

FASTING

Main Scripture: Mark 9:17-29

Supporting Scripture: Acts 13: 1-3; Acts 14: ; Luke 5:35; Matthew 4; 1 John 1:16; Matthew 5; Matthew 6: 1-8;

People talking about fasting but didn't do it biblically so let's discuss fasting and the psychology and the mental barrier of fasting then you have success. Don't take advice about fasting from people who don't fast. This is not about boasting or a race but making sure you get the most out of what God designed.

There are 63 references to fasting excluding repetitions of the same event in the new testament and 35 refers to individuals fasting and 28 refers to group fasting and then 46 in the old and 17 in the new testament so it's not a foreign concept.

Overview:

40 days of fasting seems very daunting to look at but there are evidence of huge spiritual warriors who did the "prophetic fast"

We see Moses and Elijah and Jesus on the mount of transfiguration - look at what was achieved when regular human beings like me and you fasted for this long... maybe we can say Jesus was part Divine but Moses and Elijah were regular human beings like us. Moses' fast to get the Ten Commandments was groundbreaking. God gave that man something amazing that changed the course of history for Israel at the time. WE see him coming again for the second time with a SHINING FACE and some may say this may be only for Moses but testimonies will show that this is applicable today where the glory of the Lord sits on you.

Elijah did it and Jesus did it to birth the new covenant ministry right before his ministry he is driven by the spirit to the wilderness to be tempted by the devil.

Some of you have a cap on your spiritual life because you don't fast and pray. There are some experiences that you won't unlock without fasting.

We just came out of a fast and it's important to fast

Daniel did 21 days seeking revelation from God and people talk about the Daniela fast of eating peas and lentils, there is great value in this discipline and a form of sacrifice but it's so funny that the spirit behind this is more I'm on a diet. So you posting on FB about your fast isn't going to get you your benefits. Be careful about your fast being labeled as a diet.

Grieving fasting? You often see people go on fasting at the time of bereavement and this is interesting that in those days they didn't do counseling, but they used this as a method to get through.

Paul fasted three days before he received the Holy Spirit and Esther also did a national 3 day fast. Joel speaks about a solum assembly - even those that suck the breast went on the fasting.. our faith isn't where it needs to be that we make too many allowances for the flesh.

Anna fasted day and night - I love this because I want our older breathing to know that they can also fast too and was gifted to see the coming of Christ.

Faith Deliverance International Ministries – Bro Joseph Mullings
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Acts 13: 1- 3 if you want to understand the early church and how we perceive church today we look at the order of the verse. They were in the church were prophets and teachers and at the bottom of the list we have Saul we know him as Apostle Paul, I would like to think on this day of prayer and fasting....these are the services of prayer and fasting that we need to also have. Where we go to a “fasting service” not a preaching service - just a day where christ is the focus and our bodies are presented. This was a day that was important for fasting. The priority was the Lord Jesus Christ. Its right to give this focus because we are built on the doctrine of the Apostles doctrine so there is more need for these services today.

When there is a fasting service back in the day we knew the importance of it and we did it safely and move it as one unit.

In the book of Acts, there was no compulsion (Ananias and Sapphires) they weren't killed for not giving the full price but because they lied. So stay honest.

The first time I fasted I thought I was going today and my youth leader said what's wrong and I was fasting and I am not coping I told her I was fasting for one day and I was laughed at. But I got hold of some books and read of many accounts that encouraged me. When you read of the testimonies of those who have had the victory it is encouraging.

AS the church is growing they fast with the elders and then left them in charge. It wasn't built in a board room but in the boardroom of heaven in fasting and prayer. So this is an overview. Try and push a little further than you have fasted the last time and then you will see the power of God. The price they paid to walk into the room where God gives freedom to access miracles through prayer and fasting.

Natural

Henry s tanner was known for fasting in the 1800s and wanted to prove that Jesus was demonstrating that Jesus was fasting in the capabilities of the human realm so he removed the mystic from fasting that it is possible and good for your health. He proved that fasting with water is actually better for your health. He said as long as you stay hydrated that your body can cope with it. The second 40 fast he did his hairs that were grey turned black so it may be that Moses' glory was also attributed to the regeneration of what a fast can do.

He is not an example of praying - so if you see the examples of the Ethiopian church and now there are up to 1 million people gathering for the convention it's about if we want to leave a dent in the earth while we are here. If we are going to do more than just pass through this earth we need to pray and fast

Not an option for believers

Like 5:35 - the disciples will fast and if we see ourselves as his disciples

Franklin Horn - the fasting prayer and a lot of the revivals in the 60s came from reading his book they were reading about prayer and fasting. Fasting with prayer is the key to unlock spiritual doors to faith.

Mark 9:17-29; Matthew 17

Jesus has this moment set up to illustrate the power of fasting and prior to this they were able to deliver devils but here they needed more than a word, they needed faith.

I want to put to you that there is a perspective that can only be revealed to you through fasting. Fasting is a slayer to the flesh. The body needs denial on a continual basis that you will have certain things opened to you. Faith inflates the "space" of God in you. Jesus' 40 days covered his three years and he had a foundation that covered that authority. This is about an inward transformation that happens to you. Science is catching up with the power of what we have been told to do. 20 years ago they didn't know that the brain can be developed every day they say after doing something consistently for 21 days you can now have new ridges in the brain. When you go on a course of fasting you are giving your brain a chance to be re-wired. Science tells us it's not with the decision it's with the practice thus we have to push ourselves to pray and come to church and our whole mind and spirit will come into alignment. You push yourself to pray at a certain time your body will start to help you to pray by waking up earlier.

Small mountains to fasting - prayer removes things that fasting does not.

God has given us an arsenal of weaponry in prayer in fasting and it is for us to choose the correct weapon for the problem.

