

PULPIT COMPANION

**THE POWER OF FASTING:
UNLOCKING
BREAKTHROUGH, FAVOR,
AND SPIRITUAL VICTORY**

DANIEL 10:1-14

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In this powerful message, we're challenged to unlock spiritual breakthrough through a dynamic combination of prayer, obedience, and fasting. Drawing inspiration from biblical figures like Daniel, Esther, and Paul, we're reminded that true transformation comes when we align our hearts with God's will.

The story of Daniel's 21-day fast teaches us the power of persistence in seeking divine wisdom, while Esther's courageous fast demonstrates how our spiritual disciplines can impact entire communities. As we reflect on these examples, we're encouraged to consider:

- What is God calling us to let go of?
- How can our fasting bless others?
- Are we seeking God's presence more than His blessings?

This message urges us to move beyond empty traditions and pursue a deeper, more purposeful relationship with God. It's a call to action – to use our spiritual disciplines not just for personal gain, but to bring about justice, feed the hungry, and make a difference in our world. As we embrace this 'spiritual combo' of prayer, obedience, and fasting, we position ourselves for breakthrough, not just in our lives, but in the lives of those around us.

SCRIPTURES FROM PULPIT AI

- Psalm 18:1,3
- Psalm 118:24
- Matthew 4:1-11
- Acts 9:9-19
- Acts 13:2-3
- Esther 4:16
- Jonah 3:5-10
- Daniel 10:1-14
- Ezra 8:21-23
- Isaiah 58:6-9
- Matthew 6:16-18
- Psalm 121:1-2





DEVOTIONAL

Day 1: The Power of Fasting

Reading: Daniel 10:1-14

Devotional: Daniel's 21-day fast teaches us the profound impact of spiritual discipline. As we read about his experience, we're reminded that fasting is more than abstaining from food—it's about seeking God with our whole being. Daniel's perseverance in prayer and fasting led to divine revelation and angelic visitation. Today, reflect on areas in your life where you need breakthrough. Consider how combining prayer, fasting, and obedience might open doors to deeper spiritual insight and God's intervention in your circumstances. Ask God to give you the strength and determination to seek Him wholeheartedly, just as Daniel did.

Day 2: Finding Favor in Difficult Times

Reading: Esther 4:1-17

Devotional: Esther's story reminds us that God often places us in strategic positions "for such a time as this." Her courage to approach the king, risking her life for her people, was preceded by a time of fasting and prayer. In our own lives, we may face situations that require divine favor and intervention. Esther's example encourages us to seek God fervently before taking bold action. Today, consider the challenges you're facing. How might God be calling you to step out in faith? Spend time in prayer, asking for God's favor and wisdom as you navigate difficult decisions. Remember, just as God used Esther, He can use you to bring about His purposes in the world.





Day 3: Overcoming Temptation

Reading: Matthew 4:1-11

Devotional: Jesus' temptation in the wilderness demonstrates the power of God's Word in overcoming spiritual attacks. After fasting for 40 days, Jesus was at His most vulnerable, yet He resisted Satan's offers by quoting Scripture. This teaches us the importance of knowing and applying God's Word in our daily lives. As you face your own temptations and challenges, remember that you have the same weapon Jesus used—the Word of God. Today, identify areas where you struggle with temptation. Find and memorize specific Bible verses that address these areas. Practice using these verses as a shield and sword against spiritual attacks, just as Jesus did.

Day 4: Transformation and New Beginnings

Reading: Acts 9:1-19

Devotional: Saul's conversion story is a powerful reminder that no one is beyond God's reach. Through a dramatic encounter with Jesus, the persecutor of Christians became one of the greatest apostles. Saul's three days of blindness and fasting were a time of deep transformation and preparation for his new calling. This narrative encourages us that God can radically change lives and use anyone for His purposes. Reflect on your own journey with Christ. How has God transformed you? Are there areas where you still need His transforming touch? Spend time in prayer, asking God to continue His work in your life and to use you, like Paul, to spread the Gospel.





Day 5: Seeking God's Direction as a Community

Reading: Acts 13:1-3

Devotional: The early church's example of seeking God's guidance through communal fasting and prayer is a powerful model for us today. As they ministered to the Lord and fasted, the Holy Spirit spoke, providing clear direction for their mission. This reminds us of the importance of coming together as believers to seek God's will. In our individualistic culture, we often forget the power of corporate spiritual disciplines. Today, consider how you can engage in communal prayer and fasting with fellow believers. Is there a significant decision or direction your church or small group needs? Propose a time of fasting and prayer together, expecting God to speak and guide as you seek Him collectively.





SMALL GROUP GUIDE:

The Power of Fasting and Breakthrough

Opening Prayer

Key Takeaways:

1. Fasting is a powerful spiritual discipline that brings clarity, favor, and breakthrough.
2. Effective spiritual warfare requires a combination of obedience, prayer, and fasting.
3. True fasting is not just about abstaining from food, but aligning with God's heart and will.
4. Fasting should be intentional, meaningful, and focused on seeking God's presence.

Discussion Questions:

1. The sermon introduced the concept of a spiritual "combo" - obedience, prayer, and fasting. How do you think these three elements work together to bring about spiritual breakthrough?
2. We looked at several biblical examples of fasting (Daniel, Ezra, Nineveh, Esther, Jesus, Paul). Which example resonated with you the most and why?
3. Isaiah 58:6-9 describes the kind of fasting that pleases God. How does this passage challenge or expand your understanding of fasting?
4. The sermon emphasized that fasting should be about more than personal discipline. How can our fasting impact others and serve God's purposes?
5. What are some areas in your life or in our community where you feel we need breakthrough? How might fasting play a role in addressing these challenges?
6. Matthew 6:16-18 gives instructions on how to fast. Why do you think Jesu





Practical Applications:

1. Reflect on what God might be calling you to "let go of" during a fast. Share with the group if you feel comfortable.
2. Choose one area in your life where you need breakthrough. Commit to praying about it daily for the next week.
3. As a group, consider choosing a day to fast together for a specific purpose (e.g., guidance for the church, community needs, global issues).
4. Create a plan to replace the time/activity you're fasting from with intentional time with God. What spiritual practices will you engage in?
5. Discuss ways your group can serve others or address injustice in your community as part of your fasting practice.

Closing Prayer:

Close by praying for breakthrough in the areas mentioned during the discussion. Ask God for wisdom and strength as you prepare to engage in fasting.

