

## Fasting Part 14

*“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. 4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God. 5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, 6 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. 7 Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God. 8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; 9 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. 10 Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve. 11 Then the devil leaveth him, and, behold, angels came and ministered unto him.” (Matthew 4:1-11 KJV)*

*“1 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil.” (Matthew 4:1 KJV)* Our Lord and Saviour Jesus Christ before he got involved in service for God, He was led by the Holy Spirit to be tempted by the devil. And this is the reality, any work that God would do through His people it will be opposed and counteracted by the devil. But the Lord is faithful and this what He declared in His Word to us, His church. *“18 And I say also unto thee, That thou art Peter, and upon this rock I will build my church; and the gates of hell shall not prevail against it.” (Matthew 16:18 KJV)* The gates of hell are the hell entrances. And as the church build up, grow and expand it will face the gates of hell in the form of tactful attacks from Satan and its demons to hinder the work of God and the ministries of the church. But God is faithful He will uphold His church and will uphold us and sustain us and our ministries until His purpose will prevail and until He will come and take us to Heaven.

*\* Now, if our Lord and Saviour Jesus Christ was led by the Holy Spirit to be tempted by the devil how much more me and you will be also tried by the schemes of devil.*

*\* Take heart and be strong, temptations are there and the tempter Satan is around us, but Jesus gave us a good teaching and shows us the good example how to fight and overcome the devil and its schemes.*

*“2 And when he had fasted forty days and forty nights, he was afterward an hungred.” (Matthew 4:2 KJV)* Jesus when he was attacked and tempted by Satan He underwent fasting. *\* We are called to fast as we are led by the Holy Spirit to be tempted by Satan as we are moving and advancing forward to go through the resistance that the devil is putting in front of us through the gates of hell.*

*\* Fasting during temptation will guide you to do what is right and will guard you against doing wrong thing against God and His Word during the course of the various temptations.*

**1. Satan may tempt you to do things against the Word of God:** After the period of fasting Jesus was hungry, therefore, *“3 And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. 4 But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” (Matthew 4:3-4 KJV)* Satan was telling Jesus to change the stone into bread so he can eat and satisfy his hunger. Jesus is able to do that for he had done lot of miracles. But Jesus did not do what Satan suggested because that is not written in the Word of God. *Certain times Satan will come and tempt you to do certain things in order that your problems will be solved, like to tell lies, to steal, to make fraud, to extort or to cheat. But as long as what the devil is suggesting against the Word of God then you cannot do that; you cannot do wrong, steal or fight or cheat or make fraud to take your rights.*

We live by faith on God and His Word. From what we read we understand that we cannot live by our own strength and power. Even when we can do it by our own power and strength this is not the way to achieve the good things in our lives. But we live by faith based on God and on what His Word declares. We should not break the Word of God to get what we need because there is no blessing in doing that.

*As we fast, we repent before God from doing evil and wrong things that contradict His Word, and return back to Him, trusting Him and His Word that we will receive all our needs from His precious promises to us,* *“3 According as his divine power hath given unto us all things that pertain unto life and godliness, through the knowledge of him that hath called us to glory and virtue.” (2 Peter 1:3 KJV)* Tell the devil when he tempts you as Jesus replied to the devil, *“Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” (Matthew 4:4 KJV)* Jesus’ reply to the devil was from the book of Deuteronomy, *“3 And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.” (Deuteronomy 8:3 KJV)* God humbled His people in the wilderness when He withheld food from them, but then when he gave them the food it was something neither they nor their fathers knew that bread. When we are in such situation that we don’t know how we can manage our lives and meet our needs, the Lord is there watching us and observe our faithfulness and on His time He will do something even beyond our understanding to provide our needs.

From the quoting of Jesus to the Scripture we also learn the importance of reading the Word of God daily and to meditate on it to be able to face the temptation of the devil.

Now answer these questions: Do you have your own Bible? Do you read your Bible daily? Do you read in sequence? Do you read an adequate amount of 3-4 chapters daily and meditate upon them? Do you keep time for reading the Bible?

**2. Be aware that the devil may use the Word of God in a wrong application to deceive you:** “5 Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, 6 And saith unto him, If thou be the Son of God, cast thyself down: for it is written, He shall give his angels charge concerning thee: and in their hands they shall bear thee up, lest at any time thou dash thy foot against a stone. 7 Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God.” (Matthew 4:5-7 KJV) From this instance we learn that the devil was using the Word of God but in wrong application in order to tempt Jesus to take a wrong decision and throw Himself from a high place and die. The devil used God’s Word in *Psalm 91*, “11 For he shall give his angels charge over thee, to keep thee in all thy ways. 12 They shall bear thee up in their hands, lest thou dash thy foot against a stone.” (Psalm 91:11-12 KJV) Jesus rebuked Satan from the Word of God, “16 Ye shall not tempt the LORD your God, as ye tempted him in Massah.” (Deuteronomy 6:16 KJV) We should know the Scripture so we can discern the temptation of the devil and to rebuke him and to set ourselves free from its temptations.

