

“Fasting God’s Way”

Pastor Al Brice | Sunday, December 29, 2019

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 (**Daniel 1:12-16 NKJV**).

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

* Fasting is not just abstaining from certain foods and certain activities. 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, a means by which we can manipulate God, or just trying to get God’s attention so He will be impressed and answer your prayers. It is wrong to think that if we fast, God will do anything that we want.

Isaiah 58:5-11 NKJV: ⁵ Is it a fast that I have chosen, a day for a man to afflict his soul? *Is it* to bow down his head like a bulrush, and to spread out sackcloth and ashes? Would you call this a fast, and an acceptable day to the LORD? ⁶ *Is* this not the fast that I have chosen: to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke? ⁷ *Is it* not to share your bread with the hungry, and that you bring to your house the poor who are cast out; when you see the naked, that you cover him, and not hide yourself from your own flesh? ⁸ Then your light shall break forth like the morning, your healing shall spring forth speedily, and your righteousness shall go before you; the glory of the LORD shall be your rear guard. ⁹ Then you shall call, and the LORD will answer; you shall cry, and He will say, ‘Here I am.’ “If you take away the yoke from your midst, the pointing of the finger, and speaking wickedness, ¹⁰ *if* you extend your soul to the hungry and satisfy the afflicted soul, then your light shall dawn in the darkness, and your darkness shall *be* as the noonday. ¹¹ The LORD will guide you continually, and satisfy your soul in drought, and strengthen your bones; you shall be like a watered garden, and like a spring of water, whose waters do not fail.

* 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 just 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.

Galatians 2:20-21 NKJV: ²⁰ I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the *life* which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me. ²¹ I do not set aside the grace of God; for if righteousness *comes* through the law, then Christ died in vain.”

2. Fasting is for us!!

* It's a spiritual tool that God created to help us strengthen our spirit man as we make and spend time praying in Spirit.

1 Corinthians 14:1-2 NKJV: Pursue love, and desire spiritual *gifts*, but especially that you may prophesy. ² For he who speaks in a tongue does not speak to men but to God, for no one understands *him*; however, in the spirit he speaks mysteries.

1 Corinthians 14:4 NKJV: ⁴ He who speaks in a tongue edifies himself, but he who prophesies edifies the church.

* It is to help us, through the power of the Holy Spirit, to have self-control over our flesh, to see bondages and bad habits broken and defeated, to draw closer to God and become more intimate with Him.

Galatians 5:16-24 NKJV: ¹⁶ I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. ¹⁷ For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. ¹⁸ But if you are led by the Spirit, you are not under the law. ¹⁹ Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, ²⁰ idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, ²¹ envy, murders, drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God. ²² But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, ²³ gentleness, self-control. Against such there is no law. ²⁴ And those *who are* Christ's have crucified the flesh with its passions and desires.

* To receive deeper understanding and revelation of God's Word.

Proverbs 4:20-23 NKJV: ²⁰ My son, give attention to my words; incline your ear to my sayings. ²¹ Do not let them depart from your eyes; keep them in the midst of your heart; ²² For they *are* life to those who find them, and health to all their flesh. ²³ Keep your heart with all diligence, for out of it *spring* the issues of life.

* It is a temporary spiritual experience with an intense purpose to know God more intimately and with specific purposes and goals. We make an intentional choice to focus on spiritual things instead of the things of this world and focus on deepening our relationship and love for God, His purposes for our lives, and our love for others.

James 4:7-9 NKJV: ⁷ Therefore submit to God. Resist the devil and he will flee from you. ⁸ Draw near to God and He will draw near to you. Cleanse *your* hands, *you* sinners; and purify *your* hearts, *you* double-minded. ⁹ Lament and mourn and weep! Let your laughter be turned to mourning and *your* joy to gloom.