

Fasting Part 5

The Prayer and Fasting of David's Repentance

Fasting is one of the practices that David was characterized with. We had discussed in the previous message multiple purposes of David's prayer and fasting and the results of them are great lesson for us to learn and apply in our lives to fulfill God's purpose in us and perform His will.

In this message we will be discussing how David fasted when he repented from his sin of adultery with Bathsheba. David committed that sin in this way: *"1 And it came to pass, after the year was expired, at the time when kings go forth to battle, that David sent Joab, and his servants with him, and all Israel; and they destroyed the children of Ammon, and besieged Rabbah. But David tarried still at Jerusalem. 2 And it came to pass in an eveningtide, that David arose from off his bed, and walked upon the roof of the king's house: and from the roof he saw a woman washing herself; and the woman was very beautiful to look upon. 3 And David sent and enquired after the woman. And one said, Is not this Bathsheba, the daughter of Eliam, the wife of Uriah the Hittite? 4 And David sent messengers, and took her; and she came in unto him, and he lay with her; for she was purified from her uncleanness: and she returned unto her house. 5 And the woman conceived, and sent and told David, and said, I am with child."* (2 Samuel 11:2-5 KJV) David should go out for war but instead he stayed home and that caused him to fall into sin. *What you can learn from this is that you need to do your assignments well and don't be busy with unnecessary and foolish things like watching You tube and facebook, so you will not be falling into temptations and sin as what had happened to King David.*

Now David tried to cover up his sin: *"6 And David sent to Joab, saying, Send me Uriah the Hittite. And Joab sent Uriah to David. 7 And when Uriah was come unto him, David demanded of him how Joab did, and how the people did, and how the war prospered. 8 And David said to Uriah, Go down to thy house, and wash thy feet. And Uriah departed out of the king's house, and there followed him a mess of meat from the king. 9 But Uriah slept at the door of the king's house with all the servants of his lord, and went not down to his house. 10 And when they had told David, saying, Uriah went not down unto his house, David said unto Uriah, Camest thou not from thy journey? why then didst thou not go down unto thine house? 11 And Uriah said unto David, The ark, and Israel, and Judah, abide in tents; and my lord Joab, and the servants of my lord, are encamped in the open fields; shall I then go into mine house, to eat and to drink, and to lie with my wife? as thou livest, and as thy soul liveth, I will not do this thing."* (2 Samuel 11:6-11 KJV) David brought Uriah from the battlefield so that Uriah sleeps with his wife and it would be like that she got pregnant by her own husband. But David's plan did not work over Uriah's loyalty in service.

"12 And David said to Uriah, Tarry here to day also, and to morrow I will let thee depart. So Uriah abode in Jerusalem that day, and the morrow. 13 And when David had called him, he did eat and drink before him; and he made him drunk: and at even he went out to lie on his bed with the servants of his lord, but went not down to his house. 14 And it came to pass in the morning, that David wrote a letter to Joab, and sent it by the hand of Uriah. 15 And he wrote in the letter, saying, Set ye Uriah in the forefront of the hottest

battle, and retire ye from him, that he may be smitten, and die. 16 And it came to pass, when Joab observed the city, that he assigned Uriah unto a place where he knew that valiant men were. 17 And the men of the city went out, and fought with Joab: and there fell some of the people of the servants of David; and Uriah the Hittite died also." (2 Samuel 11:12-17 KJV)

Because David was covering up his sin he became unjust to Uriah, the Hittite. *"26 And when the wife of Uriah heard that Uriah her husband was dead, she mourned for her husband. 27 And when the mourning was past, David sent and fetched her to his house, and she became his wife, and bare him a son. But the thing that David had done displeased the LORD."* (2 Samuel 11:26-27 KJV)

The Lord exposed what David did through the prophet Nathan whom the Lord sent and rebuked him for what he had done, and truly David repented as he said: *"I have sinned against the LORD."* (2 Samuel 12:13) *"And Nathan said unto David, The LORD also hath put away thy sin; thou shalt not die. 14 Howbeit, because by this deed thou hast given great occasion to the enemies of the LORD to blaspheme, the child also that is born unto thee shall surely die."* (2 Samuel 12:13-14 KJV) David accepted the sin that he did when Nathan confronted him and he did not deny it. Nathan did not give to David any evidence that someone saw him with the woman and reported him, but he was willing to repent once he was confronted. David was aware that God sent Nathan to rebuke him for that sin so he would repent and got back restored to God in order to receive again his salvation. *In the same way, when you sin and you are confronted with that sin, accept the rebuke of God, and accept to humble down and accept the consequences of your sin.*

