Sin can be compared to a weight slowing us down. How does this affect our Christian journey? Has prayer been enough so far to free me from sin? Am I still struggling in particular areas?
3. Read 1 John 1:7-10. How important is it to admit that we struggle with sin? Does confession play a role in deliverance from sin? Why?
4. Read 1 Corinthians 10:12-13. No one wakes up one morning and says "Today I will become addicted to pain medicines". So how does one become addicted to anything?
5. Guidelines for Deliverance Fasting: 1) Choose the length of fast: one meal, one day, or multiple days. 2) Write down the sin without the gory details but also not so vague. For example: "I want to be delivered from pornography". 3) Choose how you will fast: Abstain from all food or abstain only from the pleasure foods and drinks. 4) Pray earnestly for deliverance and believe that God will free you from the bondage of besetting sins.
6. Guidelines for public confession: How public should your confession be? You should include in your circle of confession all those who were included in your circle of sin. If it was a private sin, keep your confession private. If only a few people know about your sin, then only those people should hear your confession. If you have sinned against the Church and the world, then your confession should be open and public. (From "Fasting For Spiritual Breakthrough", Dr Elmer Towns, pg 41)

SO WHAT?:

We all struggle with sin and sometimes fail God. From what sin (or sins) do you need to be delivered? Choose to pray AND fast in a method that works for you and believe God for deliverance. Fast and pray as often as is necessary until you are free. Then be on guard!

THINK ABOUT IT:

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?" (Isaiah 58:6, KJV)