

The Kingdom Lifestyle *of* Fasting. Pt 1

Matthew 4:1-2 (NIV)

- 1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.
- 2 After fasting forty days and forty nights, he was hungry.

Exhortation

- Psalm 119:130 (NLT)

130 The teaching of your word gives light, so even the simple can understand.

- Psalm 36:9 (NKJV)

9 For with You *is* the fountain of life; In Your light we see light.

Discern the Body & the Blood of Jesus Christ

- Mark 14:22-24 (NIV)

22 And as they were eating, Jesus took bread, blessed and broke *it*, and gave *it* to them and said, **“Take, eat; this is My body.”**

23 Then He took the cup, and when He had given thanks He gave *it* to them, and they all drank from it.

24 And He said to them, **“This is My blood of the new covenant, which is shed for many.”**

(1) Fasting in the kingdom

- Acts 13:2-3 (NIV)

2 While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”

3 So after they had fasted and prayed, they placed their hands on them and sent them off.

- Acts 14:23 (NIV)

23 Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

(1) Fasting in the kingdom

- Daniel 9:3 (NIV)

3 So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes.

- Luke 2:36-37 (NIV)

36 There was also a prophet, Anna, the daughter of Penuel, of the tribe of Asher. She was very old; she had lived with her husband seven years after her marriage,

37 and then was a widow until she was eighty-four. She never left the temple but worshiped night and day, fasting and praying.

- Matthew 17:21 (NKJV)

However, this kind does not go out except by prayer and fasting.”

(2) Fasting in the kingdom

- **Matthew 4:1-2 (NIV)**

1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.

2 After fasting forty days and forty nights, he was hungry.

Therefore, fasting in the kingdom...

- Should be coupled with a lifestyle of worship.
- Should be coupled with prayer.
- Is a lifestyle (of a kingdom citizen). Fasting is not only for those in ministry. Evidenced by the lifestyle of Jesus Christ.

Case Studies

(1) Ruth

Ruth 1:1-5 (NIV)

(2) Abram

Genesis 12:10 (NIV)

(3) Isaac

Genesis 26:1-2 (NIV)

(4) Jacob

Genesis 42:1-2 (NKJV)

Adjusting our mindset towards food or lack thereof.

Genesis 1:28-30 (NIV)

28 God blessed them and said to them, “Be fruitful and increase in number; fill the earth and subdue it. Rule over the fish in the sea and the birds in the sky and over every living creature that moves on the ground.”

29 Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”

30 And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so.

Ruth 1:1-5 (NIV)

1 In the days when the judges ruled, there was a famine in the land. So a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab.

2 The man's name was Elimelek, his wife's name was Naomi, and the names of his two sons were Mahlon and Kilion. They were Ephrathites from Bethlehem, Judah. And they went to Moab and lived there.

3 Now Elimelek, Naomi's husband, died, and she was left with her two sons.

4 They married Moabite women, one named Orpah and the other Ruth. After they had lived there about ten years,

5 both Mahlon and Kilion also died, and Naomi was left without her two sons and her husband.

Abram

- **Genesis 12:10 (NIV)**

10 Now there was a famine in the land, and Abram went down to Egypt to live there for a while because the famine was severe.

Isaac

Genesis 26:1-2 (NIV)

1 Now there was a famine in the land—besides the previous famine in Abraham's time—and Isaac went to Abimelek king of the Philistines in Gerar.

2 The LORD appeared to Isaac and said, "Do not go down to Egypt; live in the land where I tell you to live."

Jacob

- Genesis 42:1-2 (NKJV)

1 When Jacob saw that there was grain in Egypt, Jacob said to his sons, “Why do you look at one another?”

2 And he said, “Indeed I have heard that there is grain in Egypt; go down to that place and buy for us there, that we may live and not die.”

Our belly; our god!

- **Philippians 3:18-19 (NKJV)**

18 For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ:

19 whose end *is* destruction, whose **god *is their* belly,** and *whose* glory *is* in their shame—who set their mind on earthly things.

- **Philippians 3:19 (AMPC)**

18 For there are many, of whom I have often told you and now tell you even with tears, who walk (live) as enemies of the cross of Christ (the Anointed One).

19 They are doomed *and* their fate is eternal misery (perdition); their **god is their stomach** (their appetites, their sensuality) and they glory in their shame, siding with earthly things *and* being of their party.

We are commanded...

- Exodus 20:3 (NIV)

3 “You shall have no other gods before me.