David's real repentance was evidently true from his heart because he also accepted the Lord's discipline and the consequences of his sin. The son born to him out of adultery died. Because he let Uriah struck down by the sword, thus sword did not depart from his house. Out of his own household the Lord brought calamity upon him. God truly carried out his disciplinary action against David and David received the discipline of God. *"15 And Nathan departed unto his house. And the LORD struck the child that Uriah's wife bare unto David, and it was very sick. 16 David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth. 17 And the elders of his house arose, and went to him, to raise him up from the earth: but he would not, neither did he eat bread with them. 18 And it came to pass on the seventh day, that the child died. And the servants of David feared to tell him that the child was dead: for they said, Behold, while the child was yet alive, we spake unto him, and he would not hearken unto our voice: how will he then vex himself, if we tell him that the child is dead? 19 But when David saw that his servants whispered, David perceived that the child was dead: therefore David said unto his servants, Is the child dead? And they said, He is dead. 20 Then David arose from the earth, and washed, and anointed himself, and changed his apparel, and came into the house of the LORD, and worshipped: then he came to his own house; and when he required, they set bread before him, and he did eat."* (2 Samuel 12:15-20) David confessed his sin and his life was spared. Yet he also begged God through prayer and fasting for the life of his son. When the son died David got up without bitterness in the heart. This showed that he really repented and accepted God's discipline. *In the same way when God discipline you and carry out His judgment against you accept the discipline of God and His judgment on you.*

As David repented and accepted God's discipline and the consequences of his sin, God enabled him to endure and David reaped the fruit of his repentance. ***"24 And David comforted Bathsheba his wife, and went in unto her, and lay with her: and she bare a son, and he called his name Solomon: and the LORD loved him. 25 And he sent by the hand of Nathan the prophet; and he called his name Jedidiah, because of the LORD."*** (2 Samuel 12:24-25 KJV) After David's full repentance, the Lord rewarded him by giving Solomon who was to succeed David as king over Israel. *In the same way, when you are willing to repent and to renounce all your sins God shall restore you back to Him to serve Him and He will reward you as well.*

David, while he was in prayer and fasting in repentance for this sin of adultery that he committed with Bathsheba, he wrote ***Psalm 51:1-19: "1 Have mercy upon me, O God, according to thy lovingkindness: according unto the multitude of thy tender mercies blot out my transgressions. 2 Wash me thoroughly from mine iniquity, and cleanse me from my sin. 3 For I acknowledge my transgressions: and my sin is ever before me. 4 Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest. 5 Behold, I was shapen in iniquity; and in sin did my mother conceive me. 6 Behold, thou desirest truth in the inward parts: and in the hidden part thou shalt make me to know wisdom. 7 Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow. 8 Make me to hear joy and gladness; that the bones which thou hast broken may rejoice. 9 Hide thy face from my sins, and blot out all mine iniquities. 10 Create in me a clean heart, O God; and renew a right spirit within me. 11 Cast me not away from thy presence; and take not thy holy spirit from me. 12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit. 13 Then will I teach transgressors thy ways; and sinners shall be converted unto thee. 14 Deliver me from bloodguiltiness, O God, thou God of my salvation: and my tongue shall sing aloud of thy righteousness. 15 O Lord, open thou my lips; and my mouth shall shew forth thy praise. 16 For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering. 17 The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise. 18 Do good in thy good pleasure unto Zion: build thou the walls of Jerusalem. 19 Then shalt thou be pleased with the sacrifices of righteousness, with burnt offering and whole burnt offering: then shall they offer bullocks upon thine altar."*** (Psalm 51:1-19 KJV) The evidences of David's real repentance we can see clearly in this Psalm, and the followings are reflections and decisive factors to learn from David in order to apply what true repentance is in your life:

1. David knew what he did wrong and confessed his sin openly to the Lord: Do you know exactly what you have done wrong? Can you define your sin? *As you pray and fast, write your sins in a small paper and renounce all of them in God's presence.*

2. David did not blame or accuse anyone for the sin that he committed: Do you confess the sin as your own? Or are you trying to put the responsibilities of your sins upon others? *As you pray and fast take the full responsibility of your sins before God.*

3. David asked the Lord to forgive him and have mercy on him on the basis that he will not do that again: Are you convicted to stop sinning? Or do you want to abuse the grace of God by asking Him forgiveness but in your heart you are unwilling to turn away from sin?

As you pray and fast, make a clear commitment before God that you will not go back to such a sin.

4. David asked the Lord to wash away his sin and blot away his transgressions: True repentance will clearly show you how sin makes you ugly-looking person in the sight of God. This will make you move forward to request God to blot away your transgressions, so that you can stand again to serve Him. David knew how much his sin was grieving and how much the Lord was displeased. He saw his sin the way God sees it. Do you see your sins as grievous and harmful as God sees and as how he describes in His Word? Or do you sin and then you ask, *"What grievous sin have I actually done?"* If your question is such as this, it shows that you haven't come to the point of real repentance and fear in God. *As you pray and fast, grieve and mourn deeply of your sins as you see the damages that your sin had done.*

5. David asked the Lord to cleanse him: Do you ask God to forgive you and cleanse your heart and mind from your sin and all its effects? David requested God to wash away his sins and cleanse him from all the detrimental effects of sin in his life. As you fully repent the process of sanctification will also start in your life. *As you pray and fast repenting of your sins the Lord shall sanctify you and cleanse you as He promised, "9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness."* (1 John 1:9 KJV)

6. David asked the Lord not to cast him away from his presence: Sin will let you lose God's presence and God's favour in your life. Not confessed and not renounced sins will cause you to lose your eternity unless you repent. *As you pray and fast in repentance of your sins ask God not to cast you away from His presence.*

