

In beginning of week 2 of WOWC’s 21 days of Prayer with Fasting I pray you are settling in and adjusting to the change of diet from feeding your flesh to feeding your spirit.

When we mention fasting it is not a common practice among many Christians today. The word fasting alone can seem overwhelming – in the culture of entertainment, gratification and pleasure, especially in the lifestyle of this generation; fasting is unheard of to expect someone to sacrifice.

Sacrifice has been lost as a word in the culture of today as the Body of Christ.

Fasting is not easy to fast – it’s not fun to fast: – BUT IT IS POWERFUL TO FAST!

- Your faith will begin to explode as you fast.
- Fasting is not for the **strong** –
 - Fasting is for the **weak**.
 - Fasting is for the **common**.
 - Fasting is for the **frail ordinary** people who realize they desperately need God in their life.

Fasting never manipulates God:

- You can’t go into this fast thinking you will **EARN** God’s blessings, favor & miracles.
- You never earn the blessings and favor of God; it is the **GRACE & MERCY** of God & the Blood of Jesus Christ that releases those blessings.
- Fasting does not make God do something that is against His will.
- **FASTING GETS YOU READY FOR GOD’S ANSWER.**
- **Fasting prepares your heart to say: Not my will be done, but Your will be done.**
- Many become disillusioned when God doesn’t do what they demand Him to do.
- There’s nothing wrong with asking; but we can’t demand of God to do something because you’re fasting and demand God to hurry up and do it.
- Fasting breaks you down – it is to move you into a place of total obedience, of humility and brokenness before God.
- God, who is our Heavenly Father, wants the best for us, so during fasting; we are to come to the realization that we finally **TRUST** Him & relinquish our life to **HIM** and no matter what happens, we are going to love and serve Him.
- When we begin to Biblically fast, we increase our receptivity to the Lord’s voice and to His Word.

1. Fasting is an invitation-

- Fasting is not a requirement – not something He makes you do.
- Fasting is something you do voluntarily.

- It is when you say, “Lord, I am breaking out of the routine – regular – ritualistic life and I’m coming to seek YOU above all other.
- “You love me no matter I fast or don’t; You are going to bless me whether I fast or don’t.
- But I am voluntarily giving up my eating - showing You that as a sacrifice I’m coming after You.”
- There is something about that sacrifice that gets Gods’ attention.

Fasting is a grace- It’s not just gritting your teeth and getting through it.

- There is a mystery connection with the Holy Spirit and fasting that anyone who dares to step up and fast will experience the Holy Spirit begin to partner with you.
- The moment you make up your mind to come after Him; The Holy Spirit will give you grace to be led by the Spirit.

2. Fasting is humbling yourself before God-

- Its saying: “Lord, I need You, I humble myself before You.”
- The Bible said: “In due season, if you will humble yourself; He will exalt you.”

3. Fasting is an act of worship-

Rom. 12:1- “I urge you brothers and sisters, in view of Gods’ mercy, to **offer you bodies a living sacrifice**, holy and pleasing to God – this is your true and proper worship.”

- There is something about presenting your body that God sees as worship.
- Fasting is giving up something perfectly good –food; so that you can have more of God.

4. Fasting is a spiritual discipline that is a physical act-

- It’s abstaining from food.
- Abstaining from the computer, TV and other forms of media and leisure activities is great; but that is not true fasting. That’s abstinence, but it’s not fasting.
- The word **FAST** means: **“To cover your mouth and refuse to eat.”**
- It is a time of spirit lead examination – you will begin to see God do a deep internal work in your life.
 - Many areas of weakness, sin, offense towards God and others will be revealed and dealt with. This is a good thing to have happen to us. We need this.

Many are disappointed that God does not give them their request while they fasted: God didn’t give you what you wanted the way you wanted it.

2Sam. 12:22-23 David had a child and it was sick unto death.

David fasted for days and sought God to heal the child and allow it to live.

The child died:

His answer was: “While the child was still alive, I fasted and wept. I thought,

“Who knows? The Lord may be gracious to me and let the child live. But now that he is dead, why should I go on fasting...?”

David fasted, but he was not trying to force God – he fasted to get himself ready for God’s answer.

There is nothing wrong with asking God for anything; but don’t try to force God to comply with your requests.

We have no right to demand – we must trust God with His answer.

**5. You must prepare spiritually & physically for the fast-
You need to listen to God as He deals with you about the fast:**

- That inside voice that’s not nagging you, but tugging on your heart to fast.
- An invitation to know Him like you never have before, to come out of your routine and draw closer to Him.
- When you sense God telling you to do that; that’s the key to a successful fast.

