

Fasting is very powerful and YOU CAN DO IT!

Fasting Basics –

- 1.) What is Fasting? - Refraining from food consumption for the purpose of feasting on God.
- 2.) Fasting in one of the 3 “When You’s” of the Christian walk. (Matt. 6:2,5,16)
- 3.) What if I can’t fast for Health Reasons?
 - a. You can still enjoy the benefits of fasting by taking out other things such as entertainment, sweets, meat, or even sleep (Matt. 26:41) for the purpose of feasting on God.
- 4.) Daniel had spiritual breakthrough and never skipped a meal that we know of (Dan 10:2-6,11-14)
 - a. V3 – 4 things he did on his fast
 - i. No Pleasant food –skip foods that taste really good
 - ii. No Meat – Weakness
 - iii. Wine – Speaks of Luxuries and entertainment
 - iv. Ointment (NASB) – Comforts, what comfort you?
 - b. Daniel was seeking revelation from God (V. 12)
 - c. It took 21 days of pressing in for Daniel to receive what he was asking for (V12)
 - d. Angles and Demons were moved by Daniels fasting and Prayer (V.10-11)

4 Things that fasting is not –

- 1.) It’s not something that we are to advertise to others (Matt 6:16-17)
- 2.) It doesn’t earn anything from God– It makes us sensitive to God. (Joel 2:12-13)
- 3.) It’s not something we have the strength and power to do ourselves (2Co 3:5)
- 4.) It’s not always fun – But it can be

9 Things fasting does in our life

- 1.) Fasting brings us into encounter with God’s tender heart of love for us
 - a. Jesus introduces a new way of fasting (Matt 9:14-17)
 - b. Jesus calls himself a Bridegroom and relates fasting to experiencing this reality (Matt. 9:15)
 - c. God being a bridegroom-God simply means he feels love and desire for his people (Ep 5:25-33)
 - d. As a bridegroom Jesus feels and empathizes with our emotions Perfectly (Eph 5:28-10)
As a Bridegroom Jesus Nurtures and Cherishes us (Eph 5:29)
 - f. As a Bridegroom Jesus is Jealous for our hearts and affections (2 Deu 4:23-24; Ex. 20:3-5; Ex. 34:14)
- 2.) Fasting helps us feel and Experience God’s Presence (Matt. 9:15)
 - a. Fasting helps tenderize our hearts to feel God’s presence
 - b. Fasting releases more of God’s Presence (Is 58:8)

- 3.) **Fasting Increases our effectiveness in prayer (Ps. 35:13; Joel 1:14; 2:15)**
 - a. Fasting pushes back the demonic (Matt. 17:21, Mark 9:29, Dan. 10:10-11)
- 4.) **Fasting voluntarily brings us into the “wilderness”**
 - a. The wilderness is a place of encountering God with out all the props that we normally lean on
 - b. The wilderness is where Jesus, John the Baptist, Elijah, and Moses Fasted
 - c. The wilderness is a place of deep Intimacy with God (1Kings 19:4-12)
 - d. There is a time coming when the whole world will have “the props removed”
 - i. God’s going to shake everything that can be shaken before the Lords return (Heb 12:26-27)
 - ii. Jesus taught that no flesh could survive this day if the Lord didn’t cut it short (Matt 24:22)
 - iii. God is doing this to judge wickedness on earth but also purify his bride (Dan. 11:35)
 - e. The Wilderness is a place of deep Intimacy with God (1Kings 19:4-12)
- 5.) **Fasting opens our heart to receive more revelation through the word**
 - a. Fasting tears our Hearts open (Joel 2:12-13)
 - b. Revelation enters through the heart (1Cor. 2:10-12)
- 6.) **Fasting releases God’s power**
 - a. Gift of Healing (Is. 58:8)
 - b. Gift of Prophecy (Dan 9: 3,20-21)
 - c. 9 Gifts of the Spirit (2 Cor 12:9)
 - d. Mahesh Chavda – Modern day example
- 7.) **Fasting normally doesn’t feel fun but leads to a life of pleasure**
 - a. Delight yourself in the Lord gives us the desires of our hearts (Ps. 37:5)
 - b. Fasting increases our ability to delight in God (Mtt 9:14-17)
- 8.) **Fasting creates hunger for God that overpowers fleshly hungers (Phil. 3:18-19)**
- 9.) **Fasting gives us God’s heart for the poorest of the poor who have no food – that we might give to the poor (Is. 58:7)**

OTHER NOTES ON FASTING –

- 1.) It’s good for your health
- 2.) Talk to a doctor if you have major health problems
- 3.) Keep in mind it may be hard to do at work, depending on your work
- 4.) Headaches, aches, dizziness, are a sign that your body is cleansing itself
- 5.) Not a weightless tool - You will gain all weight right back, and possibly more
- 6.) Fast with a group of people
- 7.) Take extra time out of your schedule to pray and read the Word
- 8.) God is gentle towards us in our failed fastings