

Fasting Part 1

One way to worship God and live your life unto Him is by fasting. The Scriptures speak about that subject in both the Old Testament and the New Testament. Fasting carried out for different purposes as the Scriptures inform us. Therefore as we read and study the Scriptures we will be able to grasp the various purposes of fasting and apply that all in our lives. We will pass through the Scriptures that speaks about fasting and we will study these Scriptures and pick up from them the reason the people of God fasted and we will apply that in our lives.

“28 And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And he wrote upon the tables the words of the covenant, the ten commandments.” (Exodus 34:28 KJV) Moses stayed in God’s presence at Mount Horeb for forty days and forty nights and he had to be in fasting to receive God’s Word, and for the Ten Commandments to be prepared and given to him to be delivered to the people of God.

Moses as well as stated the following about that event of fasting: ***“9 When I was gone up into the mount to receive the tables of stone, even the tables of the covenant which the LORD made with you, then I abode in the mount forty days and forty nights, I neither did eat bread nor drink water: 10 And the LORD delivered unto me two tables of stone written with the finger of God; and on them was written according to all the words, which the LORD spake with you in the mount out of the midst of the fire in the day of the assembly. 11 And it came to pass at the end of forty days and forty nights, that the LORD gave me the two tables of stone, even the tables of the covenant. 12 And the LORD said unto me, Arise, get thee down quickly from hence; for thy people which thou hast brought forth out of Egypt have corrupted themselves; they are quickly turned aside out of the way which I commanded them; they have made them a molten image. 13 Furthermore the LORD spake unto me, saying, I have seen this people, and, behold, it is a stiffnecked people: 14 Let me alone, that I may destroy them, and blot out their name from under heaven: and I will make of thee a nation mightier and greater than they. 15 So I turned and came down from the mount, and the mount burned with fire: and the two tables of the covenant were in my two hands. 16 And I looked, and, behold, ye had sinned against the LORD your God, and had made you a molten calf: ye had turned aside quickly out of the way which the LORD had commanded you. 17 And I took the two tables, and cast them out of my two hands, and brake them before your eyes. 18 And I fell down before the LORD, as at the first, forty days and forty nights: I did neither eat bread, nor drink water, because of all your sins which ye sinned, in doing wickedly in the sight of the LORD, to provoke him to anger. 19 For I was afraid of the anger and hot displeasure, wherewith the LORD was wroth against you to destroy you. But the LORD hearkened unto me at that time also. 20 And the LORD was very angry with Aaron to have destroyed him: and I prayed for Aaron also the same time. 21 And I took your sin, the calf which ye had made, and burnt it with fire, and stamped it, and ground it very small, even until it was as small as dust: and I cast the dust thereof into the brook that descended out of the mount.” (Deuteronomy 9:9-21 KJV)***

Twice Moses fasted forty days and forty nights. He ate no bread and drank no water. Medically man can stand without water for three days but without food for a longer period. The important thing here is that you fast when you are led by the Holy Spirit. Moses was led by God to fast for a purpose and the Lord sustained him without food or water. Not that he sustained himself but the Lord sustained him. * *The same for you, fast as the Lord’s enable you and sustain you.* I have seen people fasted 40 days without food but they were drinking water. It is not a compulsory matter to abstain from water but as the Holy Spirit lead you. In *Matthew 4:1-3* ***“1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 2 And when he had fasted forty days and forty nights, he was afterward an hungred. 3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread.”*** And in *Luke 4:1-3* ***“1 And Jesus being full of the Holy Ghost returned from Jordan, and was led by the Spirit into the wilderness, 2 Being forty days tempted of the devil. And in those days he did eat nothing: and when they were ended, he afterward hungered. 3 And the devil said unto him, If thou be the Son of God, command this stone that it be made bread.”*** It is mentioned that, ***“And when he had fasted forty days and forty nights, he was afterward an hungred.”*** It did not mention that Jesus was thirsty; possibly he was abstaining from food. But whatever his fasting was, He was led by the Holy Spirit.

Today we can conclude the following about fasting:

* *We fast as we are led by the Holy Spirit of how many days we need to fast and what are the things we abstain from.*

* *In fasting we rely on the Holy Spirit of God to sustain us in fasting.*

* *In fasting we deprive our flesh from its desire, we deny our own will and desire and we set our desire to seek more of God, more of Jesus, and to draw near unto Him.*

From Moses fasting we can learn the following points:

1. Moses fasted the first time to receive the Ten Commandments: One purpose of fasting is to receive the Word of God and His messages to us. * *We fast for the purpose of knowing what the Lord wants us to know of His Word and what the Lord’s wants us to do and to be.*

* *The messages of God’s Word that we receive from the Lord is not only for us but we need to share it with the people around us. We share it to the believers to draw near to God, and to the non-believers to know Him and to walk in His ways.*