You must determine what kind of fast and for how long you will fast:

- Write down your fasting plan: it’s common once you begin to fast to get hungry & thoughts start in your mind “God wasn’t speaking to me,”
- Devote extra time to prayer and to His word; limit activities and give more time to God or all you are doing is going hungry.
- You may need more rest than normal; your body will go through changes.
- You may feel your brain is in a fog the first day or two.
- You may become irritable, have headaches, short tempered.
- God’s Word will become more powerful as you read it.
- **Answers are waiting for you in the presence of the Lord.**

6. Fasting increases our sense of humility and dependence upon the Lord:

- Fasting tells God that we need Him and long for Him.
- To set aside time for prayer – worship.
- If you don’t pray during the fast, you are not fasting.
- Fasting and prayer heightens your spiritual alertness.
- You will be more alert to the Holy Spirit.
- It expresses our earnestness and urgency for God in our lives.
- It renews our awareness of His presence in our lives.

7. Some specific prayers during the fasting

1. Pray that God would deal with us and bring this nation back to acknowledging His Lordship.
 - Pray for the divisiveness that is rife throughout America.
 - Don’t give up praying and believing for a 3rd Great Awakening in America.

2. Joel chapter 1 & 2 – Israel was facing the greatest economic disaster it had ever faced. Morality was at an all time low.
3. Three times a fast was called:
 - Joel 1:14- “Sanctify a fast, call a solemn assembly.”
 - Joel 2:12- “Turn to Me with all your heart, and with fasting, and with weeping.”
 - Joel 2:15- “Blow the trumpet in Zion, sanctify a fast, call a solemn assembly:

Notice the blessings that follow:

Joel 1:14- “Fear not, O land, be glad and rejoice; for the Lord will do great things.”

Joel 2:25-26- “I will restore to you the years that the locust has eaten... And you shall eat in plenty, and be satisfied, and praise the name of the Lord your God that has dealt wondrously with you: and My people shall never be ashamed.”

God still has a unique plan for America -

2. When you fast – pray for your family:
 - God has a unique plan for your family.
 - The enemy has targeted your children and grand-children; the plan of God does not just include you, but it involves the next generations.
 - We are not just fasting for here and now, but for His blessings on our families in the future.
 - Ask God to save your family, fill them with the Holy Spirit, the will of God for your children and grandchildren and beyond.
3. Pray for release of Divine health and long life:
 - Gen. 15:15 “You shall go to your fathers in peace; and you shall be buried in a good old age.”
 - We need to break the habit of fried foods and sugar and other eating habits that are detrimental to our bodies – we are the Temple of the Holy Spirit.
 - We need to take authority over the toxins, pollutants and refined foods that we have allowed to poison our bodies and steal our health.
 - May we set a pattern we don’t leave of eating well so our body does not become our enemy.

4. Believe God for the abundance of work:

- Believe God for the abundance of work and prosperity as God's people to do more for Kingdom work.
- Let's believe God for "**MIRACLE MONEY.**"
- Can you believe God that your business or company could get so busy that more folks have to be hired or you get a promotion and a raise?
- God prospers you so that you have an abundance to do all He wants you to do for the Kingdom.

Pres. Abraham Lincoln called for four fasts in America to attempt to heal the nation: The fourth fast was in 1867 after the Civil War had devastated the land and people of America.

- The year he finished the fourth fast – America closed a real estate deal with Russia for the purchase of Alaska for 7.2 million which is 2 cents per acre.
- There is no reasonable logic as to why America rebounded so strong that by 1867 the Federal Government of the United States had a surplus for 28 straight years.
- New inventions started coming out of America causing America to become a super power in the world:
 - The phonograph, electric lights, the modern factories, airplanes, telephones.
 - The motor industry: the car was first invented in Europe, but America captured the market and became #1 in the market.
 - The South being the most devastated area began to experience reconstruction and growth – The New South rose from the ashes.

Point: God knows how to bless His people when we come after Him in fasting and humility and prayer seeking His will and to glorify Him.

Blessing, Family, business but seek God first in all these areas and His righteousness will be added to you.

This fast is about God – don't get preoccupied with what you're not eating – take it back to God constantly
Eat your soul food – The Bible

This generation is too used to going on the computer, using your finger tips and getting what you want the same day –

BUT THERE ARE SOME BLESSINGS YOU CAN'T GET TILL YOU FAST AND PRAY.