7. David asked the Lord not to take the Holy Spirit from him: Your broken fellowship with God due to sin will take away the Holy Spirit from you. You may live and move without the direction of the Holy Spirit, and you cannot see the light of God to shine in your life to enable you to see what is ahead. Unless you repent of your sins you will continue to walk in darkness. *As you pray and fast in repentance of your sins ask God to guide you and enlighten you with the Holy Spirit that you will continually walk in the light of God.*

8. David asked the Lord to create in him a pure heart and renew a steadfast spirit within him: As you repent God will do what He promised when He said, ***"26 A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. 27 And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them."*** (Ezekiel 36:26-27) *As you pray and fast in repentance of your sins ask God to give a new heart of flesh and the Holy Spirit to go on and serve the Lord and live your life for Him doing His will.*

9. David asked the Lord to restore to him the joy of salvation and to grant him a willing spirit to sustain him: Lack of joy in life can be due to sin that you did not confess or renounce. Sin will take away the joy of your salvation. When you repent the Lord will restore to you the joy of His salvation. And that joy will give you the strength to go on to serve God's purpose, and to live a victorious life. *As you pray and fast in repentance of your sins, ask God to restore to you the joy of your salvation and expect to be filled with the joy of the Lord, for the joy of the Lord is your strength.*

10. David knew that God will not be happy with sacrifices without repentance: Do you offer God your services, or do you give money and gifts to godly people thinking that these things will cover your sins? David knew God and he said, **“16 For thou desirest not sacrifice; else would I give it: thou delightest not in burnt offering. 17 The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise.”** (Psalm 51:16-17 KJV) As you pray and fast, present your broken and contrite heart to the Lord to be healed, and to be fixed to go on in the journey of the salvation of God.

11. David promised the Lord to teach sinners God's ways: David said, **“13 Then will I teach transgressors thy ways; and sinners shall be converted unto thee.”** (Psalm 51:13 KJV) When you have truly repented, you are the right person to teach others. Because you will testify to them how sin destroyed you and how disobedience brought troubles in your life. After you are fully restored you will tell to others, **“I had done that sin before and I was harmed and punished, so I warn you not to do it.”** It is a very important aspect of your repentance that you teach others from your own experience, how sin brought havoc in your life. Your teaching and testimony is important because people must turn away from sin. They need be warned about the consequence of sin and wrong doing, and so to fear God. They must receive the right message from you who personally experienced the venomous bites of sin until you repented. As you pray and fast in repentance of your sins, commit yourself to evangelize and teach others from your own experience of how sin destroyed your life but when you repented God cleansed you, gave you a new heart of flesh, a merciful heart, restored you to the fellowship with Him, filled you with His Holy Spirit, gave you joy and strength to go to live your life to Him and serve Him and do His will.

My Dear and Beloved: Learn from the life of David and from his repentance the following:

As you pray and fast, write your sins in a small paper and renounce all of them in God's presence.

As you pray and fast take the full responsibility of your sins before God.

As you pray and fast, make a clear commitment before God that you will not go back to such sins.

As you pray and fast, grieve and mourn deeply of your sins as you see the damages that your sins had done.

As you pray and fast repenting of your sins the Lord shall sanctify you and cleanse you as He promised in His Word, “9 If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness.” (1 John 1:9 KJV)

As you pray and fast in repentance of your sins ask God not to cast you away from His presence.

As you pray and fast in repentance of your sins ask God to guide you and enlighten you with the Holy Spirit that you will continually walk in the light of God.

As you pray and fast in repentance of your sins ask God to give you a new heart of flesh and the Holy Spirit to go on and serve the Lord and live your life for Him doing His will.

As you pray and fast in repentance of your sins, ask God to restore to you the joy of your salvation and expect to be filled with the joy of the Lord, for the joy of the Lord is your strength.

As you pray and fast, present your broken and contrite heart to the Lord to be healed, and to be fixed to go on in the journey of the salvation of God.

As you pray and fast in repentance of your sins, commit yourself to evangelize and teach others from your own experience of how sin destroyed your life but when you repented God cleansed you, gave you a new heart of flesh, a merciful heart, restored you to the fellowship with Him, filled you with His Holy Spirit, gave you joy and strength to go to live your life to Him and to serve Him and to do His will.

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.

Lord I confess and renounce the following sins and idols and human traditions in my life _____.

Lord as I pray and fast in repentance of my sins, Lord cleanse me, purify me, bring me back to you, restore me to you, reward me, give me a new heart of flesh, a merciful heart, fill me with the Holy Spirit and restore to me the joy of your salvation.

Lord I pray for my brethren who repented and renounce their sins, Lord cleanse them, purify them, bring them back to you, restore them, reward them, give them new merciful hearts of flesh, fill them with the Holy Spirit and restore to them the joy of your salvation.

Lord I pray for them to 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, spare them temptations, and provide all their needs.

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.

Dr. Ramiz Khalaf

The Church Overseer
Church of God
United Arab Emirates
Email: thebread1@gmail.com
Mobile Tel #: 00971551902647

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