

Only fasting that is done with the right motive, that of glorifying God, can be pleasing in His sight.

Read Isaiah 58

FASTING IS REFRAINING FOR A SPIRITUAL PURPOSE.

It is between you and God!

Corporate prayer and fasting.

2 Chronicles 7:14–16

*"If My people who are called by My name will **humble themselves**, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, **and will forgive their sin and heal their land.**" Vs.15 "Now My eyes will be open and My ears attentive to prayer made in this place." **16** For now I have chosen and **sanctified this house**, that My name may be there forever; and My eyes and My heart will be there perpetually.*

When Gods people pray together, we **get the attention of the Lord**. His eyes are open and ears to the place where the people are praying!

C. A FAST MAY BE EITHER COMPLETE OR PARTIAL.

Complete Fasts require a doctor's supervision.

. Examples of complete fasts:

This happened when I was on the mountain receiving the tablets of stone inscribed with the words of the covenant that the Lord had made with you. I was there for forty days and forty nights, and all that time I ate no food and drank no water.

Deuteronomy 9:9

Just before dawn Paul urged them all to eat. "For the last fourteen days," he said, "you have been in constant suspense and have gone without food—you haven't eaten anything. Acts 27:33

2. Examples of partial fasts are abstinence from certain foods only:

"Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink."

Daniel 1:12 (Read Daniel 1)

"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." Daniel 10:3

. THERE IS A PLACE FOR BOTH THE GROUP AND THE INDIVIDUAL FAST.

1. Examples of group fasts:

Read Acts 27:33-37

" ... the children of Israel were assembled with fasting ..."
Nehemiah 9:1-3

] Announce a time of fasting; the people together a solemn meeting.
16] Gather all the people...

Joel 2:15-16

people of Nineveh believed God's message, and from the greatest to the least, they declared a fast.

Jonah 3:5a

WHAT DOES THE BIBLE TELL US ABOUT FASTING?

A. IT IS TO BE DONE IN A MANNER OF HUMILITY AND SECRECY.

16] “And when you fast, don’t make it obvious, as the hypocrites do, for they try to look miserable and disheveled so people will admire them for their fasting. I tell you the truth, that is the only reward they will ever get. 17] But when you fast, comb your hair and wash your face. 18] Then no one will notice that you are fasting, except your Father, who knows what you do in private. And your Father, who sees everything, will reward you.

Matthew 6:16-18

14] I tell you, this sinner, not the Pharisee, returned home justified before God. For those who exalt themselves will be humbled, and those who humble themselves will be exalted.”

Luke

18:14b (Read Luke 18:9-14)

B. FASTING IS CLOSELY RELATED TO PRAYER AND READING THE BIBLE.

When I heard these things, I sat down and wept. For some days I mourned and fasted and prayed before the God of heaven.

Nehemiah 1:4

1] On the twenty-fourth day of the same month, the Israelites gathered together, fasting and wearing sackcloth and having dust on their heads. 2] Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the wickedness of their fathers. 3] They stood where they were and read from the Book of the Law of the LORD their God for a quarter of the day, and spent another quarter in confession and in worshipping the LORD their God.

Nehemiah 9:1-3

"Even now," declares the LORD, "return to me with all your heart, with fasting and weeping and mourning."

Joel 2:12

2. Examples of the individual fast:

David begged God to spare the child. He went without food and lay all night on the bare ground.

II Samuel 12:15-16

when Ahab heard this message, he tore his clothing, dressed in burlap, and fasted. He even slept in burlap and went about in deep mourning.

I Kings 21:27

"So I turned to the Lord God and pleaded with him in prayer and fasting."

Daniel 9:3

3. Fasting in itself is of no spiritual value. Only fasting that is done with the RIGHT MOTIVE, that of glorifying God, can be pleasing in His sight.

Isaiah 58, Jeremiah 14:12, I Corinthians 8:8

the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and **attitudes** of the **heart**.

Hebrews 4:12

who worship the Lord on a special day do it to honor him. Those who eat any kind of food do so to honor the Lord, since they give thanks to God before eating. And those who refuse to eat certain foods also want to please the Lord and give thanks to God.

Romans 14:6

the Kingdom of God is not a matter of what we eat or drink, but of living a life of goodness and peace and joy in the Holy Spirit.

Romans 14:17

E. SAME BIBLE THAT TEACHES ABSTAINING FROM FOODS (AS GOD LEADS) ALSO WARNS US AGAINST TESTING GOD.

Jesus responded, "The Scriptures also say, 'You must not test the Lord your God.'" Matthew 4:7

F. HOW LONG SHOULD I FAST?

1. The length of a fast may vary.

A. One night - Daniel 6:18

B. One day - I Samuel 7:6, II Samuel 1:12; Judges 20:26

C. Three days and three nights - Esther 4:16, Acts 9:9

D. Seven days - I Samuel 31:13, II Samuel 12:16-23

E. Fourteen days - Acts 27:33-34

F. -one days - Daniel 10:3-13

G. Forty days.

1. Moses; Exodus 24:18; Exodus 34:28, Deuteronomy 9:9

2. Elijah; I Kings 19:8

3. Jesus; Matthew 4:2; Mark 1:13; Luke 4:2

G. WHEN SHOULD I FAST?

Many occasions for fasting are recorded in scripture.

