Fasting

Joel 1:14 “Sanctify ye a fast”

2:12 “Turn ye unto me with all your heart and with fasting and with weeping and with mourning.”

13 “Rend your heart and not your garments and turn unto the Lord.”

15 Sanctify a fast

I. Matt. 3:15-4:11 Led up of the Spirit for a purpose

1. To be tested in the wilderness

a. The testing grounds are a feeding time spiritually

Matt. 4:4 “Man shall not live by bread alone but by every word that proceedeth out of the mouth of God.”

b. Tribulation in the wilderness is a feeding time spiritually for experiencing the truth that was not fully experienced before. Rev. 12:6,13-16

These tests will feed (Rev. 12:6) “They should feed her”

c. They did not listen directly to the Word of God so God will use different measures to get their attention. One being, Great persecution to the Church.

Luke 4:2 “40 days tempted of the devil”

II. Mark 1:9-13 “Immediately the Spirit driveth Him into the wilderness” - He wasted no time coming to us. “Driveth” - cast forth, thrust out, expelled, sent away

Jesus came to the place where we were, as a sin bearer for all of Adam’s race.

Gen. 3:23-24

Adam was driven from his possession, expelled and thrust out.

Jesus took the place of all castaways.

John 1:29,33 “Behold the Lamb of God which taketh away the sin of the world.”

Heb. 4:15 “But was in all points tempted like as we are yet without sin.”

II Cor. 5:21—*For He hath made Him to be sin for us who knew no sin that we might be made the righteousness of God in Him.*

III. Luke 4:1,14 Led by the Spirit and returned in the power of the Spirit. Rom. 8:14

1. Live by the Word of God Luke 4:4

2. Worship and serve God only Luke 4:8

3. Never tempt the Lord Luke 4:12

Always please and obey the Lord and don’t take chances. Go by faith - follow Him

Know what you are doing John 1:31,33

Matt. 26:36-45 “Pray that ye enter not into temptation”

Mark 14:32-41 “Pray that ye enter not into temptation”

Luke 22:39-46 “Pray that ye enter not into temptation”

John 18:1 “Pray that ye enter not into temptation”

Luke 21:36—*Watch ye therefore and pray always that ye may be accounted worthy to escape all these things that shall come to pass and stand before the son of man.*

Heb. 5:7-9

1. “He was heard in that He feared”

2. “Learned obedience by the things which He suffered.”

3. “Unto all them that obey Him”

Rev. 3:10—*Because thou hast kept the word of my patience I will also keep thee from the hour of temptation*.

Fasting is not an option for the Over comer. You must deny self to be fed spiritually.

You won’t hunger for God like you should with other things in your life. “Sanctify a fast”

If you don’t set apart a time to fast, things will take up your time, your mind and eventually your heart. Joel 2:12 “Turn ye even unto me with all your heart.”

· The Value of Fasting

Joel 2:12 “And with fasting”

Matt. 17:17-21 “By prayer and fasting”

I. Destroys Unbelief

Our greatest enemy is inside our understanding. Understanding operates from the senses.

Unbelief is the most powerful enemy and is the basic fundamental problem.

1. Unbelief causes sorrow, Unbelief causes fear, Unbelief caused the fall

Denying the appetite destroys unbelief. Unbelief caused the fall and brought judgment into effect.

The five senses are connected with unbelief.

a. Eyes “she saw”

b. Nose “It was pleasant”

c. Touch “Took”

d. Taste “Did eat”

e. Ears Gen. 3:4, 5 (Listened to the serpent)

You don’t have to listen to the devil.

II. Obeying the Word of God through fasting produces Faith.

1. Faith is the opposite of unbelief, Unbelief is an enemy to faith.

The senses attack your faith

2. Faith is the sense of the Spirit and operates in a total different realm

Faith works by love for God and His truth

3. Fasting and faith work together.

Fasting denies the physical senses and lets faith feed on the wisdom of the Spirit.

It was unbelief that got Adam and Eve out of the presence of God. Faith through fasting and prayer brings you closer to God. It was absolutely necessary for Jesus to go into the wilderness to fast and pray to prepare for the testing and return in the power of the Spirit for ministry.

Jesus fasted 40 days

Moses fasted 40 days

Elijah fasted 40 days

Fasting and prayer produces the faith that works the miracles of God.

You feed your faith while fasting.

III. Produces the Impossible Matt.17:21 “This kind” Nothing else can touch it but prayer and fasting

1. Removes mountains

2. Casts out devils

3. Heals the sick

4. Receives promises

5. Makes the impossible possible