

# RESPONSIVE TO GOD

## LESSON 26 – OUTLINE

- I. Fasting retrains your body to respond to God's Word and your born-again spirit.
  - A. When you fast, you're telling your body what to do.
  - B. You're breaking the natural domination and control your body has been exerting over you.
  - C. You've been responding primarily to what you can see, taste, hear, smell, and feel.
  - D. That's okay most of the time, but you need to learn—experientially—that man does not live by bread alone but by every word that proceeds from the mouth of God (Matt. 4:4).
- II. When you fast, your body will try to maintain its control.
  - A. Your body will exert itself, and your sense knowledge—what you can see, taste, hear, smell, and feel—will try to dominate you.
  - B. That's when you'll have a choice: Either let your physical realm rule, or rule your physical realm.
  - C. You can bring your body into subjection to where God is literally ministering to you in a supernatural way.
  - D. Once that happens and you get off the fast, your body has learned something.
  - E. Fasting breaks the dominance of your natural realm over your spirit.
- III. Prayer does too!
  - A. When you pray, you're speaking and listening to Someone you can't physically see or feel.
  - B. Your natural mind and sense knowledge just go bonkers.
  - C. But if you continue in prayer and make it a practice, you'll start seeing miracles and other things happen.
  - D. There will be so much evidence that your prayer time is valid and that God, whom you cannot see, is real that it will help retrain your physical senses.
  - E. Your body will begin to recognize that there's more than what it can see, taste, hear, smell, and feel.

IV. Your body isn't evil; it's just natural and has to be trained.

A. Just as your natural senses can be trained in the physical realm, they can also be educated in spiritual things.

B. This is what fasting and prayer does!

*But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.*

**HEBREWS 5:14**

C. Our senses must be exercised in order to operate in faith.

D. Fasting and prayer don't make God respond to you better—they make you respond to Him better.

E. You can train yourself that way!

V. God has already done everything to heal everyone.

A. It's not a matter of asking the Lord to heal, but rather our receiving the healing He has already given.

B. That's the basic principle, but there are laws that govern how it works.

C. We don't do all of these things to manipulate God, but to help people move into a position to receive.

D. As we understand and apply these powerful truths, we will see much better results than ever before.

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## **LESSON 26 – DISCIPLESHIP QUESTIONS**

1. Who was speaking in Matthew 4:4?
2. Who was being spoken to?
3. Shall man live by bread alone?
4. What does man live by?
5. What three words indicate to us that Jesus was quoting Scripture?
6. According to Hebrews 5:14, who does strong meat belong to?
7. How do we exercise our senses?
8. What do we learn to discern between?

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## **LESSON 26 – SCRIPTURES**

### **MATTHEW 4:4**

But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.

### **HEBREWS 5:14**

But strong meat belongeth to them that are of full age, even those who by reason of use have their senses exercised to discern both good and evil.