

# FASTING

*Matt 4 = Jesus & Satan Dan. 10:3 f*

Intro: At age of 9 moved into new house --on kitchen wall, red heart and words, "The way to a man's heart is through his stomach."

*Satan has been operating on that premise for years* ABUSE OF APPETITE

SATAN DISCOVERED THAT LONG AGO. Adam & Eve in garden; Noah, drunk; Isaac favored Esau because of the food he provided; Esau sold birthright for food; Israel in the wilderness longed for fleshpots of Egypt.

I Cor. 10:15, Idolatry of Israel: "They sat down to eat and drink and rose up to play."

Jesus first temptation was to turn stones into bread. *Satisfy physical hunger.*

Phil. 3 - "Whose God is their belly." *appetite*

*Turn his physical appetites*

THERE IS A RELATION BETWEEN THE PHYSICAL AND THE SPIRITUAL, and often the way to a man's heart is through his ~~stomach~~ stomach.

*an area of neglect = no other practice mentioned in Bible that we neglect.*

Perhaps this is why the Bible places such great emphasis on fasting. REVIVAL IN OT IS INVARIABLY LINKED WITH FASTING... ~~John~~ Jonah and Ninevah

## OLD TESTAMENT:

Moses fasted for 40 days on Mt. Sinai

Elijah fasted for 40 days on Mt. Horeb.

Daniel fasted for 21 days

David fasted and prayed for baby's deliverance.

Nehemiah and Ezra fasted *for deliverance*

God commanded the people to fast regularly. *Jeremiah*

NEW TESTAMENT: In Luke 2:37, Anna, the prophetess served God with fasting and prayers day and night.

John the Baptist fasted and taught his disciples to fast

Jesus practiced fasting

Paul in Acts 9:9; 2 Cor. 6:4,5; 11:27

In Acts 13:2,3, the early church fasted. *elders*

In Acts 14:23, fasting linked with ordaining ~~elders~~.

In Matt. 6, Jesus intended his disciples to fast. Three Christian duties, ~~almsgiving~~ almsgiving, praying, fasting.

FASTING IS JUST AS MUCH A PART OF CHRISTIAN SERVICE AS IS ALMSGIVING AND PRAYER.

Matt. 9:14,15

DEFINITION OF FASTING: Heb. "to cover the mouth"  
Greek: "Not to eat."

To abstain from food for spiritual reasons."

DEGREES OF FASTING

1. Length --1, 3, 7, 21, 40 days. Jesus was LED of the Spirit to ~~fast~~ fast, so must we be.

*afterwards hungered = True hunger but stomach shrinks griping*

2. PUBLIC and PRIVATE FASTING

3. (1) Extreme fast --no water, no food. Paul in Acts 9:9

(2) Normal fast --no food, liquids, water & juice.

(3) Partial fast --Daniel 10:3 "No pleasant bread."

WHY FAST?

The purpose is spiritual.

I. FOR DISCIPLINE. When God first instructed people to fast it was to afflict their souls. It seems the original basic reason was need for absement.

Psa. 35:13; 69:10; Ezra 8:21

109:24

WE ARE COMMANDED TO HUMBLE OURSELVES. Self-denial is a vital part of the Gospel, to see that Jesus is our complete sufficiency.

Fasting is the perfect expression of repentance and sorrow because sorrows destroys appetite. It is the outward expression of the inward repentance.

REMEMBER RELATION OF PHYSICAL TO SPIRITUAL: The sin of Sodom was linked with "surfeit of food." Of Israel, God said, "When I fed them to the full, they committed adultery."

When their is failure to deal with the abusive desire for food, the life is opened to attack along other lines.

FASTING IS A SPIRITUAL DISCIPLINE THAT HELPS SUBDUE THE BODY AND MASTER THE APPETITE.

II. DEVOTION Nowhere are we commanded just to FAST, We are commanded to watch and fast, pray and fast, seek the Lord with fasting. Fasting is always linked with other Chroastian practices "Ministered to the Lord with fasting, served the Lord with fasting."

*1. Promote spiritual growth  
2. Prepare for special task*

FASTING PROVIDES THE ATMOSPHERE IN WHICH THESE DUTIES FLOURISH. PROVIDES A GOOD ENVIRONMENT.

... Jesus in Acts 10 - 4 day fast when I spoke to him

Prayer we attach ourselves to Heaven, in fasting we detach ourselves from earth. FASTING: we abandon ourselves completely to God's command.

*Judy Vestal's testimony*

In Daniel 9:3, Daniel fasted to get a word from the Lord. Jesus fasted as part of his preparation to meet Satan. Acts 13:3; 14:23.

In I Kings 19:8, Elijah fasted after encounter with Jezebell -- part of God's revival in Elijah's life.

Moses receiving Law - Deut 9:9, 10

III. DELIVERANCE 1. Personal deliverance --connected to a believer's spiritual need

Dan. 10:3; II Chron. 20:2,3,4; Ezra. 8:21-23; Esther 4:1-27

Revival Joel 1:14; 2:12-13

*Need of Personal Revival*

When you've been defeated, or feel a call to a deeper purifying, the challenge of a new task.

Jonah 3:3-10 - Postpone judgment - avert D's wrath

2. For the deliverance of others. Deut. 9:18; Ezra 10:6; Neh. 1:4

*To avert national disaster*  
Esther 4:1-27

Am convinced someone's not bedelivered without prayer and fasting. Daniel 10:3

RESULTS OF FASTING --Matt. 6. "Reward thee openly."

Two different Greek words for "REWARD" in 16 & 18. In V. 16, means IMMEDIATE REWARD. What you see is what you get.

In. V. 18, suggests a restoration over a period of time.

Suggestions

- 1- Pray - Ask D to impress you - lead you
- 2- Start w/ one Day - 6 AM TO 6 PM
- 3- Pray & Read Word Drink water, juice
- 4- memorize Serp
- 5- Go about daily routine