Faith and deliverance need fasting and devotion to fasting and it takes away the dependency of one person to depend on God and when we want to graduate to do greater things it takes prayer and fasting.

The four Appetites:

1 John 2: 16

There are many people into spirituality - they understand they are not just a body and not just human and they are able to go into the spirit realm on the dark side. Even those on the side of evil will fast like David Blane who fasting 41 days for greater power. They also know the rewards of fasting and its a shame we have believers that only want a carnal

Appetite 1- the desire of the flesh - hunger, you smell food and when we smell stuff we are thinking of breaking the fast. Taste and sight of food also

Most people have been trained to believe that you have to have 3 meals a day and get your body into an unhealthy lifestyle is eating late. Bible talks about belly God - people driven by food, they are called foodies there is a whole food network on food in the last days this is what we will be doing because it is natural and fasting puts this under control. But hunger will go after a while. Sometimes when we think we are hungry we are not it's just a habit for your body to eat.

The first three days are the most hellish days of fasting but we need to train up our body and that it's your flesh fighting your spirit.

When you get that hunger under control you don't need to eat too much when you have powered your body on water for 7 days you can power up for a day on a glass of juice

Appetite 2 - sexual desire, desires of the mind

Devil can tempt you through all your senses with this appetite

Appetite 3 - greed - the pride of life this is the toughest one. The church is in a state of greed because they have not been fasting enough and so pride remains and the performance of the church is sacrifice.

These are the areas that Christ was tempted in Matthew 4

The graduation of the child of God is based on the temptations you have overcome. Jesus was sent to be tempted to overcome everything the devil can throw at him so he can deliver many. These challenges graduate you for ministry. Jesus was physically hungry and so the devil came to tempt him with things that mattered to him.

What is your temptation?

So he comes to Jesus on hunger and tells him to follow one of Jesus' commands but you can't obey Satan but Jesus came back with the word

Then he wanted Jesus to throw himself down - because the word says the angels will catch you — now he is testing him on the truth of the word. The word matters to Jesus

Then he tested him on his spiritual purpose. Satan wanted to worship but the devil was called at this time as the God of this world - the pride of Life. This is who I am trying to show people and prove yourself to people.

There are things that matter to you and me that we will be confronted in prayer and fasting. There are things that we think we can sweep things away and this is how great men get pulled down.

I said I would show you how these appetites leave you some of these things would vary but this is on average

Between 5-7 days that hunger leaves (based on your prep)

Between 1-10 days, weakness will leave you you have to push yourself

Sex desire leaves after a week in most people

But the covetous and greed desire will make you make long hours to get things you can't afford. Pride the deadliest of sins. This one will humiliate you.

Lord if you open the doors I will go through them if you shut them I won't kick them down.

Sometimes we are fighting because we are over-investing in our own ideas to hear what God has to say. When you make God your one priority and he wants optimum performance in your temple.

We are not fasting or praying for Jobs and money but present your body as a living sacrifice for God's will be done like pouring out a glass that is full and he will work on your behalf in ways you didn't even know you need

The doctrine of Jesus Christ at a first level is to give to people, fast, and pray privately. For private and secret devotion God will give open rewards. Don't hoard your food when you are fasting. Give your bread to the hungry. Find a way to feed people who are hungry.

If it's a group fast keep it in the group leave the open reward to God. In fact, make it look like you're not fasting

There is a spiritual pattern for fasting

When you finish your fast the first thing you have to overcome is a multiplicity of temptations to eat the wrong food to eat more than you need you can't go back to normal food. Conflict and challenges as well for quarrels and war watch because the tempter is coming and he will come first before the angel of God

When you overcome Satan then angels will come sometimes your answers will come after the fast when you have overcome the temptations the window after fasting is powerful

When you fast -0 the objective is to pray through while you fast even when you don't have the energy but our prayers are still going up in everything we do. A 3-hour window that you have to be in God's presence don't just starve yourself but a prayer experience that you feel heaven responds to. What do you do when you end have a good prayer put those needs before the Lord and talk in faith. Sometimes after fasting bad news can come your way. Fasting will increase your magnetism that will draw people to Christ.

Power of fasting - fasting amplifies even the simplest of words and amplify your witness and convict men of sin. We want words that make people cry that's what the disciples had on the day of Pentecost it was ten days of fasting. I wonder what would happen if we took ten days and see what God will do?

Practical information

Preparation is important - 3 day fast requires 3 days to prepare cut out the toxic foods and wash your body the more you can detox is the more likely you won't have headaches and feeling that you will die and you will avoid some of the first three days difficult

7 days = 7 days prep your setting up yourself for an easy start

21 days = 7 days prep I

If you have not done one day then start 3 days possibly on the weekend so that you can gradually take yourself in as your body is learning and physiologically you are defeating the barriers to fast.

Take care of your hygiene and wash your body - chewing isn't an option and anything with sugar is not an option

BREAKING THE FAST IS THE TOUGHEST don't watch tv during the fast so that you avoid the temptation to break it incorrectly.

Break it with coconut waters and fruits and vegetables, lemon in your water is so good for your body to start your day with lots of water and fruit

Advice: don't arise suddenly you can faint easier and read Isaiah 58 in an easy to read version.

IF YOU ARE ON MEDS I would recommend the Daniel fast and maybe fast half a day and get fruit and veg

Diabetics may not go on a full fast just a Daniel fast.

Fasting should be done with consent with couples and stay as close as you can in prayer and remember you are one and must support each other. (Take it on the chin)

We know we have to fast and pray but sometimes we are not lead by the spirit to fast and you don't know why you are fasting... do you go into it and ask God to just lead.

Treat fasting like a sauna that if you come in with the right mind then you will be lead and go back to the Lord's prayer.