

Fasting Part 13

“1 In the first year of Darius the son of Ahasuerus, of the seed of the Medes, which was made king over the realm of the Chaldeans; 2 In the first year of his reign I Daniel understood by books the number of the years, whereof the word of the LORD came to Jeremiah the prophet, that he would accomplish seventy years in the desolations of Jerusalem. 3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes: 4 And I prayed unto the LORD my God, and made my confession, and said, O Lord, the great and dreadful God, keeping the covenant and mercy to them that love him, and to them that keep his commandments; 5 We have sinned, and have committed iniquity, and have done wickedly, and have rebelled, even by departing from thy precepts and from thy judgments: 6 Neither have we hearkened unto thy servants the prophets, which spake in thy name to our kings, our princes, and our fathers, and to all the people of the land. 7 O LORD, righteousness belongeth unto thee, but unto us confusion of faces, as at this day; to the men of Judah, and to the inhabitants of Jerusalem, and unto all Israel, that are near, and that are far off, through all the countries whither thou hast driven them, because of their trespass that they have trespassed against thee. 8 O Lord, to us belongeth confusion of face, to our kings, to our princes, and to our fathers, because we have sinned against thee. 9 To the Lord our God belong mercies and forgivenesses, though we have rebelled against him; 10 Neither have we obeyed the voice of the LORD our God, to walk in his laws, which he set before us by his servants the prophets. 11 Yea, all Israel have transgressed thy law, even by departing, that they might not obey thy voice; therefore the curse is poured upon us, and the oath that is written in the law of Moses the servant of God, because we have sinned against him. 12 And he hath confirmed his words, which he spake against us, and against our judges that judged us, by bringing upon us a great evil: for under the whole heaven hath not been done as hath been done upon Jerusalem. 13 As it is written in the law of Moses, all this evil is come upon us: yet made we not our prayer before the LORD our God, that we might turn from our iniquities, and understand thy truth. 14 Therefore hath the LORD watched upon the evil, and brought it upon us: for the LORD our God is righteous in all his works which he doeth: for we obeyed not his voice. 15 And now, O Lord our God, that hast brought thy people forth out of the land of Egypt with a mighty hand, and hast gotten thee renown, as at this day; we have sinned, we have done wickedly. 16 O LORD, according to all thy righteousness, I beseech thee, let thine anger and thy fury be turned away from thy city Jerusalem, thy holy mountain: because for our sins, and for the iniquities of our fathers, Jerusalem and thy people are become a reproach to all that are about us. 17 Now therefore, O our God, hear the prayer of thy servant, and his supplications, and cause thy face to shine upon thy sanctuary that is desolate, for the Lord's sake. 18 O my God, incline thine ear, and hear; open thine eyes, and behold our desolations, and the city which is called by thy name: for we do not present our supplications before thee for our righteousnesses, but for thy great mercies. 19 O Lord, hear; O Lord, forgive; O Lord, hearken and do; defer not, for thine own sake, O my God: for thy city and thy people are called by thy name.” (Daniel 9:1-19 KJV)

Prayer and Fasting should be based on the understanding of the Scripture and what the Word of God declares. Here in the above situation, we found Daniel started to pray and fast, interceding and pleading with God to forgive, pardon and to restore His people, the

Israelites who sinned against Him. Daniel knew from the Scripture that their exile in Babylon will last seventy years and they need to suffer through the seventy years the consequences of their sins. Although Daniel knew that God is loving and forgiving God, he knew also that God is a God of justice. He knew also from the Word of God that the Lord forgives if people repent of their sins. Daniel knew also that even if the people repent then they need to bear the consequences of all their sins. As the people broke the law of the Sabbath of the land and did not give rest for it a year for every seven years, then the Lord counted how many Sabbath years they forbid the land from rest and it was equal to seventy years. Therefore the Lord took His people away from the Land for seventy years so it will be rested. So the Israelites put in captivity for seventy years so the land will be rested.