1. The ordination of elders and commissioning of apostles to ministry.

Acts 13:3, Acts 14:23

2. Intercession for the people of God.

Exodus 24:18; Deuteronomy 9:8-9, 12-20, 23-27, Ezra 10:6, Daniel 9:3-4,

Joel 2:12-14, 17-18, Jonah 3:5-10

3. Humbling and chastening of oneself.

I Kings 21:27-29, Psalms 35:13, Psalms 69:10

4. Seeking the Lord and His way.

Judges 20:26-28, II Chronicles 20:3, Ezra 8:21-23

5. Repentance and confession of sin.

I Samuel 7:6, I Kings 21:27-29, Ezra 10:6, Nehemiah 1:4-7, Nehemiah 9:1-3,

Jeremiah 36:6-10, Daniel 9:3-5, Jonah 3:5-10

6. Receiving healing.

Samuel 1:5-11, 18-20, II Samuel 12:15-16, 22-23, Isaiah 58:8,9:9, 17-19

7. Petitioning God to withhold His hand in judgment.

Deuteronomy 9:18, Isaiah 58:9

8. Preparation to receive word from God.

Deuteronomy 9:18, 25, Isaiah 58:9

9. Spiritual deliverance.

Isaiah 58:6, Mark 9:29

10. Seeking assistance in time of fear.

II Chronicles 20:3

11. Mourning another's death; out of concern for another's safety; or when faced with threats on one's own life.

II Samuel 1:12; 3:35; Daniel 6:18; Esther 4:3; 9:1-3

12. Seeking protection.

Ezra 8:21-23

13. Lacking material provision; in need.

II Corinthians 11:27

FINAL NOTE: Fasting is an extremely valuable and important facet of the Christian life; but it is not an infallible means of "getting what we want" from God. ("When they fast, I will not hear their cry ..." Jeremiah 14:12)

EXAMPLE: II Samuel 12:15-23 (David's son died anyway)

Obedience is better than sacrifice (I Samuel 15:22)

Fasting is the most powerful spiritual discipline of all the Christian disciplines. Through fasting and prayer, the Holy Spirit can transform your life.

Fasting was an expected discipline in both the Old and New Testament eras. Moses fasted at least two recorded forty-day periods. Jesus fasted 40 days and reminded His followers to fast, "**when you fast,**"

not if you fast.

Fasting and prayer can restore the loss of the "first love" for your Lord and result in a more intimate relationship with Christ.

Fasting is a biblical way to truly humble yourself in the sight of God (Psalm 35:13). King David said, "I humble myself through fasting."

Fasting enables the Holy Spirit to reveal your true spiritual condition, resulting in brokenness, repentance, and a transformed life.

The Holy Spirit will quicken the Word of God in your heart and His truth will become more meaningful to you!

Fasting can transform your prayer life into a richer and more personal experience.

Fasting can result in a dynamic personal revival in your own life-and make you a channel of revival to others.

Why should I fast?

Are you in need of healing or a miracle?

Do you need the tender touch of God in your life?

Is there a dream inside of you that only HE can make possible?

Are you in need of a fresh encounter?

Do you desire a deeper, more intimate and powerful relationship with the Lord?

Are you ready to have heightened sensitivity to the desires of God?

Do you need to break away from bondages that have been holding you hostage?

[OBJ]

Do you desire to know God's will for your life?

Is there a friend or loved one that needs Salvation?

7 types of fast

1. The Esther fast.

Esther 4:16 ""Go, gather all the Jews who are present in Shushan, and fast for me; **neither eat nor drink for three days**, night or day. My maids and I will fast likewise. And so I will go to the king, which *is* against the law; and if I perish, I perish!"

The Esther fast is a three day fast for when **someone is in a crisis** in their life. When there is trouble, depression, financial, or a deep obstacle in your life. (Haman wanted to destroy all of the Jews)

Paul fasted 3 days in Acts 9:9 when he was being converted on the Damascus road.

2. The Daniel fast.

Daniel 10:2,3 "In those days I, Daniel, was mourning **three full weeks**. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled." (Message Bible says he didn't bath or shave for 3 weeks.....New Living says "no lotions")

No bread, pasta, no meat, no sweets, chocolate, soda. No “desirable food.”

Why? To see clearer and to see your vision come to pass!

10 Just then a hand touched me and lifted me, still trembling, to my hands and knees. **11** And the man said to me, “**Daniel, you are very precious to God, so listen carefully to what I have to say to you. Stand up, for I have been sent to you.**” When he said this to me, I stood up, still trembling.

12 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.**”

This 21 day fast will put you in position for a breakthrough. He will answer your prayer!