Hebrew

- al: upon, above, over

The Kingdom Lifestyle *of* Fasting. Pt 2

Matthew 4:1-2 (NIV)

- 1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.
- 2 After fasting forty days and forty nights, he was hungry.

Exhortation

- **Jeremiah 23:29 (NIV)**

29 “Is not my word like fire,” declares the LORD, “and like a hammer that breaks a rock in pieces?”

- **Hebrews 1:7 (KJV)**

7 And of the angels he saith, Who maketh his angels spirits, and his ministers a flame of fire.

Discern the Body & the Blood of Jesus Christ

- Mark 14:22-24 (NIV)

22 And as they were eating, Jesus took bread, blessed and broke *it*, and gave *it* to them and said, “**Take, eat; this is My body.**”

23 Then He took the cup, and when He had given thanks He gave *it* to them, and they all drank from it.

24 And He said to them, “**This is My blood of the new covenant, which is shed for many.**”

Isaiah 58

(A) The Unacceptable Fast

- Isaiah 58:1-5

(B) The Acceptable Fast

- Isaiah 58:6-7

(C) The Blessings

- Isaiah 58:8-12

(A) The Unacceptable Fast

Isaiah 58:1-5

(A) The Unacceptable Fast - Isaiah 58:1-5 (AMPC)

1 Cry aloud, spare not. Lift up your voice like a trumpet and declare to My people their transgression and to the house of Jacob their sins!

- Transgression (rebellion). E.g. disobedience, lawlessness, etc.
- Sin (missing the mark) consciousness are obstacles to a lifestyle of fasting. E.g. guilt, condemnation, etc.

² Yet they seek, inquire for, *and* require Me daily and delight [externally] to know My ways, as [if they were in reality] a nation that did righteousness and forsook not the ordinance of their God. They ask of Me righteous judgments, they delight to draw near to God [in visible ways].

- Pretense.
- Eye service.
- Lawlessness.
- Selfish gain.

3 Why have we fasted, they say, and You do not **see it**? Why have we afflicted ourselves, and You take no **knowledge** [of it]?

Behold [O Israel], on the day of your fast [when you should be grieving for your sins], you find profit in your business, and [instead of stopping all work, as the law implies you and your workmen should do] you extort from your hired servants a full amount of labor.

- Lack of understanding of who the Lord is (as one who sees, who hears and who knows). Exodus 3:7; Acts 22:14.
- Regard fasting as a duty versus a lifestyle.
- False humility (true humility is submitting to the counsel and ways of God).
- Selfishness (fleshly/carnal/unpleasing to the Lord instead of faithful).
- Abuse (abnormal use of people and resources).

The Voice

4 Your *kind* of fasting is pointless, for it only leads to *bitter* quarrels, contentious *backbiting*, and vicious fighting. You are not fasting today because you want Me to hear your voice.

- Unguided by the Spirit of God.
- Bitter quarrels.
- Contentious backbiting.
- Vicious fighting.

- AMP

5“Is a fast such as this what I have chosen, a day for a man to humble himself [with sorrow in his soul]? Is it *only* to bow down his head like a reed and to make sackcloth and ashes as a bed [pretending to have a repentant heart]? Do you call this a fast and a day pleasing to the LORD?

- Religion (carried out man's way/ideas and the appearance thereof) e.g. putting on a sad appearance, shabbily dressed, false humility, etc. such that it is evident that one is fasting. Pretense, etc.

INSTEAD OF

- Kingdom lifestyle of fasting (by faith, spirit led and not seeking man's approval, keeping the lifestyle sacred and secret, pleasing the Lord in the process, desiring nothing but His goodwill in the process.)

(A) The Acceptable Fast
Isaiah 58:6-7

(A) The Acceptable Fast - Isaiah 58:6-7

6 Isaiah 58:6 The Voice

- No, what I want in a fast is this:
 - to liberate those tied down and held back by injustice,
 - to lighten the load of those heavily burdened,
 - to free the oppressed and shatter every type of oppression.

6 Isaiah 58:6 KJV

• Is not this the fast that I have chosen? to **loose** the bands of wickedness, to **undo** the heavy burdens, and to **let** the oppressed go free, and that ye **break** every yoke?

➤ To loose the bands of wickedness

- To loose: Hebrew “pathach” – let go free, to set forth, put off, etc.
 - The bands: Hebrew “chartsubbah” - a fetter; figuratively, a pain.
 - Wickedness: Hebrew “Resha” – wrong, wickedness, guilt.
- On a day of fast, it is also required of us to let go pain (of) guilt, wickedness, wrong, etc. for ourselves and others.

