

Fasting Part 4

The Prayer and Fasting of King David

“24 My knees are weak through fasting; and my flesh faileth of fatness.” (Psalm 109:24)

Fasting is one of the practices that David was characterized with. Why he fasted, how he fasted, and the results of his prayer and fasting are great lesson for us to learn and apply in our lives to fulfill God’s purpose in us and perform His will. We can read about the fasting of David in different occasions:

1. David in *Psalm 35: 11-14* said, ***“11 False witnesses did rise up; they laid to my charge things that I knew not. 12 They rewarded me evil for good to the spoiling of my soul. 13 But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom. 14 I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourneth for his mother.” (Psalm 35: 11-14 KJV)*** In this passage David mentioned that he was fasting for the cruel people around him. He prayed and fasted for the people who later on repaid him evil for the good things he did. Here we learn from what David passed through is to give our lives in full to God in doing the good and the right that God wants us to do for Him and for the people around us.

“11 False witnesses did rise up; they laid to my charge things that I knew not.” (Psalm 35:11 KJV) The same people that he was fasting for, they raised up to be a false witness against him in order to destroy him. God wants us to be filled in love and be willing to serve Him as we show our willingness to pray and to fast for people who may turn to be of evil intent against us.

“12 They rewarded me evil for good to the spoiling of my soul.” (Psalm 35:12 KJV) Here when we pray and fast we expect that we will be rewarded from what we pray and fast for. That is correct for we suppose to be rewarded. But put one thing in your mind that reward will come from the Lord because people may forget what you did good to them and they may even repay you evil for good that you perform in their behalf, but the Lord will never forget your prayer and fasting. Jesus also told us that God will reward us for our fasting as we read here: ***“16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. 17 But thou, when thou fastest, anoint thine head, and wash thy face; 18 That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly.” (Matthew 6:16-18 KJV)*** Yes, we will be rewarded if we continue to stand firm doing His work and living His will; He will not forget us and our labor for Him, but He will come and reward us.

“13 But as for me, when they were sick, my clothing was sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.” (Psalm 35:13 KJV) Here we learn specifically David what was fasting for. David was fasting here for them when they were sick and he prayed for them, and when his prayer returned to him unanswered, he fasted for them appealing to God for them to be healed and to be recovered. We learn here from what David did and from his good attitude, is to be sincere in serving the Lord

through honestly and perfectly serving the people that God had placed around us and the people that wants us to reach out.

David said, ***“I humbled my soul with fasting”*** Fasting is humbleness before God. Fasting is brokenness before God. Fasting is renouncing our pride and our flesh and self righteousness before God. Fasting is renouncing our boasting and our showing off before God. Fasting is seeing our small size before God. Fasting is acknowledging that we are nothing without God. Fasting is surrendering our plans and our own will before God.

“14 I behaved myself as though he had been my friend or brother: I bowed down heavily, as one that mourneth for his mother.” (Psalm 35:14 KJV) David was so sincere in his service to God; he fasted, he humbled himself before God and mourned for the affliction of the people who were in need of fasting; he treated them in such as if they were his brothers or his friends. David in such was compassionate as Jesus who prayed and fasted and mourned for the people in order to repent to be healed and to return to God. We learn to do the same, in serving God we serve the people, praying, fasting and mourning before God for them to repent of their sins, and to return to the Lord so they will be healed from their sicknesses and got save through the blood of Jesus.

2. David even fasted when he heard the news of the death of Saul, his enemy. ***“11 Then David took hold on his clothes, and rent them; and likewise all the men that were with him: 12 And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.” (2Samuel 1:11-12 LKV)*** David did not try to revenge from Saul while he was alive and he did not try to kill him. Although Saul was trying to kill David but David did nothing bad against Saul. David did not show happiness when he saw his enemy fall down. Instead he prayed and he fasted for the calamity that had fallen upon Saul and upon his family and upon the army of Israel. So in the same way we learn here from the example of David that our prayer and fasting should be motivated with love and forgiveness even toward our enemies and those who hurt us, refraining from grudges, hatred and un-forgiveness toward those who hurt us, and considering the whole work of God in His church and in His people and how He need us to behave when such calamities are taking place.