So we found here that Daniel his prayer and fasting was in line with the Word of God. He would not ask God to remove the consequences and bring His people back to Jerusalem and restored them before they had finished paying the seventy years, the consequences of their sins. Daniel prayer and fasting was pleasant to the Lord and its purpose was to acknowledge that God is righteous and had done what is just and right. His prayer and fasting was to plead with God to fulfill what he had promised in His Word to restore His people and the city of Jerusalem and the temple of God as they had repented and humbled themselves and disciplined well, and had paid for what they had done in full.

In the same way our prayer and fasting must be in line with the Scripture and the doctrine of God.

As we repent, well disciplined and had paid the consequences of what wrong we had done then we can pray this prayer of Daniel: “17 Now therefore, O our God, hear the prayer of thy servant, and his supplications, and cause thy face to shine upon thy sanctuary that is desolate, for the Lord's sake. 18 O my God, incline thine ear, and hear; open thine eyes, and behold our desolations, and the city which is called by thy name: for we do not present our supplications before thee for our righteousnesses, but for thy great mercies. 19 O Lord, hear; O Lord, forgive; O Lord, hearken and do; defer not, for thine own sake, O my God: for thy city and thy people are called by thy name.” (Daniel 9:17-19 KJV) And sure the Lord will do to us what He had promised in His Word and accomplish to us salvation, justification, deliverance, restoration, and revival for us and for His church.

Daniel as He prayed and fasted according to the Scripture the Lord gave him revelation about what will be happening in the future and what God will do for His people as we can read here: “20 And whiles I was speaking, and praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God for the holy mountain of my God; 21 Yea, whiles I was speaking in prayer, even the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, touched me about the time of the evening oblation. 22 And he informed me, and talked with me, and said, O Daniel, I am now come forth to give thee skill and understanding. 23 At the beginning of thy supplications the commandment came forth, and I am come to shew thee; for thou art greatly beloved: therefore understand the matter, and consider the vision. 24 Seventy weeks are determined upon thy people and upon thy holy city, to finish the transgression, and to make an end of sins, and to make reconciliation for iniquity, and to bring in everlasting righteousness, and to seal up the vision and prophecy, and to anoint the most Holy. 25 Know therefore and understand, that from the going forth of

the commandment to restore and to build Jerusalem unto the Messiah the Prince shall be seven weeks, and threescore and two weeks: the street shall be built again, and the wall, even in troublous times. 26 And after threescore and two weeks shall Messiah be cut off, but not for himself: and the people of the prince that shall come shall destroy the city and the sanctuary; and the end thereof shall be with a flood, and unto the end of the war desolations are determined. 27 And he shall confirm the covenant with many for one week: and in the midst of the week he shall cause the sacrifice and the oblation to cease, and for the overspreading of abominations he shall make it desolate, even until the consummation, and that determined shall be poured upon the desolate.” (Daniel 9:20-27 KJV) This revelation and prophecy speaks about the coming of the Messiah, Our Lord Jesus Christ, and His suffering and death. It speaks also about the end times and the second coming of Christ. *Therefore prayer and fasting when are in line with the Scripture will enable us to receive revelation and prophecies about the future and what God is about to do for us and His people who delight in Him to follow all His ways.*

Therefore, apply what you read in your life today. Observe what is going on around you. Don't be drawn by your emotions and feelings. But pray and fast, be led by the Holy Spirit and instructed by the Scripture that declare to you the mind and the will of God.