(This is NOT the same fast that is spoken of in Daniel 1:12 when he fasted 10 days with vegetables and water)

The Daniel fast will always retain Gods attention. 21 days.

3.The Disciples Fast.

A man in the crowd comes to Jesus and ask for help with his son....who was demon possessed. The disciples asked “why they could not do this?”

Mark 9:29

29 So He said to them, “This kind (genos-strong-hold, family) can come out by nothing but *prayer and fasting.*”

The disciples fast is one that has to do with overcoming addictions and habitual habits in our lives that we know that are not pleasing to

God.

Isaiah 58:6 “Is this not the fast that I have chosen: loose the bonds of wickedness, undo the heavy burdens, let the oppressed go free, that you break every yoke?”

This is called the disciples fast because they could not cast the evil spirit out not because they could not obtain the power to do it, they were not taking seriously enough about the problem that was in the boys life.

4. The Ezra Fast. (Ezra 8)

Ezra had great problems in his life at the time. Especially a financial problem. He was given 7,000 lbs. of gold and 25 tons of silver to take back to Jerusalem so he would have resources to re-build the wall. But the only problem was that between him and where he was going there were thieves and robbers waiting to take from him what he had been entrusted with.

Ezra 8:21 “And there by the Ahava Canal, I gave orders for all of us to fast and humble ourselves before our God. We prayed that He would give us a safe journey and protect us, our children, and our goods as we traveled.”

1. Seek a right way. Guidance in life. Should I go here or there?

2. For our Family. Our children.

3. For our resources. Be the God of our substance. (Our goods as we travel)

didn't fall into a heap and say what will I do, why did this happen to me...The BIBLE says that they fasted and entreated our God for this, and He answered prayer.

As Ezra fasted and prayed, God gave him the ability to make the right decisions as how to go and when he went, God protected his resources!

Anytime we do something with financial decisions, we need to fast so God can show us the right way that we should go.

(Well, Ezra had a lot that is why God protected him. God will protect your “little” when you ask Him too!)

5. The “one day fast”. Leviticus 23:27 “Be careful to celebrate the Day of Atonement on the tenth day of that

same month—nine days after the Festival of Trumpets. You must observe it as an official day for holy assembly, a day **to deny yourselves** and present special gifts to the Lord.”

A day for self-examination. This is a day that we should bring our life to the Lord for Him to examine and ask Him if your life is where it should be.

Do I love the Lord like I used to.

Is my passion for Christ as strong as it was.

Does my family see Christ in me?

Do habits rule my life? When we “deny the flesh” during fasting, our flesh in every area of our lives will not have the stronghold on us.

6. The fast that turns judgment away.

The Bible says that Ahab did evil in the sight of God. And God called Elijah the prophet to go and tell him that a day was coming that the dogs would lick his blood, because of the evil that he did. And Ahab knew better. 1 Kings 21:27-29 “But when Ahab heard this message, he tore his clothing, dressed in burlap, **and fasted**. He even slept in burlap and went about in deep mourning.

28 Then another message from the Lord came to Elijah: **29** “Do you see how **Ahab has humbled himself before me**? Because he has done this, I will not do what I promised during his lifetime.”

When we obey the Lord and humble ourselves, God will turn the calamity that is surely coming our way. And not only for us, but for those that we will focus our prayer and fasting for. **I challenge you this week**, to not only pray and fast for you and your needs, **but also for someone who is away from God** and KNOWS BETTER! We can fast and pray and see the Hand of God move in a persons life!

And as we do fast according to Gods Word, we can expect some things to

happen in our life.

7. The Samuel fast.

1 Samuel 7. This fast was for revival in the hearts of a nation.

When Samuel comes onto the scene, Eli, under his watch, had allowed the Ark of the Covenant which represents the “presence of God”, to be taken. And the first thing that Samuel does is call a fast.

Why? Samuel wanted to set this fast in motion to bring back the presence of God. When Gods presence is in your life, there is an atmosphere...when Gods presence is in a church, and when Gods presence is in a home, there is an atmosphere that changes things.

And many people live their lives day in and day out with out the presence of God in their lives. After the Ark was taken and the first child was born they named the child Ichabod, which means “the presence had been taken.” God is not here.

Many people live their lives void of the presence of God. You don't weep anymore for the lost.

You can't remember the last time you were moved to tears because of the “**PRESENCE OF GOD**” on your life.

Can't remember that last time you were broken before God... What do you do?

We need to fast before the Lord and ask Him for an atmospheric revival to come to our lives and our church!

The Bible says in 1 Samuel 7:3 “Samuel spoke to all the house of Israel, saying, “If you return to the LORD with all your hearts, *then* put away the foreign gods and the Ashtoreths from among you, and prepare your hearts for the LORD, and serve Him only; and He will deliver you from the hand of the Philistines.”

This is a fast that requires action on our part as well. To take this

time and rid our lives of everything that is not pleasing to the Lord.

Come on!! Lets keep it going! Lets step up and do something great for our own lives, and for Jesus this week!

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