3. David In *Psalm 69:1-12* said, ***“1 Save me, O God; for the waters are come in unto my soul. 2 I sink in deep mire, where there is no standing: I am come into deep waters, where the floods overflow me. 3 I am weary of my crying: my throat is dried: mine eyes fail while I wait for my God. 4 They that hate me without a cause are more than the hairs of mine head: they that would destroy me, being mine enemies wrongfully, are mighty: then I restored that which I took not away. 5 O God, thou knowest my foolishness; and my sins are not hid from thee. 6 Let not them that wait on thee, O Lord GOD of hosts, be ashamed for my sake: let not those that seek thee be confounded for my sake, O God of Israel. 7 Because for thy sake I have borne reproach; shame hath covered my face. 8 I am become a stranger unto my brethren, and an alien unto my mother's children. 9 For the zeal of thine house hath eaten me up; and the reproaches of them that reproached thee are fallen upon me. 10 When I wept, and chastened my soul with fasting, that was to my reproach. 11 I made sackcloth also my garment; and I became a proverb to them. 12 They that sit in the gate speak against me; and I was the song of the drunkards. 13 But as for me, my prayer is unto thee, O LORD, in***

an acceptable time: O God, in the multitude of thy mercy hear me, in the truth of thy salvation.” (Psalm 69:1-13 KJV) David was enduring suffering, hardship and insult for the sake of the house of God and the work of God. He was facing side by side pressure but he humbled himself and continued doing the work of God through prayer and fasting.

“1 Save me, O God; for the waters are come in unto my soul. 2 I sink in deep mire, where there is no standing: I am come into deep waters, where the floods overflow me.” (Psalm 69:1-2 KJV) David here is crying to God to save his life. He is expressing to God that he is sinking into the deep mire, there is no place remain for him to stand, the water had come to him and the floods overflow him as if he was thrown in the sea. David was facing this trial because he was serving the Lord and he was living His life for Him as we will see in the next verses. *We too may pass the same situations when we give our lives to God and we will face trials and troubles while we are serving the Lord because the devil will come and oppose us and may even use people in order to discourage us so that we may stop serving God, therefore we need to learn to stand firm to be strong in the Lord and not to give up even if we are in the midst of heavy trails.*

“3 I am weary of my crying: my throat is dried: mine eyes fail while I wait for my God.” (Psalm 69:3 KJV) David was in full trust in the Lord; he was in continuous prayer and crying to God and waiting for Him to come and save Him. *We in the same way should do the same we continue to cry to God, keep our fasting while the trials is going on until we are fully delivered from the work of the devil.*

“4 They that hate me without a cause are more than the hairs of mine head: they that would destroy me, being mine enemies wrongfully, are mighty: then I restored that which I took not away.” (Psalm 69:4 KJV) Here David stated clearly that there were people who hated him without a cause, they would also try to destroy him, they were very strong against him and he was forced to restore that he did not take away. *When we serve God we may face such perilous things because the devil our enemy is the roaring lion and would do all what it can to stop us, that is why we need to face all such battles by coming to God in prayer and fasting.*

“5 O God, thou knowest my foolishness; and my sins are not hid from thee. (Psalm 69:5 KJV) Here David is confessing his sins and his wrong doings unto the Lord so they will not be a hindrance for him to receive a victory from God. *In the same way, let us not to forget to confess our sins unto God, to repent of them and to renounce them so they will not be a hindrance to us and a hindrance to our prayer and fasting from being answered as David said, “If I regard iniquity in my heart, the Lord will not hear me.” (Psalm 66:18 KJV)*

“6 Let not them that wait on thee, O Lord GOD of hosts, be ashamed for my sake: let not those that seek thee be confounded for my sake, O God of Israel. 7 Because for thy sake I have borne reproach; shame hath covered my face.” (Psalm 69:6-7 KJV) King David here prayed and appealed to God not to put to shame those who seek God. He was praying and fasting and asking God to answer him, so his testimony will not be a discouragement to others when they see his life and see that God did not answer his prayer they might be discouraged. So we can see here how faithful David was, that even with such a delay from

God, but David was steadfast with the Lord and keeping himself in the same place that God wanted him to stay and achieve for God.

