

## PRAYER AND FASTING: What Do You Need To Surrender?



Matthew: Selected Passages

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December 29, 2013

A walk through the book of Matthew...

Matthew 4:1-2  
Matthew 6:16-18  
Matthew 10:1, 8  
Matthew 17:14-21

Reasons NOT to Fast:

- To look (feel) spiritual
- To lose weight
- Thinking the fast is what answers prayer
- To get attention

Reasons to Fast:

- It is Biblical
- To gain proper focus about a situation
- To commit more to prayer
- To rely on God

Consider what you need to surrender

- That which you see
- That which you taste
- That which you hear
- That which you think

### Seven Steps to Surrender Success:

- (1) **S**ettle your heart (Rom. 12:2; Phil. 4:8)
- (2) **S**et daily reminders (Joshua 1:7-9)
- (3) **S**urround yourself with the right people (I Cor. 15:33)
- (4) **S**hift to alternative activities (I Cor. 10:13)
- (5) **S**erve others (Phil. 2:3-5)
- (6) **S**tudy your Bible (II Tim. 2:15)
- (7) **S**ubmit to prayer and fasting

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