# Editorial Global Jesus Fast Beholding The Lamb By Dr Jason Hubbard

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We want to join with Lou Engle’s call to a Global 40 day fast to see a world-wide manifestation of Jesus the Evangelist! https://louengle.com/thejesusfast/

Before Jesus ever performed a miracle, before He ever preached the gospel, the Spirit of God drove Him into the wilderness to fast. He came out of that fast in the power of the Holy Spirit. Before there was an original Jesus movement there was an original Jesus Fast. For 20yrs Lou Engle has been calling an entire generation to extended prayer and fasting. Now at the threshold of a global harvest we are calling for a world-wide Jesus Fast. As the late Bill Bright (founder of Campus Crusade/CRU) shared,

“I believe the power of fasting as it relates to prayer is the spiritual atomic bomb that our Lord has given us to destroy the strongholds of evil and usher in a great revival and spiritual harvest around the world”

Please prayerfully consider how the Spirit would lead you during this time of prayer and fasting. Here are some practical guidelines to help you think how to get started! https://www.ihopkc.org/about/fasting-guidelines-and-information/

I put together a devotional guide called ‘ Beholding the Lamb’ to help us meditate on Jesus during this season of fasting. You can download your copy at our website here .

Fasting is Feasting - 8 Fundamental Truths about Fasting

Fasting is not a command but a spiritual discipline. Biblical Fasting refers to abstaining from food for spiritual purposes. The Bible assumes we will fast. Jesus simply takes it for granted ( 6:16-18 / “when you fast.” In Mark 2 we see the same emphasis. When the Pharisees queried why Jesus’ disciples didn’t fast, he explained it in terms of his own physical presence on earth. “The days will come,” he said, “when the bridegroom is taken away from them, and then they will fast in that day.” The point here is that the Messiah has come like a bridegroom to a wedding feast. Such a moment is too joyful and stunning and exciting to mingle with fasting. Groomsmen don’t fast at the bachelor party! The rehearsal dinner is no place to be sad. Jesus is present. The time for celebration is upon us. When the wedding feast is over and the bridegroom has departed, then it is appropriate to fast.

Fasting is Feasting motivated by deep desire . That is to say, fasting is not the suppression of desire but the intense pursuit of it. We fast because we want something more than food or more than whatever activity it is from which we abstain. If one suppresses the desire for food it is only because he or she has a greater and more intense desire for something more precious. Something of eternal value.  
That is why I say that fasting is feasting! The ironic thing about fasting is that it really isn’t about not eating food. It’s about feeding on the fullness of every divine blessing secured for us in Christ. Fasting tenderizes our hearts to experience the presence of God. It expands the capacity of our souls to hear his voice and be assured of his love and be filled with the fullness of his joy.  
Fasting is all about ingesting the Word of God, the beauty of God, the presence of God, the blessings of God. It is not a giving up of food (or some activity) for its own sake. It is about a giving up of food for Christ’s sake.

Fasting is not something you do for God. It is instead your appeal that God in grace and power do everything for you . Thus fasting is not an act of willpower but a declaration of weakness. It is not a work of our hearts and bodies but a confession of our utter dependency on God and his grace.

Fasting is not a statement that food or other things are bad, but that God is better! In other words, fasting is not a rejection of the many blessings God has given to us, but an affirmation that in the ultimate sense we prefer the Giver to his gifts. Fasting is a declaration that God is enough.

Perhaps the most instructive insight about fasting is what we learn when we compare it to the celebration of the Lord’s Supper . The Lord’s Supper is a feasting that looks backward in time, whereas fasting is a feasting that looks forward in time. The breaking of bread and drinking the cup is done “in remembrance” of our Lord’s historic, and therefore past, act of sacrifice. Thus by eating and drinking we celebrate the finality and sufficiency of that atoning death and that glorious resurrection. But when we fast we look forward “in expectation” to the consummation of Christ’s saving work and his personal presence forever. When we sit at Christ’s table with other believers we gratefully, fearfully, joyfully feast upon that food and drink that remind us of what has happened. And when we turn away from the table where otherwise daily meals are served we declare our deep yearning for what has not yet happened.

It is crucial that we understand the difference between being seen fasting, on the one hand, and fasting to be seen, on the other . Or again, to be seen fasting is not a sin. Fasting to be seen is (see Matt. 6:16 ). True, godly fasting is motivated by a heart for God, not human admiration. Being seen fasting is merely an external, and often unavoidable, reality. But fasting to be seen is a self-exalting motive of the heart.

Fasting opens our spiritual eyes to see him more clearly in Scripture and sensitizes our hearts to enjoy God’s presence . Look closely at Acts 13:1-3 . Their fasting became the occasion for the Spirit's guidance to be communicated to them. Don't miss the obvious causal link that Luke draws. It was while/when or even because they were ministering to the Lord and fasting that the Holy Spirit spoke. I’m not suggesting that fasting puts God in our debt, as if it compels him to respond to us. But God does promise to be found by those who diligently seek him with their whole heart ( Jer. 29:12-13 ). And what God said to them in the course of their fasting changed history. The results, both immediate and long-term, are stunning, for prior to this incident the church had progressed little, if at all, beyond the eastern seacoast of the Mediterranean. Paul had as yet taken no missionary journeys westward to Asia Minor, Greece, Rome, or Spain. Neither had he written any of his epistles. All his letters were the result of the missionary journeys he was to take and the churches he was to plant. This occasion of prayer and fasting birthed Paul’s missionary journeys and led to the writing of 13 of our NT books! (I’m indebted to John Piper for these insights on Acts 13)

Fasting is a powerful weapon in spiritual warfare and a preparation for anointed ministry ! See Mt. 4:1-11 (Jesus fasted in preparation for resisting the temptations of Satan) and Mark 9:29 ( Mt. 17:14-21 ). Fasting heightens our complete dependence upon God and forces us to draw on him and his power, and to believe fully in his strength. This explains why Jesus fasted in preparation for facing the temptations of Satan in the wilderness ( Mt. 4:1-11 ; see Mark 9:29 ; Mt. 17:14-21 ). When Jesus returns from the wilderness, he does so in the ‘power of the Spirit’ to Galilee! See Luke 4:14

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editorial

Fasting

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Worldwide