6 Isaiah 58:6 KJV

• Is not this the fast that I have chosen? to **loose** the bands of wickedness, to **undo** the heavy burdens, and to **let** the oppressed go free, and that ye **break** every yoke?

➤ To undo the heavy burdens

- To undo: Hebrew “nathar” – to loosen, set free, unbind
- Heavy: Hebrew “mowtah” – yoke, band, stave
- Burdens: Hebrew “aguddah” – bunch, burden, troop, band, binding
- Acknowledge that we have been set made free (Romans 8:2, 36) from every yoke binding us. In this context, a yoke will signify the burdensome yoke of self-righteousness and legalistic law-keeping. These are burdensome and may eventually lead to oppression. We ought to undo these burdens.

6 Isaiah 58:6 KJV

• Is not this the fast that I have chosen? to **loose** the bands of wickedness, to **undo** the heavy burdens, and to **let** the oppressed go free, and that ye **break** every yoke?

➤ **Let the oppressed go free, and that ye break every yoke**

- Let the oppressed go free: Hebrew “ratsats” – oppressed, broken, bruised, crushed, discouragement, struggle together.

- That ye break every yoke: Hebrew “nathaq” – pull, tear, draw off, draw away, draw out, lift, etc.

• On a day of fast, we should identify the “wounded” people around us and provide a form of freedom by lifting their burdens. E.g. give a word of encouragement to the oppressed, etc.

6 Isaiah 58:7 The Voice

- A fast for Me involves sharing your food with people who have none, giving those who are homeless a space in your home, Giving clothes to those who need them, and not neglecting your own family.

- Share your food, bread, meal on the day of your fast with those who do not have (hungry). The meal you would have eaten and more, deliberately give that meal to another or the finances needed to purchase your meal for that fast period.
 - Providing shelter for those who do not have by housing them or providing what it takes to house another person or group of people.
 - Clothe the naked.
 - Attend to the needs of your own family members.
- Isaiah 58:7 is an exercise of our giving virtue. Part of fasting requires that we give and do so generously. The instructions from this verse are very specific. We are to “give” food, shelter, clothes to the “needy” not to those who already have. Also, to attend to the needs of our families. Therefore, it is not random, rather specific.

The Blessings

Isaiah 58:8-12

- **Isaiah 58:8 NKJV**

8 Then your light shall break forth like the morning,
Your healing shall spring forth speedily,
And your righteousness shall go before you;
The glory of the LORD shall be your rear guard.

- **Isaiah 58:8 GNT**

8 “Then my favor will shine on you like the morning sun,
And your wounds will be quickly healed.
I will always be with you to save you;
my presence will protect you on every side.

1) Then your light shall break forth like the morning,

- Synonyms for light include: Illumination, brightness, luminescence, luminosity, shining, gleaming, brilliance, radiance, luster, glowing, blaze, glare dazzle.

- What is typical about the dawn (morning)?

- Is a time when the sun rises (brightness, radiance, etc., is experienced).

- It communicates hope and new opportunities

Summarily, the morning light rises (indicative of process), however, we are guaranteed a breaking forth of the light (bypassing process).

2) Your healing shall spring forth speedily,

- Our healing/restoration/health/recovery/repair will accelerate.

3) And your righteousness shall go before you;

- Our right standing will begin speaking for us even before we arrive. Our season of reward is here and now.

4) The glory of the LORD shall be your rear guard.

- The Lord's divine protection in my life is guaranteed.

- **Isaiah 58:9ab NKJV**

9 Then you shall call, and the LORD will answer;
You shall cry, and He will say, 'Here I *am*.'

“If you take away the yoke from your midst, The pointing of the finger,
and speaking wickedness,

- **Isaiah 58:9ab GNT**

9 When you pray, I will answer you.

When you call to me, I will respond.

“If you put an end to oppression, to every gesture of contempt, and
to every evil word;

5) Then you shall call, and the LORD will answer;

- Every barrier is taken off – people and self-imposed barriers that prevent me from receiving from God (Isaiah 58:1-5, 9cd-10ab)

6) You shall cry, and He will say, 'Here I am.'

- His tangible presence will be my daily bread. I will no longer feel that the Lord is distant from me, because He is never distant from me. His comfort will be real to me and I will enjoy His companionship.

- **Isaiah 58:10cd NIV**

10 and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

7) then your light will rise in the darkness,

- Prominence. Significance. Recognition.

8) and your night will become like the noonday.

