

**LIFE IN THE FAST LANE**  
**imagine Series Part 7**

**February 22, 2009**

*“So I turned to the Lord God and pleaded  
with him in prayer and fasting ...”*

Daniel 9:3a

**Fasting** \_\_\_\_\_

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*“Messengers came and told Jehoshaphat, ‘A vast army from Edom is marching against you from beyond the Dead Sea. They are already at Hazazon-tamar.’ (This was another name for En-gedi.) Jehoshaphat was terrified by this news and begged the Lord for guidance. He also ordered everyone in Judah to begin fasting. So people from all the towns of Judah came to Jerusalem to seek the Lord’s help.”*

2 Chronicles 20:2-4

**Fasting prepares us for** \_\_\_\_\_

*“In the third year of the reign of King Cyrus of Persia, Daniel (also known as Belteshazzar) had another vision. He understood that the vision concerned events certain to happen in the future —times of war and great hardship. When this vision came to me, I, Daniel, had been in mourning for three whole weeks. All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed. On April 23, as I was standing on the bank of the great Tigris River, I looked up and saw a man dressed in linen clothing, with a belt of pure gold around his waist. His body looked like a precious gem. His face flashed like lightning, and his eyes flamed like torches. His arms and feet shone like polished bronze, and his voice roared like a vast multitude of people. Only I, Daniel, saw this vision. The men with me saw nothing, but they were suddenly terrified and ran away to hide.” Daniel 10:1-7*

*“Then he said, ‘Don’t be afraid, Daniel. Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven. I have come in answer to your prayer. But for twenty-one days the spirit prince of the kingdom of Persia blocked my way. Then Michael, one of the arch-angels, came to help me, and I left him there with the spirit prince of the kingdom of Persia. Now I am here to explain what will happen to your people in the future, for this vision concerns a time yet to come.’”*

Daniel 10:12-14

**Fasting prepares us for** \_\_\_\_\_

*“And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, ‘Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. So I brought him to Your disciples, but they could not cure him.’ Then Jesus answered and said, ‘O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.’ And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour. Then the disciples came to Jesus privately and said, ‘Why could we not cast it out?’ So Jesus said to them, ‘Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. However, this kind does not go out except by prayer and fasting.’” Matthew 17:14-21*

**Fasting prepares us for** \_\_\_\_\_

