

2017 WOWC 21 Days of Prayer & Fasting –
“Five Things that happen when you Fast-

There are Five powerful things from the Book of Ruth that happens when you fast. I realize the Book of Ruth is not about fasting, but there are five things in this chapter that when she does – she is about to be united with her bridegroom named Boaz. He is a bachelor from Bethlehem and is a beautiful picture of Jesus Christ.

When you look at this story it’s all about getting close to the One that loves us and calls us His Bride.

Phil. 3:10- Paul says: “O, that I might know Him & the power of His resurrection.”

- The danger for us all is that: “You can know about Him and not know Him.”
 - This is where most of America is today.
- You can know the Greek and Hebrew language and not really know Him.

When you fast and pray, you began to know Him in a new, deeper dimension than ever before.

- It’s not about church, rules, religion – it’s about knowing JESUS.

In Ruth, Naomi says five things about how to draw near to the Bridegroom:

1. Be Freshly Cleansed-

Ruth 3:3- “Therefore **wash yourself** and anoint yourself, put on your best garment and go down to the threshing floor; but do not make yourself known to the man until he has finished eating and drinking.”

- When we fast, we are spiritually taking a bath.

2Cor. 7:1- “Therefore, having these promises, beloved, **let us cleanse ourselves from all filthiness of the flesh and spirit**, perfecting holiness in the fear of God.”

- If you want to draw near to the Redeemer, you must be clean – repented of sin.
 - The reason our prayers are not answered – and God doesn’t bring breakthroughs in our lives is because of what Isaiah 1:15, 16 says:
“When you spread out your hands, I will hide My eyes from you; even though you make many prayers, I will not hear. Your hands are full of blood.
Wash yourselves, make yourselves clean; put away the evil of your doings from before My eyes. Cease to evil...”

God says: “I will not hear you and your prayers with dirty hands and double minds and defiled hearts.

How does He expect us to wash ourselves:?

Eph. 5:26- “That He might sanctify and cleanse it with the washing of water by the Word.

Titus 3:5- “Not by works of righteousness which we have done, but according to His mercy He saved us, by the washing of regeneration, and renewing of the Holy Spirit.”

Through emptying of ourselves and surrendering everything to Jesus and being cleansed by His blood, we are taking a spiritual bath on these 21 days of Prayer and Fasting.

Ruth was telling Naomi, that in order to be acceptable to the Bridegroom, you must wash yourself and be clean.

- It’s not yesterday’s cleansing or bath – its being freshly cleansed in a New Year and ready to be intimate and close with Jesus.

On this fast we are saying to God, **“I want to be freshly cleansed - come and look deep in my heart – I’ve accumulated things that aren’t like You, so let me be freshly cleansed by the washing of the water of Your Word.”**

Once you are cleansed – you become a candidate for the anointing!

2. Be Freshly Anointed-

Ruth 3:3- “...Anoint yourself...”

- Anoint yourself – put perfume on!

If you are going to present yourself to the Bridegroom, Naomi told her to anoint herself with perfume. Be fragrantly anointed.

This is what we are doing when we fast and pray!

- You cannot fast and pray and God not freshly anoint you.
- During this fast, He’s going to anoint you and give you a special grace to accomplish what His will is for you.
- During this fast, after we are cleansed, we need to ask the Lord to anoint us for His purposes.
- The Holy Spirit gives us the fragrance of Christ.
- Your life will be incense before Him - you can’t go into the presence of the Lord without the anointed incense of prayer.
- Wherever the blood has washed, the anointing can be applied.

- Someone who is anointed will always come up and can't be kept down.

3. **Put On Your Best Garment-**

Ruth 3:3 "...put on your best garment..."

- You're not only being Freshly Cleansed and Fragrantly Anointed; you're being **Fitly Clothed.**
- Look right for the King, He owns everything. Don't show up in some hand me down clothes.
- What does that look like?
 - Naomi had been a widow – sad, mourning, wearing mourning clothes, she'd lost her husband, depressed, discouraged, come through a horrible famine.
 - She'd come to Bethlehem, but still had her old clothes of mourning, sorrow, defeat.
- God said through Ruth to Naomi – "If you want to get near the King, you'll have to change what you're wearing!"

Although He understands your dilemma/pain, He doesn't respond to you because of that pain.

He inhabits the praises of His people.

He inhabits the faith of His people, not the gloom and the doom.

One of the greatest things we could do in our prayer life is pull the moan and groan out and put praises in.

I've said this before: "If you come from your prayer time still struggling and moaning and burdened; you didn't give it to the Lord. All you did was gripe to the Lord."

It makes you very attractive to God when you stop moaning and groaning and you put on the garment of praise for the spirit of heaviness.