- My days of mourning have ceased. It is a new dawn for me. My seasons have changed for the best. I am enjoying the Apex of brightness in every area of my life.

- **Isaiah 58:11 NIV**

11The LORD will guide you always;

he will satisfy your needs in a sun-scorched land
and will strengthen your frame.

You will be like a well-watered garden,
like a spring whose waters never fail.

9) The LORD will guide you always;

- Perpetual Divine Guidance.

10) he will satisfy your needs in a sun-scorched land

- Favor. Zero lack. Success amidst recession.

11) and will strengthen your frame.

- Invigorate. Sharpness. Energized.

12) You will be like a well-watered garden,

- Flourish. Never lacking that which is needed for growth. Others will drink from me because I am well-watered, I have enough for me and to spare.

13) like a spring whose waters never fail.

- I know my source (God) and my source never runs dry. More than enough and abounding supply from Him to me always.

Isaiah 58:12 NIV

- **12** Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

14) Your people will rebuild the ancient ruins

- Restoration. Opportunities.

15) and will raise up the age-old foundations;

- Elevation.

16) you will be called Repairer of Broken Walls,

- Name Change. Recognition.

17) Restorer of Streets with Dwellings.

- Name Change. Recognition.

The Kingdom Lifestyle *of* Fasting. Pt 3

Matthew 4:1-2 (NIV)

- 1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.
- 2 After fasting forty days and forty nights, he was hungry.

Reasons *Why* We Fast
In the
Kingdom

Kingdom

Discern the Body of Jesus Christ

- **Psalm 78:24-25 (NKJV)**

24 Had rained down manna on them to eat, and given them of the bread of heaven.

25 Men ate angels' food; He sent them food to the full.

- **Psalm 78:24-25 (Young's Literal Translation)**

24 And He raineth on them manna to eat, Yea, corn of heaven He hath given to them.

25 Food of the mighty hath each eaten, Venison He sent to them to satiety.

Discern the Blood of Jesus Christ

- **Revelation 5: 9-10 (NKJV)**

9 And they sang a new song, saying: “You are worthy to take the scroll, And to open its seals; For You were slain, And have redeemed us to God by Your blood out of every tribe and tongue and people and nation,

10 And have made us kings and priests to our God; And we shall reign on the earth.”

1) Fasting is an instruction.

Matthew 6:16-17 (NIV)

16 “When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show others they are fasting. Truly I tell you, they have received their reward in full.

17 But when you fast, put oil on your head and wash your face,

2) Fasting is the means through which we regain authority.

- The first Adam lost authority through eating.

Genesis 3:6 (NIV)

6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

2) Fasting is the means through which we regain authority.

- The new Adam demonstrated to us how to regain authority by not eating.

Luke 4:1-4 (NIV)

1 Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness,

2 where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

3 And the devil said to Him, “If You are the Son of God, command this stone to become bread.”

4 But Jesus answered him, saying, “It is written, ‘Man shall not live by bread alone, but by every word of God.’”

3) Fasting disciplines, the body & dethrones the flesh and its desires.

- **1 Corinthians 9:26-27 (NIV)**

26 Therefore I do not run like someone running aimlessly; I do not fight like a boxer beating the air.

27 No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize.

- **1 Corinthians 10:7 (NIV)**

7 Do not be idolaters, as some of them were; as it is written: “The people sat down to eat and drink and got up to indulge in revelry.”

Leviticus 16:29-31 (NKJV)

29 “*This* shall be a statute forever for you: In the seventh month, on the tenth *day* of the month, you shall afflict your souls, and do no work at all, *whether* a native of your own country or a stranger who dwells among you.

30 For on that day *the priest* shall make atonement for you, to cleanse you, *that* you may be clean from all your sins before the LORD.

31 It *is* a sabbath of solemn rest for you, and you shall afflict your souls. *It is* a statute forever.

Vs 29, 31 (CEV)

29 On the tenth day of the seventh month of each year, you must go without eating to show sorrow for your sins, and no one, including foreigners who live among you, is allowed to work.

31 and from now on, it must be celebrated each year. Go without eating and make this a day of complete rest just like the Sabbath.

2 Corinthians 11:22-27 (NKJV)

Suffering for Christ

22 Are they Hebrews? So *am* I. Are they Israelites? So *am* I. Are they the seed of Abraham? So *am* I.

23 Are they ministers of Christ?—I speak as a fool—I *am* more: in labors more abundant, in stripes above measure, in prisons more frequently, in deaths often.

