

21 Day Fast Jan 10-31

There is massive power released when you combine the power of prayer and fasting

Fasting is so important that even Jesus fasted

Matthew 4:2-9 KJV ***And when he had fasted forty days and forty nights, he was afterward an hungred. ³ And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. 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. ⁵ Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, ⁶ And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. ⁷ Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God. ⁸ Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; ⁹ And saith unto him, All these things will I give thee, if thou wilt fall down and worship me***

Fasting is a scriptural mandate

It's not "old school Christianity."

Fasting is mentioned 40 times in the New Testament, mostly favorably

Jeremiah 6:16 NLT ***This is what the LORD says: "Stop at the crossroads and look around. Ask for the old, godly way, and walk in it. Travel its path, and you will find rest for your souls. But you reply, 'No, that's not the road we want!'***

Fasting should be both Personal and corporate

Fast as a corporate group

Joel 2:12;16 KJV ***Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning: ¹⁶ Gather the people, sanctify the congregation, assemble the elders, gather the children, and those that suck the breasts: let the bridegroom go forth of his chamber, and the bride out of her closet.***

Daniel 9:2,3 KJV ***In the first year of his reign I Daniel understood by books the number of the years, whereof the word of the Lord came to Jeremiah the prophet, that he would accomplish seventy years in the desolations of Jerusalem. ³ And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes***

He separates prayer from fasting

Joel 2:12 KJV ***Therefore also now, saith the Lord, turn ye even to me with all your heart, and with fasting, and with weeping, and with mourning***

Isaiah 58:3 KJV ***Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours.***

How do I act during the fast?

1. Fasting means you change your whole schedule to be with God. It is so much more than an exercise in abstinence.
2. Fasting should not be a competition
3. It's not about "holier than thou"
4. Don't exceed 40 days of fasting.
 - "You don't start to truly hunger until after 40 days. Before that, it's your gastric juices talking." ~ Myles Munroe
 - After 40 days of fasting your body consumes itself starvation starts after the 40 days.
 - It's illegal for your body to fast more than 40 days. It starts to deteriorate.
5. You don't fast for people you fast for God

Matthew 6:16 KJV ***Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.***

Matthew 6:2 KJV ***Therefore when thou doest thine alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward.***

God sees you in secret but rewards you openly

6. Fast when your nation needs a miracle

2 Chronicles 20:3 KJV fasting for a national breakthrough

And Jehoshaphat feared, and set himself to seek the Lord, and proclaimed a fast throughout all Judah.

7. Fast at the beginning of something new.

Fasting is often accompanied the beginning of an important task or ministry. Jesus fasted forty days and nights before He was tempted in the wilderness and then began His preaching ministry

What does fasting do?

1. It releases you into your purpose

Acts 13:2 KJV ***As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.***

Paul's ministry birthed out of fasting

2. Fasting creates the spirit and atmosphere for breakthrough. Look at Esther.

Esther 4:16 KJV ***Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish.***

Fasting got Esther into the favor of the king

3. It makes you bold

Fasting is defined as:

- The willful abstaining from natural pleasures for a spiritual purpose
- Personal commitment to renounce the natural to receive the spiritual
- Transfer from natural to spiritual
- Dedication of time to a spiritual priority of prayer without food

Galatians 5:16 KJV ***This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.***

Types of fasting complete (no food or water)

- It's not just missing a meal
- It's not dieting
- If God is not the purpose the fasting is pointless
- Replace eating and food prep time with prayer
- Demands dedicating time for meditation with God
- Requires more time in the word

What does fasting do?

1. Changes us does not change God
2. Fasting is for you
3. Fasting does not move God it gives you - more capacity for God to move
4. Increases our spiritual capacity

Myles Munroe described fasting as It's like hooking yourself up to a big tank of power like a pipe if it's small it gives small power

- Fasting increases the size of the pipe
- Its flushes out the 'gunk'

The same spirit in you increases when you fast

It expands your capacity to receive

It breaks your habits: food, drink and sex

The longer you fast the quieter your body becomes

It brings Godly intimacy

Benefits of fasting:

1. Spiritual discipline
2. You become clear-minded
3. Quiets the heart to hear from God
4. Increase of spiritual capacity
5. Pure heart and mind
6. Cleans out ungodly thoughts

7. Increase your hunger for God
8. Increases spiritual and physical health
9. Gives you spiritual and physical freedom
10. Gives the spirit of giving
11. Fasting makes your light shine
12. Protection of God
13. Better access to prayer
14. Intimacy with God
15. Increases retention

Guidelines for fasting:

Commit yourself to it

Drink water

Isaiah 58:6-11 (Living Bible) ⁶ No, the kind of fast I want is that you stop oppressing those who work for you and *treat them fairly and give them what they earn.* ⁷ *I want you to share your food with the hungry and bring right into your own homes those who are helpless, poor, and destitute. Clothe those who are cold, and don't hide from relatives who need your help.* ⁸ *If you do these things, God will shed his own glorious light upon you. He will heal you; your godliness will lead you forward, goodness will be a shield before you, and the glory of the Lord will protect you from behind.* ⁹ *Then, when you call, the Lord will answer. "Yes, I am here," he will quickly reply. All you need to do is to stop oppressing the weak and stop making false accusations and spreading vicious rumors!* ¹⁰ *Feed the hungry! Help those in trouble! Then your light will shine out from the darkness, and the darkness around you shall be as bright as day.* ¹¹ *And the Lord will guide you continually, and satisfy you with all good things, and keep you healthy too; and you will be like a well-watered garden, like an ever-flowing spring.*