Isa. 61:3- "To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness."

On this fast – **God is about to change your wardrobe!**

- **He's ready to give you some beauty for ashes.**
- **Somebody needs to let the joy of the Lord rise up and give Him some praise.**
- God wants to bring some beautiful days, some beautiful people, and some beautiful things.
- You need to put your foot on the neck of the demon of depression, gloominess, oppression, mourning, sorrow and discouragement.
- It's the Year of the Lord to comfort those who have been mourning.

- **Your house is going to freshly cleansed, your business is going to be freshly anointed, you are going to put on the garments of praise and be fitly clothed for success.**

Isa. 61:10- “I will greatly rejoice in the Lord, My soul shall be joyful in My God; For He has clothed me with the garments of salvation, He has clothed my with the robe of righteousness, as a bridegroom decks Himself with ornaments, and as a bride adorns herself with her jewels.”

- He has clothed us, and we are fitly clothed with His righteousness.

4. Fasting says: **Lord I fully commit my life to You again-**

Ruth 3:4- “Then this shall be, when he lies down, that you shall notice the place where he lies; and you shall go in, **uncover his feet, and lie down**; and he will tell you what you should do.”

- Jewish tradition and culture meant when someone uncovered the feet & laid down at another’s feet – it was an act of submission.

I’m being **Freshly Cleansed**, I’m being **Fragrantly Anointed**, I’m being **Fitly Clothed** on this Fast – I’m being **Fully Committed** to You now:

- My will surrenders to Your Will.
- My dream, submits to Your Dream.
- My desire, I fully commit to You.

Ruth told Naomi to place herself at his feet:

- That’s what we’re doing in this fast.
- We are humbling ourselves; we are going down low before Him.
- The most sacred place on earth is not the pulpit, not the church, not Jerusalem, the Holy Land - **THE MOST SACRED PLACE ON EARTH IS AT THE FEET OF JESUS.**
- When we fast – we are fully committing our life at the feet of Jesus.
- I don’t care how bad I think I want something – I don’t want anything except Your will.
- I’m at Your feet Lord – not in Your face Lord.
- Not at His hand – “give me, give me” I’m at Your feet.

His promise is that He will withhold no good thing from those who walk uprightly.

Psa. 84:11- “For the Lord God is a sun and shield; the Lord will give grace and glory; no good thing will He withhold from them that walk uprightly.”

If we are truly submitted and worshiping Him with all our life at His feet –

Phil. 4:19- “My God shall supply all your need according to His riches in glory by Christ Jesus.”

Mal. 3:10- “...He will open up the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.”

5. We become Faithfully Compliant-

Ruth 3:5- “And she said to her, All that you say to me I will do.”

We don't go on a fast to try to demand God to do this and do that for us!

NO

- We are saying on this fast: Father, You just show me Your will, and I will comply.
- No matter what it costs me, what I have to change/adjust.
- I will become faithfully compliant – that whatever You ask me to do – I will obey.

This is what we need to pray on this fast:

Lord, I want to be:

1. Freshly Cleansed
2. Freshly Anointed
3. Fitly Clothed
4. Fully Committed at Your feet
5. Faithfully Compliant – To Your Word, To Your Will.

I want to be a doer of your Word, and not a hearer only – James 1:22.

Ruth 3:9-10 “And he said, Who are you? So she answered, I am Ruth, your maidservant, take your maidservant under your wing, for you are a close relative.”
Then he said: BLESSED ARE YOU OF THE LORD, MY DAUGHTER.”

What's going to happen after you have done these five things for 21 days?

You are going to be blessed.

Boaz gave Ruth 60-90 lbs. of barley to take home to Naomi.

When Naomi saw Ruth coming – She said- “Is that you my daughter? or “Who are you?”

- Asking: Are you Mrs. Boaz yet?

Then Naomi tells Ruth V. 18-

“Sit still, my daughter, until you know how the matter will turn out; for the man will not rest until he has concluded the matter this day.”

• When you submit to God in these five areas that fasting is doing in your life –

At some point- God says to you, Ok- you've done your part.

Now I'll not rest till I do my part

You started it when you begin to fast – but I'm going to finish it!

**You Washed Yourself – Anointed Yourself – Changed your Clothing – Changed your language and you're Praising Me – you've become Fully Compliant – and Committed
- I see it.**

There comes the time when God says for us to sit down – because you gave it to Me on the fast –

Now:

- **I'm going to fight your battles.**
- **I'm going to be your Jehovah Jireh.**
- **I'm going to open the windows of heaven & pour out the blessing.**

You started it on the fast on Monday Jan 2nd but God is going to finish it and you will see His blessings open in your life.