Here the temptation of Jesus was in the temple and the devil used the Word of God to tempt him to do wrong and against the will of God, therefore, you should not take the Word of God out of context or twist it’s meaning, or take the promise but leave the condition undone to suit your own purpose.

Knowing the things that we are doing is wrong then we should not continue in that direction and putting the Lord into the test. God did not say you can jump because I am going to send my angel to save you, but what God’s Word promises is this: If somebody wants to harm you and throwing you down God would send His angel to protect you.

Many of the people they will take wrong steps and decision, but later on they will put the responsibility on God. They will say, ‘Why God did not stop me?’ Whatever wrong steps you have taken in the past you must be responsible of what you did and be ready to receive the consequences. Therefore be wise and don’t take God and His Word for granted. If you are about to take a certain decision but you are not sure if it is God’s will, then stop what you are about to do, go into prayer and fasting and wait upon God what He will instruct you to do. Don’t move forward without hearing His Rhema Word and instructions that is the voice of the Holy Spirit, otherwise you will see yourself jumping and about to crush.

Some of my questions to those who come for counseling and for those who come and open their life and ask advice about certain thing that they will do, ‘Is God had told you to do that?’ ‘Have you asked God about that?’ or ‘Have you done that after you heard the voice of God?’ The same these questions you are asked now to answer so that you will be restrained and stopped from doing your own harmful will,

When I found out that the person is tempted and prompt by the devil to do certain thing, especially when it is going to be harmful to him or to her or to others, I will say the following: ‘You do not have a problem please do not make a problem and a harm for yourself and for others.’

**3. Satan may give material blessing but troubles will follow them:** “8 Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; 9 And saith unto him, All these things will I give thee, if thou wilt fall down and worship me. 10 Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve.” (Matthew 4:8-10 KJV) True blessings are from God and He will not add to them troubles. “*The blessing of the LORD, it maketh rich, and he addeth no sorrow with it.*” (Proverbs 10:22) Satan may give material things to you especially if you easily enticed by material things. He will give it to you but He will take you away from God’s service and living life worthy of your calling and of spiritual worship toward God. “24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.” (Matthew 6:24 KJV) As you see yourself tempted and enticed by material things and money and moving away from God and from His church, then this blessing is not from God but Satan is pulling you out, and when Satan is pulling you out then you are losing your salvation. Therefore you need to refrain from that, repent and come to God in prayer and fasting, asking the Lord to provide for you and to lead you to the right step that you need to take.

Here Satan the liar told Jesus that he will give him all the kingdoms of the world if Jesus would worship him. Don’t believe Satan, for he has nothing to give you but troubles alone.

Many they will leave the church or they will not come to the church and serve God because they are dedicated to their job and work. God is the one who gave them the work but when they receive money they will dedicate their lives to their boss and to their work and no more to God. \* Do not be among such kind of people and let your love of money hinder you from serving God and will finally causing you losing your eternal life.

\* Do not be among such kind of people and do not let your mind lead you to follow the devil but rebuke Satan and tell him as Jesus told him, “Thou shalt worship the Lord thy God, and him only shalt thou serve.” (Matthew 4:10 KJV)

**“11 Then the devil leaveth him, and, behold, angels came and ministered unto him.”** (Matthew 4:11 KJV) The devil when he tried Jesus for three times and realized that he cannot penetrate Him, he left him and angels came and served Him. In the same way, when you resist the devil and make him realize that he cannot use you to do anything bad, then he will go away from you and instead of the devil you will have the Holy Spirit to speak to you, to lead you and guide you, and the angels of God attending with you to help you and to support you in your mission and your ministry unto God.