** Prayer and fasting the more is needed when we are waiting for God to fulfill His promises to us. Prayer and fasting the more is needed when our faith is tested and challenged by the Lord as we had seen how the faith of David was tested.*

** Put in your mind that when you are praying and fasting and waiting upon God to move and the Lord is silent that does not mean He is far from you, No, but He is near and beside you, testing your faith and your perseverance toward Him, living your life for Him and achieving His will.*

“8 I am become a stranger unto my brethren, and an alien unto my mother's children.” (Psalm 69:8 KJV) David was so keen in following God, that he was even considered a stranger unto his mother and his brethren, up to this point he was faithful to God. *In the same way we need to be faithful to God, that we will not be conform to the pattern of this world up to the point that those who are near to us may consider us stranger or alien to them because we are not doing or living the worldliness that is going on now in the world around us.*

“9 For the zeal of thine house hath eaten me up; and the reproaches of them that reproached thee are fallen upon me.” (Psalm 69:9 KJV) David was bearing all the pressure that was upon him for the sake of the house of God, and for the sake of the work of God. *Those who oppose us as we live for God and those who reproach us as we are telling them the Word of God they are not doing that only against us but against God Himself, and against God's church, therefore, we need to bear that as we endeavour in our walk and service unto God our Lord, and for the sake of His church.*

“10 When I wept, and chastened my soul with fasting, that was to my reproach. 11 I made sackcloth also my garment; and I became a proverb to them. 12 They that sit in the gate speak against me; and I was the song of the drunkards.” (Psalm 69:10-12 KJV) David prayer and fasting was a reproach to him from those outsiders. People they thought about him that he was out of his mind, and he became a proverb and a reproach for the garment, the sackcloth, that he had made for himself while he was praying and fasting unto God. *In the same way, people may reproach you and laugh on you as they know that you are praying and fasting unto God while you are in trials; therefore, you should not mind them or give attention and heed what they said, but to continue to trust God and do what His Word teach us and admonish us to do in times of trouble.*

David said in ***Psalm 69*** verse 10, ***and chastened my soul with fasting:*** *So fasting is suffering. Fasting is a discipline. Fasting is refraining from the desire of the flesh. Fasting is renouncing the lack of faith. Fasting is renouncing our lack of trust in God. Fasting is renouncing our pride and our own ego. Fasting is to accept humiliation and insults for the sake of Christ. Fasting is to repent of your sin and the work of the flesh from your life. Fasting is to surrender your plan and will unto God.*

“13 But as for me, my prayer is unto thee, O LORD, in an acceptable time: O God, in the multitude of thy mercy hear me, in the truth of thy salvation.” (Psalm 69:13 KJV) Here we

can see clearly the confident that David has in God and His trust on Him that he will continue to utter his prayer and fasting unto God trusting that God in His mercy will hear him and will save him and will answer his prayer. In the same way, we need to fully trust God and will continue to pray and fast unto God trusting Him that at the same time He will answer our prayers and will save us from all our troubles.

4. David was really diligent in fasting that he said, “24 My knees are weak through fasting; and my flesh faileth of fatness.” (Psalm 109:24) David did not pray and fast once or twice or only for few days, but fasting was the trend and style of his life to face troubles. He never gave up but continuously was coming to the Lord in prayer and fasting. In the same way let us consider this as a way and style of life that God wants us to adopt in our lives and the way we progress and move forward in our service and ministry unto the Lord.

My Dear and Beloved: King David was a man of prayer and fasting. He took all his struggles and hardships to God through prayer and fasting. He fixed his eyes on the Lord and whole-heartedly trusted in God. He forgave his enemies, and he repented when he sinned against God. He humbled himself and the Lord lifted him up.