2. Moses Fasted the second time to pray and intercede in behalf of the people who sinned against God: The people of God while Moses was at the mountain with the Lord they sinned greatly against the Lord; they turned away quickly from the way that the Lord commanded and corrupted themselves by making for themselves idol to worship. Aaron condoned the sins of the people and go along their desires as we read here: ***“1 And when the people saw that Moses delayed to come down out of the mount, the people gathered themselves together unto Aaron, and said unto him, Up, make us gods, which shall go***

before us; for as for this Moses, the man that brought us up out of the land of Egypt, we wot not what is become of him. 2 And Aaron said unto them, Break off the golden earrings, which are in the ears of your wives, of your sons, and of your daughters, and bring them unto me. 3 And all the people brake off the golden earrings which were in their ears, and brought them unto Aaron. 4 And he received them at their hand, and fashioned it with a graving tool, after he had made it a molten calf: and they said, These be thy gods, O Israel, which brought thee up out of the land of Egypt. 5 And when Aaron saw it, he built an altar before it; and Aaron made proclamation, and said, To morrow is a feast to the LORD. 6 And they rose up early on the morrow, and offered burnt offerings, and brought peace offerings; and the people sat down to eat and to drink, and rose up to play. 7 And the LORD said unto Moses, Go, get thee down; for thy people, which thou broughtest out of the land of Egypt, have corrupted themselves: 8 They have turned aside quickly out of the way which I commanded them: they have made them a molten calf, and have worshipped it, and have sacrificed thereunto, and said, These be thy gods, O Israel, which have brought thee up out of the land of Egypt.” (Exodus 32:1-8 KJV) Moses fell prostrate and fasted for the second time forty days and forty nights to intercede for the sins of the people and for Aaron who led the people astray, because God wanted to destroy the whole assembly including Aaron. But Moses prayer and fasting turned away the wrath of God. Therefore:-

** We need to pray and fast in order to intercede for the believers, those who are in sins, to repent and stop worshipping idols and not to follow practices that contradict the teaching of the Lord.*

The following sins and practices are the form of idol worship that we as believers decided to follow Christ we should stop doing:

1. Lust and immorality; having boyfriend and girlfriend, dating, courting, watching pornography, live-in relationship, divorce and remarriage, adultery, multiple marriages and unlawful marriages in marrying non believers.
2. Celebrating feasts of idols; celebrating New Year and Christmas with its Santa Claus, Christmas tree, celebrating birthdays, wedding anniversaries, and death anniversaries, celebrating Father’s Day and Mother’s Day, Halloween (Harvest), All Saints Day, Valentine’s Day, and Pastor’s Month. All these celebration should be out of our lives.
3. Greed, covetousness, and love of money.
4. Wasting and spending too much.
5. Gluttony, eating too much, loving food more than God, buying food from restaurants, loving feasts and celebration but refusing to fast.
6. Worldliness; wasting time on TV, U-Tube and facebook.

7. Slander, malice, envy, jealousy, bitterness, having grudges, anger, hatred and unforgiveness, boasting, showing off, laziness, complacency and lack of commitment to God, and serving the worldly things but not willing to serve God.

7. Homosexualities, allowing a relationship between man to man, and woman to woman, condoning transgender and homosexual attitude and actions, and allowing homosexual marriages.

As we decided to pray and fast, we believers in Christ need to repent from all these sins that we mentioned and we need to commit ourselves not to do them again.

** We pray and fast for the church leaders who led the people astray from the way of the Lord and condone with them to do sins and the wrong things that God forbid in His word.*

** We pray and fast for the backsliders, those who left the church, that God will have mercy on them and give them another chance to repent and get restored to Him and to the church.*

My dear and Beloved: You are accountable and responsible before God to do much for Him as we learned from the example of Moses and Jesus. Both of them fasted forty days in order to serve God and to carry out the work of God.

Commit yourself to the message as the Holy Spirit leading you and consider the following points:

1. *Repent of your sins and stop doing them.*
2. *To start with, set aside one day or more in a week as you can and as the Holy Spirit leading you to fast. Fast until evening or as long as you can. Fast from food, and you may take water if you wish.*
3. *Avoid worldliness and overspending and be content o live a simple life accepting God’s will and choices to you.*
4. *Pray and fast to receive the Word of God that will lead you in your life and that you can share with the people around you that God wants you to reach out with His Word.*
5. *Pray and fast for the non believers, to repent and come back to the Lord.*
6. *Pray and fast for the backsliders to repent and to come back to the Church of God.*
7. *Pray and fast for the church leader’s to repent of their idols worship and who condone God’s people sins and idols and go along their evil desires.*

My Prayer: Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life.

Confess now to the Lord your sins and ask him forgiveness.

Lord forgive me the following sins _____.

Lord I commit my life to pray and fast to draw near to you in order for me to receive your word and tell others about you. Lord I pray that as I fast to receive your Word, that your Word will strengthen me against sin and against devil's temptations.

Lord I commit myself to pray, fast, and to intercede in behalf of those brethren who live in sin, and for the backsliders who went away from you, and for the church leaders who misled the flocks and took them into wrong direction and condoned their sins, their idols and sinful practices. Lord forgive them their sins and give them one more chance to repent, come back to you and to your church to serve you in the right way.

Lord I pray for my brethren who committed themselves to repent of their sins, to pray and to fast, Lord give them good health and strength to go on and serve you. Lord give them your Word. Lord fill them and lead them with your Holy Spirit to go and do your work. Lord protect them from the evil one and provide all their needs.

Lord I pray for all the backsliders to repent and to come back to your church. Lord I pray for all the church leaders who are condoning the sins of your people and who are leading them into idol worship, Lord give them repentance and give them the chance to come back to you. Lord teach them to serve you in the right way and how to do your will.

Lord I pray for us as a church to be doer of your Word and to accomplish the tasks that you had called us to do for you. Lord refill us again with the Holy Spirit and give us the spiritual gifts that we need in our lives. Lord enable us to evangelize and reach new people with the Gospel and the message of Jesus Christ. Lord enable us to plant more Bible studies and congregations for the church. Lord bless us, enlarge our territory, let your hand be with us, and free us from harm so we will not feel pain. May the grace of the Lord Jesus and the love of God and the fellowship of the Holy Spirit be with us all in Jesus name, Amen.

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