Let us continue in the Scripture to learn more about fasting in the New Testament and to apply that gift of God in our lives and ministry:

**“14 And when he came to his disciples, he saw a great multitude about them, and the scribes questioning with them. 15 And straightway all the people, when they beheld**

him, were greatly amazed, and running to him saluted him. 16 And he asked the scribes, What question ye with them? 17 And one of the multitude answered and said, Master, I have brought unto thee my son, which hath a dumb spirit; 18 And wheresoever he taketh him, he teareth him: and he foameth, and gnasheth with his teeth, and pineth away: and I spake to thy disciples that they should cast him out; and they could not. 19 He answereth him, and saith, O faithless generation, how long shall I be with you? how long shall I suffer you? bring him unto me. 20 And they brought him unto him: and when he saw him, straightway the spirit tare him; and he fell on the ground, and wallowed foaming. 21 And he asked his father, How long is it ago since this came unto him? And he said, Of a child. 22 And oftentimes it hath cast him into the fire, and into the waters, to destroy him: but if thou canst do any thing, have compassion on us, and help us. 23 Jesus said unto him, If thou canst believe, all things are possible to him that believeth. 24 And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief. 25 When Jesus saw that the people came running together, he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him. 26 And the spirit cried, and rent him sore, and came out of him: and he was as one dead; insomuch that many said, He is dead. 27 But Jesus took him by the hand, and lifted him up; and he arose. 28 And when he was come into the house, his disciples asked him privately, Why could not we cast him out? 29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.” (Mark 9:14-29 KJV)

This passage speaks about a demon possessed boy whom his father brought to the disciples of Jesus for deliverance but they were not able to do so. So the father came to the Lord Jesus and begged him to drive the demon out from his son. Jesus did so, “he rebuked the foul spirit, saying unto him, Thou dumb and deaf spirit, I charge thee, come out of him, and enter no more into him. 26 And the spirit cried, and rent him sore, and came out of him.” (Mark 9:25-26 KJV) After the deliverance of the boy, “28 And when he was come into the house, his disciples asked him privately, Why could not we cast him out? 29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.” (Mark 9:14-29)

Prayer and fasting is very important and essential for deliverance. People will approach us to help them in their hardship of life as demons and Satan are attacking them, therefore our prayer and fasting is very needed for such a purpose. Before we got involve in the ministry, we need to prepare ourselves with prayer and fasting as Jesus did because our ministry is against the devil and it will be opposed by the devil.

People will come to us to help them not only with the trials that they are passing through but as well as with their unbelief. The man who came to Jesus asked Him, “but if thou canst do any thing, have compassion on us, and help us. 23 Jesus said unto him, If thou canst believe, all things are possible to him that believeth. 24 And straightway the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief.” )mark 9:22-24 KJV) The man asked Jesus, “help thou mine unbelief.” In the same way people will come to us with doubts and unbelief; our prayer and fasting will help them to overcome their unbelief.

Before we engage in the deliverance of those who are demon possessed we need to prepare ourselves by prayer and fasting. We should not take it lightly when it comes to deal with demons and doing deliverance to those who are possessed. We should work as a team, group of disciples who are fully committed to the Lord, and His Word and ways to achieve deliverance. Before we get involved in any deliverance we need to prepare ourselves ahead of time with good preparation, including, good period of prayer and good period of fasting to draw near to God and ask help from the Lord to aid us to drive out demons.

As we led by the Holy Spirit, doing the mission work and evangelizing and reaching out the lost and new areas and people with the gospel we need to do all that through prayer and fasting, and we must be aware that Satan and the power of darkness will be opposing that to hinder us from doing God’s will and God’s work, but as we pray and fast we are inviting the Holy Spirit to go before us and break the power of darkness and subdue the enemy under our feet.

Let us read *Acts 13* that speak about the importance of prayer and fasting in the mission work: “1 Now there were in the church that was at Antioch certain prophets and teachers; as Barnabas, and Simeon that was called Niger, and Lucius of Cyrene, and Manaen, which had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them. 3 And when they had fasted and prayed, and laid their hands on them, they sent them away.” (Acts 13:1-3 KJV) The Holy Spirit led the prophets and the teachers in Antioch church to go into worship, prayer and fasting. And as the church responded to the leading of the Holy Spirit, they worshipped and fasted to the Lord, the Holy Spirit moved to the next development stage in the life of the church when He said, “Separate me Barnabas and Saul for the work whereunto I have called them.” (Acts 13:2 KJV) The Holy Spirit initiated the mission work in the church of Antioch enabling the church to reach new areas with the gospel of Jesus. They fasted to ask the Lord to have more of Him in their lives. Truly the Holy Spirit chose Saul (Paul) and Barnabas to reach large and new areas with the gospel of Jesus, and that was their first missionary journey. They made numerous disciples and planted several congregations for the church. Therefore, as we pray and fast as a church with a clear mind toward the Lord, He will separate some of those among us to go and do the work that He prepared and they are called to do.