Let us learn from the life of David, his life full of prayer and fasting. Let us follow his examples and apply them in our life. His practice of prayer and fasting brought up changes in his heart and character. His practice of prayer and fasting drew him nearer and closer to God. David’s great help and support in the ministry came from God alone. The Lord sustained him and fulfilled his promises to him.

In the same way, have faith in God and trust Him wholeheartedly. Commit your life and your will to the principles that we learn from this message about fasting:

God wants you to be filled in love, to be honest and be willing to serve Him as you show your willingness to pray and to fast for people who may turn to be of evil intent against you.

Put in your mind that reward will come from the Lord because people may forget what you did good to them and they may even repay you evil for good that you perform in their behalf, but the Lord will never forget your prayer and fasting and your good work.

Be sincere in serving the Lord through honestly and perfectly serving the people that God had placed around you and the people that He wants you to reach out.

Fasting is humbleness before God. Fasting is brokenness before God. Fasting is renouncing your pride and your flesh and self righteousness before God. Fasting is renouncing your boasting and your showing off before God. Fasting is seeing your small size before God. Fasting is acknowledging that you are nothing without God. Fasting is surrendering your plans and your own will to God.

In serving God we serve the people, by praying, fasting and mourning before God for them to repent of their sins, and to return to the Lord so they will be healed from their sicknesses and got save through the blood of Jesus.

Your prayer and fasting should be motivated with love and forgiveness even toward your enemies and those who hurt you, refraining from grudges, hatred and un-forgiveness toward those who hurt you, and considering the whole work of God in His church and in His people and how He need you to behave when calamities are taking place against your enemies.

Stand firm and be strong in the Lord and not to give up even if you are in the midst of heavy trails. Continue to cry to God, keep your fasting while the trials is going on until you are fully delivered from the work of the devil.

Confess your sins unto God, repent of them and renounce them so they will not be a hindrance to your prayer and fasting from being answered.

Be faithful to God, and not be conform to the pattern of this world and the worldliness that is going on now in the world around us, and be ready to bear the reproach from the world because of your service and life unto God and to continue to trust God and to do what His Word teach you and admonish you to in times of trouble. .

Those who oppose you as you live for God and those who reproach you as you are telling them the Word of God they are not doing that only against you but against God Himself, and against God’s church, therefore, you need to bear that for the sake of God our Lord, and for the sake of His church.

Put in your mind that fasting is suffering. Fasting is a discipline. Fasting is refraining from the desire of the flesh. Fasting is renouncing the lack of faith. Fasting is renouncing your lack of trust in God. Fasting is renouncing your pride and your yown ego. Fasting is to accept humiliation and insult for the sake of Christ. Fasting is to repent of your sin and the work of the flesh from your life. Fasting is to surrender your plan and will unto God.

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.

Lord I thank you for your Word that showed me clearly your ways and how you wants me to live my life for you.

Confess your sins to God and renounce them. Renounce all your pride, egos, anger, lack of your trust and faith in God. Renounce your wrong attitude, lack of patience and lack of love to your enemies. Renounce the sin of un-forgiveness, the lack of humility and the self-righteousness. Renounce your will and all the work of your flesh.

Lord I confess and renounce all the following sins _____. Lord I repent from them all and from this day on I commit myself to obey your words and walk in your ways so that my prayer and fasting will be acceptable to you.

Lord I commit myself to love my enemies and not revenge and not to retaliate from those who hurt me and harm me.

Lord hear my prayer and answer my fasting and deliver me from the following enemy

_____.

Lord I pray for my brethren who committed themselves to repent of their sins, to pray and to fast, and to live their lives to serve you according to the Word that we receive today from you, Lord give them good health and the strength to go on and serve you. Lord give them all their needs. Lord give them your Word. Lord fills them and lead them with your Holy Spirit to go on and do your work. Lord protect them from the evil one and provide all their needs. Lord give them more of the fruit of the Holy Spirit so that they will reflect your character and attitude in your life.

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 protect us and deliver us from the evil one and go before us and fight our battles. 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 new 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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