Let us read further about Daniel fasting: *“10 In the third year of Cyrus king of Persia a thing was revealed unto Daniel, whose name was called Belteshazzar; and the thing was true, but the time appointed was long; and he understood the thing, and had understanding of the vision. 2 In those days I Daniel was mourning three full weeks. 3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled. 4 And in the four and twentieth day of the first month, as I was by the side of the great river, which is Hiddekel; 5 Then I lifted up mine eyes, and looked, and behold a certain man clothed in linen, whose loins were girded with fine gold of Uphaz: 6 His body also was like the beryl, and his face as the appearance of lightning, and his eyes as lamps of fire, and his arms and his feet like in colour to polished brass, and the voice of his words like the voice of a multitude. 7 And I Daniel alone saw the vision: for the men that were with me saw not the vision; but a great quaking fell upon them, so that they fled to hide themselves. 8 Therefore I was left alone, and saw this great vision, and there remained no strength in me: for my comeliness was turned in me into corruption, and I retained no strength. 9 Yet heard I the voice of his words: and when I heard the voice of his words, then was I in a deep sleep on my face, and my face toward the ground. 10 And, behold, an hand touched me, which set me upon my knees and upon the palms of my hands. 11 And he said unto me, O Daniel, a man greatly beloved, understand the words that I speak unto thee, and stand upright: for unto thee am I now sent. And when he had spoken this word unto me, I stood trembling. 12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words. 13 But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia. 14 Now I am come to make thee understand what shall befall thy people in the latter days: for yet the vision is for many days. 15 And when he had spoken such words unto me, I set my face toward the ground, and I became dumb. 16 And, behold,*

one like the similitude of the sons of men touched my lips: then I opened my mouth, and spake, and said unto him that stood before me, O my lord, by the vision my sorrows are turned upon me, and I have retained no strength. 17 For how can the servant of this my lord talk with this my lord? for as for me, straightway there remained no strength in me, neither is there breath left in me. 18 Then there came again and touched me one like the appearance of a man, and he strengthened me, 19 And said, O man greatly beloved, fear not: peace be unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my lord speak; for thou hast strengthened me. 20 Then said he, Knowest thou wherefore I come unto thee? and now will I return to fight with the prince of Persia: and when I am gone forth, lo, the prince of Grecia shall come. 21 But I will shew thee that which is noted in the scripture of truth: and there is none that holdeth with me in these things, but Michael your prince.” (Daniel 10:1-21 KJV)

Daniel fasting was for a certain spiritual need in relation to God restoration to His people who sinned against Him, who had received and endured the consequences of their sins and the time had come for them to be restored. Daniel as he was fasting, God finally revealed to him His will and what will be happening in the future. From the above scripture and what we read in Daniel chapter 10 we can conclude the following privileges that we can gain from fasting:-

1. Fasting brings understanding, humility and answer prayers: *“12 Then said he unto me, Fear not, Daniel: for from the first day that thou didst set thine heart to understand, and to chasten thyself before thy God, thy words were heard, and I am come for thy words.” (Daniel 10:12 KJV)* The fasting that Daniel did that lasted three weeks, *“2 In those days I Daniel was mourning three full weeks. 3 I ate no pleasant bread, neither came flesh nor wine in my mouth, neither did I anoint myself at all, till three whole weeks were fulfilled.” (Daniel 10:2-3 KJV)* with a good attitude toward God, disciplining himself, gave him understanding, received humility and God answered his prayers. *The same for you, your fasting with the good attitude, disciplining yourself and living away from worldliness and from the pattern of this world, will bring you more blessings into your life and will endow you with good characters.*

2. Fasting break the resistance of the enemy: When Daniel fasted God answered his prayer from the first day. But the enemy was opposing, therefore the answer for Daniel prayer did not reach him till 21 days had passed. This is what the man who appeared in the vision spoke to Daniel about that opposition of Satan, *“13 But the prince of the kingdom of Persia withstood me one and twenty days: but, lo, Michael, one of the chief princes, came to help me; and I remained there with the kings of Persia.” (Daniel 10:13 KJV)* Certain times we need to continue to pray and to fast so that Satan opposition will be broken, melted, and go away. Paul said to the church of God in Thessalonica, *“18 Wherefore we would have come unto you, even I Paul, once and again; but Satan hindered us.” (1 Thessalonians 2:18 KJV)* Satan will always oppose God's will and will try to stop us. Therefore we need to be aware of that because we can break those evil powers that oppose us through our perseverance in prayer and fasting.