God is at work in our midst and He is achieving the vision of the church, ‘Multiplivation in peace and implementing the whole will of God,’ from Acts 9:31 “Then had the churches rest throughout all Judaea and Galilee and Samaria, and were edified; and walking in the fear of the Lord, and in the comfort of the Holy Ghost, were multiplied”, to reach new areas and adding new people to His church.

Paul and Barnabas, “4 So they, being sent forth by the Holy Ghost, departed unto Seleucia; and from thence they sailed to Cyprus.” (Acts 13:4) They were sent not by men but by the Holy Spirit. The Holy Spirit took them and led them to the places that they need to reach and preach the gospel of Jesus, “5 And when they were at Salamis,

*they preached the word of God in the synagogues of the Jews: and they had also John to their minister. 6 And when they had gone through the isle unto Paphos, they found a certain sorcerer, a false prophet, a Jew, whose name was Barjesus: 7 Which was with the deputy of the country, Sergius Paulus, a prudent man; who called for Barnabas and Saul, and desired to hear the word of God. 8 But Elymas the sorcerer (for so is his name by interpretation) withstood them, seeking to turn away the deputy from the faith. 9 Then Saul, (who also is called Paul,) filled with the Holy Ghost, set his eyes on him. 10 And said, O full of all subtilty and all mischief, thou child of the devil, thou enemy of all righteousness, wilt thou not cease to pervert the right ways of the Lord? 11 And now, behold, the hand of the Lord is upon thee, and thou shalt be blind, not seeing the sun for a season. And immediately there fell on him a mist and a darkness; and he went about seeking some to lead him by the hand. 12 Then the deputy, when he saw what was done, believed, being astonished at the doctrine of the Lord.” (Acts 13:5-12 KJV)* The first obstacle that they faced was the work of the devil that manifested through the opposition of *Elymas the sorcerer (for so is his name by interpretation) withstood them, seeking to turn away the deputy from the faith. Then Saul, (who also is called Paul,) filled with the Holy Ghost*, pronounced God’s judgment on him. The prayer and fasting that the church engaged with enabled them to counteract the power of darkness and penetrate and reach new people and set them free with the gospel of Jesus.

The same for us today, our prayer and fasting will support our workers who are preaching the gospel of Jesus. We need to draw near to God and commit our lives and cause unto Him to use us as instrument of righteousness to bring the gospel of Jesus to areas that not yet hear of Jesus and His Word, and to people who need to be delivered out of darkness into the light. Prayer and fasting will do to us the following:

- New mission field and new missionary journey to be started.
- New workers to be called and set apart for the new work of God.
- New areas and territories controlled by Satan and his children who are sorcerer, false prophets, false pastors and false teachers, to be defeated and judged by the Lord.
- New souls to believe in the gospel and to come into the Kingdom of God and new disciple to be made.
- New congregations to be planted by the Lord.

***My Dear and Beloved:*** As you are passing through much struggle and perplexed that even touching your spiritual life and service unto God, come to Him in prayer and fasting and give Him your burden and receive from Him assurance, peace, strength, revelation, wisdom, right decision, correct step and deliverance to be set free and come back again to serve God and to do and to live His will walking through the narrow gate and the narrow way of life that Jesus ordained for us.

The Lord is calling us as a church to have holy living, and to submit ourselves, through prayer and fasting, fully unto Him to be an instrument of righteousness to live

our lives for Him and to go on and serve Him. God, the Holy Spirit is calling us to reach new places and new people with the gospel of Jesus and with the Word of God.

***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.*

*Confess your sins now to the Lord \_\_\_\_\_. Now renounce all the wrong steps and decisions that you have taken against the Word of God and the will of God.*

*Come now to the Lord in repentance and draw near to Him, cleansing yourself from doing your own will, doing things against His will and from the love of the world and from the love of money, and dedicating yourself once again to serve Him and to go on in the direction that He wants you to move.*

*Lord I put myself into your hand to use me in a new mission work and field for your glory. Give me the strength, the power and gifts of the Holy Spirit to do that.*

*Lord I pray for my Brethren who repented and come back to you, Lord restores them back to your good plan that you have for them. Lord I pray that they will submit themselves fully to you and start to reproduce the fruit of the Holy Spirit that you want to see in their lives and they will have the same character of you that people will see Jesus through their lives.*

*Lord we commit ourselves as a church to prayer and fasting that you will open to us a new mission fields, and a new missionary journeys to be started, new workers to be called and set apart for the new work of God, new areas and territories to be set free from Satan, false prophets, false pastors and false teachers, and new souls to believe in the gospel and to come into the Kingdom of God and new disciples to be made. Lord protects us and provide for us and enable us to plant new 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 that we will not feel pain. May the grace of 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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