

# “CL Fasting and Goals”

Pastor Al Brice | December 30, 2018

As we read God’s Word, the Bible, we find that fasting is a very important characteristic of every man and woman of God.

Fasting is mainly for spiritual reasons, but it can also benefit you physically and mentally. And since we are doing a Daniel Fast, let’s look at how fasting was a physical benefit to Daniel and his friends.

**Daniel 1:12-16 AMP:** <sup>12</sup> “Please, test your servants for ten days, and let us be given some vegetables to eat and water to drink. <sup>13</sup> Then let our appearance and the appearance of the young men who eat the king’s finest food be observed and compared by you, and deal with your servants in accordance with what you see.”

<sup>14</sup> So the man listened to them in this matter and tested them for ten days. <sup>15</sup> At the end of ten days it seemed that they were looking better and healthier than all the young men who ate the king’s finest food. <sup>16</sup> So the overseer continued to withhold their fine food and the wine they were to drink, and kept giving them vegetables.

1. What fasting **is not** and what fasting **is** for us as Christians:

- a. Fasting is not just a diet. It is a very good dietary change, but if the spiritual component is not included, with spiritual goals, then it is not a real Biblical fast.
  - Fasting is not a hunger strike, trying to get God’s attention, so He will be impressed and answer your prayers.
  - Fasting is not for God, it is for you. God is not going to think that you’re a better Christian or a more spiritual person because you fast. Your worth to God is totally dependent on what Jesus did for us on the Cross; your value, worth, importance, and acceptability to God came through Jesus’ actions and doing, not yours or mine.
- b. Fasting is for us!! It’s a spiritual tool that God created to help us strengthen our spirit man, learn to have self-control over our flesh, to draw closer to God and become more intimate with Him, to receive deeper understanding and revelation of God’s Word, to see bondages and bad habits break off our life, to set and see godly goals become a reality, and focus on prayer and praise. It a temporary spiritual experience with an intense and a specific purpose and goals. We make an intentional choice to focus on spiritual things instead of the things of this world and to focus on deepening our relationship and love for God and His purposes for our lives.

2. Just like Daniel, we can be world changers, history makers, and have a great impact for the Kingdom of God in these last days.

- Daniel, an ordinary young man serving an extraordinary God.

**Daniel 5:11-12 AMP:** <sup>11</sup> There is a man in your kingdom in whom is a spirit of the holy gods; and in the days of your father, illumination, understanding and wisdom like the wisdom of the gods were found in him. And King Nebuchadnezzar, your father—your father the king, appointed him chief of the magicians, enchanter, Chaldeans and diviners. <sup>12</sup> It was because an extraordinary spirit, knowledge and insight, the ability to interpret dreams, clarify riddles, and solve complex problems were found in this Daniel, whom the king named Belteshazzar. Now let Daniel be called and he will give the interpretation."

- Daniel had developed spiritual disciplines in his life that brought him through the toughest of times and life-threatening adversities.

**Daniel 6:10 NLT:** But when Daniel learned that the law had been signed, he went home and knelt down as usual in his upstairs room, with its windows open toward Jerusalem. He prayed three times a day, just as he had always done, giving thanks to his God.

- Daniel knew the Word of God, he was a man of prayer and fasting, he completely trusted God, and these disciplines got him through every trouble that he faced.

**Daniel 6:21-23 NKJV:** <sup>21</sup> Then Daniel said to the king, "O king, live forever! <sup>22</sup> My God sent His angel and shut the lions' mouths, so that they have not hurt me, because I was found innocent before Him; and also, O king, I have done no wrong before you."  
<sup>23</sup> Now the king was exceedingly glad for him, and commanded that they should take Daniel up out of the den. So Daniel was taken up out of the den, and no injury whatever was found on him, because he believed in his God.

3. Prayer and fasting prepares us to deal successfully with strong demonic attacks and ministering to other people.

**Mark 9:17-29 NKJV:** <sup>17</sup> Then one of the crowd answered and said, “Teacher, I brought You my son, who has a mute spirit. <sup>18</sup> And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not.”

<sup>19</sup> He answered him and said, “O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me.” <sup>20</sup> Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

<sup>21</sup> So He asked his father, “How long has this been happening to him?” And he said, “From childhood. <sup>22</sup> And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us.”

<sup>23</sup> Jesus said to him, “If you can believe, all things are possible to him who believes.”

<sup>24</sup> Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”

<sup>25</sup> When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, “Deaf and dumb spirit, I command you, come out of him and enter him no more!” <sup>26</sup> Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, “He is dead.” <sup>27</sup> But Jesus took him by the hand and lifted him up, and he arose.

<sup>28</sup> And when He had come into the house, His disciples asked Him privately, “Why could we not cast it out?”

<sup>29</sup> So He said to them, “This kind can come out by nothing but prayer and fasting.”

4. Set goals for your fasting: What do you desire to be accomplished in your life?

**CL Church goals:**

- God's presence to manifest in our services with His mercy, grace, love, and power to be experienced by every person.
- Unity would be a dominating factor in Covenant Love.

**Psalms 133 NKJV:**

<sup>1</sup> Behold, how good and how pleasant it is  
For brethren to dwell together in unity!  
<sup>2</sup> It is like the precious oil upon the head,  
Running down on the beard,  
The beard of Aaron,  
Running down on the edge of his garments.  
<sup>3</sup> It is like the dew of Hermon,  
Descending upon the mountains of Zion;  
For there the Lord commanded the blessing—  
Life forevermore.

- We would honor the Holy Spirit and that the teaching of God's Word would be received and that we (adults, youth, and children) would order our lives in total obedience to His Word.
- God would give us the lost for our inheritance; the Holy Spirit would move in our city and county to convict of sin, righteousness, and judgement. He would draw, not only to CL, but to every church doing the will of God.
- We would see amazing healings and miracles.

**Acts 4:27-30 NKJV:** <sup>27</sup> "For truly against Your holy Servant Jesus, whom You anointed, both Herod and Pontius Pilate, with the Gentiles and the people of Israel, were gathered together <sup>28</sup> to do whatever Your hand and Your purpose determined before to be done. <sup>29</sup> Now, Lord, look on their threats, and grant to Your servants that with all boldness they may speak Your word, <sup>30</sup> by stretching out Your hand to heal, and that signs and wonders may be done through the name of Your holy Servant Jesus."

- All our financial needs would be met, and there would financial increase for our congregation and church.
- God's wisdom, guidance, direction, and instruction be given to us in every decision we are called to make.

5. Don't give up!!

**1 Corinthians 9:24-27 NLT:** <sup>24</sup> Don't you realize that in a race everyone runs, but only one person gets the prize? So run to win! <sup>25</sup> All athletes are disciplined in their training. They do it to win a prize that will fade away, but we do it for an eternal prize. <sup>26</sup> So I run with purpose in every step. I am not just shadowboxing. <sup>27</sup> I discipline my body like an athlete, training it to do what it should. Otherwise, I fear that after preaching to others I myself might be disqualified.