3. In fasting we receive encouragement: In Daniel chapter 10 verses 11 and 19 the man who appeared to Daniel in the vision said to him, *“11 And he said unto me, O Daniel, a man greatly beloved,” “19 And said, O man greatly beloved,”* He encouraged Daniel by

calling him beloved. *In the same way as you perseveres in prayer and fasting, and in living your life for God and in doing His will, you will receive comfort and words of encouragement from the Lord, from the Holy Spirit or through the Scripture that you are dialing reading, that will help you to go on and serve the Lord.*

4. In fasting our fears are removed: In Daniel chapter 10 verses 12 and 19 the man who appeared to Daniel in the vision said to him, “**Fear not.**” *“Fear is a crippling factor in your walk and ministry unto God, but as you pray and fast God will break all kinds of fear in your life, Jesus said, “19 Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.” (Luke 10:19 KJV)*

5. In fasting we receive peace and strength: Daniel said to the man who appeared to him in the vision, “**O my lord, by the vision my sorrows are turned upon me, and I have retained no strength. 17 For how can the servant of this my lord talk with this my lord? for as for me, straightway there remained no strength in me, neither is there breath left in me.**” (Daniel 10:16-17 KJV) Daniel was so anxious, tired, and with less strength because of the spiritual struggle that he was facing. But as He was fasting he received strength, peace and assurance from the Lord, as we read in the following: “**19 And said, O man greatly beloved, fear not: peace be unto thee, be strong, yea, be strong. And when he had spoken unto me, I was strengthened, and said, Let my lord speak; for thou hast strengthened me.**” (Daniel 10:19 KJV) Daniel revived and got assured while he was fasting. In fasting there is no food to be taken and that may cause our bodies to be weak. But as we noticed here, that when Daniel was fasting his fasting was ending him to have peace and strength from the Lord. *In the same way, during your prayer and fasting, the Lord will grant you the same peace and strength in your body that will sustain you to go and accomplish the task entrusted to you.*

6. In fasting we receive vision, revelation and their explanations from the Lord: Daniel received explanation about the outcome of the events that are taking place and what will be happening to the people of God, “**14 Now I am come to make thee understand what shall befall thy people in the latter days: for yet the vision is for many days.**” (Daniel 10:14 KJV) *You will receive the same as you pray and fast and as you set your heart to draw near to God and to live your life unto Him.*

7. In fasting we receive assurance from the Lord: The man who appeared to Daniel in the vision said to him, “**20 Then said he, Knowest thou wherefore I come unto thee? and now will I return to fight with the prince of Persia: ...**” (Daniel 10:20 KJV) God assured Daniel that he will fight the battle for him and will settle situation for his behalf. *In the say way God will do the same for you as you trust Him, pray and fast to Him, He will go and fight the battle for you and for his church.*

My Dear and Beloved: As you are passing through much struggles that even touching your spiritual life and your service unto God, then come to Him in prayer and fasting and give Him your burden and receive from Him assurance, peace, strength, wisdom, understanding, revelation and deliverance.

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

Now confess and renounce all your sins. Lord I confess and renounce all the following sins

_____.

Now therefore, O our God, hear the prayer of thy servant, and his supplications, and cause thy face to shine upon thy church that is desolate, for the Lord's sake. O my God, incline thine ear, and hear; open thine eyes, and behold our desolations, and the church which is called by thy name: for we do not present our supplications before thee for our righteousnesses, but for thy great mercies. O Lord, hear; O Lord, forgive; O Lord, hearken and do; defer not, for thine own sake, O my God: for thy church and thy people are called by thy name.

Put into the hand of God the struggle that you are facing now. Lord I put in your mighty hand the following struggle _____ trusting in you Lord that you will deal with such situation properly and I will receive victory from you.

Lord I pray for my brethren who repented, confessed their sins and returned to you to serve you and to live their lives for you, Lord help them in their lives, protect them and provide all their needs. Lord comfort them, give them understanding, strengthen them, assure them, remove their fear and give them peace. Lord help them to express more of the fruit of the Holy Spirit so people will see the character of Jesus in their lives. Lord filled them with the Holy Spirit so they will go and reach new people with the Gospel of Jesus Christ.

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 comfort us, give us understanding and wisdom, strengthen us, assure us, remove our fears and give us peace. 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 fill us with love, mercy, justice and righteousness and enable us to plant new 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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