24 From the Jews five times I received forty *stripes* minus one.

25 Three times I was beaten with rods; once I was stoned; three times I was shipwrecked; a night and a day I have been in the deep;

26 *in* journeys often, *in* perils of waters, *in* perils of robbers, *in* perils of *my own* countrymen, *in* perils of the Gentiles, *in* perils in the city, *in* perils in the wilderness, *in* perils in the sea, *in* perils among false brethren;

27 *in* weariness and toil, *in* sleeplessness often, *in* hunger and thirst, *in* fastings often, *in* cold and nakedness—

4) Fasting is a proactive measure to prepare for a spiritual test(s).

- **Matthew 4:1-3 (MSG)**

1-3 Next Jesus was taken into the wild by the Spirit for the Test. The Devil was ready to give it. Jesus prepared for the Test by fasting forty days and forty nights. That left him, of course, in a state of extreme hunger, which the Devil took advantage of in the first test: “Since you are God’s Son, speak the word that will turn these stones into loaves of bread.”

5) Fasting is a lifestyle in the kingdom.

- As demonstrated by the King Himself.
- Jesus Christ, prior to embarking on ministry, fasted. A demonstration to us that fasting is a lifestyle in the kingdom, not just in ministry.

- **Matthew 4:1-2 (NIV)**

1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.

2 After fasting forty days and forty nights, he was hungry.

6) Fasting humbles the soul.

- Fasting is a biblical pathway to humility.
- Pride hinders answers.
- The Lord's stance towards pride...

- **Psalm 138:6 (TPT)**

6 For though you are lofty and exalted, you stoop to embrace the lowly. Yet you keep your distance from those filled with pride.

- **Proverbs 3:34 (Brenton Septuagint Translation)**

34 The Lord resists the proud; but he gives grace to the humble.

- **Proverbs 29:23 (NKJV)**

23 A man's pride will bring him low, but the humble in spirit will retain honor.

- **Matthew 23:12 (TPT)**

12 **Remember this: If you have a lofty opinion of yourself and seek to be honored, you will be humbled. But if you have a modest opinion of yourself and choose to humble yourself, you will be honored."**

- **James 4:6 (NKJV)**

6 But He gives more grace. Therefore He says: “God resists the proud,
But gives grace to the humble.”

- **1 Peter 5:5 (NIV)**

5 In the same way, you who are younger, submit yourselves to your elders. All of you, clothe yourselves with humility toward one another, because, “God opposes the proud but shows favor to the humble.”

Fasting is the biblical appointed pathway to humility (humbling the soul).

- Psalm 35:13 (NKJV)

¹³But as for me, when they were sick, My clothing *was* sackcloth; I humbled myself with fasting; And my prayer would return to my own heart.

- Psalm 35:13 (YLT)

¹³And I -- in their sickness my clothing is sackcloth, I have humbled with fastings my soul, And my prayer unto my bosom returneth.

Fasting is the biblical appointed pathway to humility (humbling the soul).

- Ezra 8:21 (NIV)

21 There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.

- Psalm 69:10 (GNT)

10 I humble myself by fasting, and people insult me;

Therefore,

- 2 Chronicles 7:14 (KJV)

14 If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land.

The Soul comprises of ...

- The will = I want...
- The intellect = I think...
- The emotion = I feel...

Therefore, through fasting,

- we submit our will; our intellect and our emotion to the Lord.
Allowing Him to be priority.
- We discipline our will, intellect and emotion.

The Kingdom Lifestyle *of* Fasting. Pt 4

Matthew 4:1-2 (NIV)

- 1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.
- 2 After fasting forty days and forty nights, he was hungry.

Discern the Body & the Blood of Jesus Christ

- Mark 14: 22-24, 26 (NIV)

22 While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, **“Take it; this is my body.”**

23 Then he took a cup, and when he had given thanks, he gave it to them, and they all drank from it.

24 **“This is my blood of the covenant, which is poured out for many,”** he said to them.

26 When they had sung a hymn, they went out to the Mount of Olives.

Declarations

- Zephaniah 3:17 (NKJV)

9 The LORD your God in your midst, (1)
The Mighty One, will save; (2)
He will rejoice over you with gladness, (3)
He will quiet *you* with His love, (4)
He will rejoice over you with singing.” (5)

Prayer Emphasis

- (1) Change the verdict of the evil king over your circumstance.
Laws must change hands.
- (2) Trust God for a bypass.
- (3) Declare and decree favor before kings.

- **Esther 4:11 (NIV)**

11 “All the king’s officials and the people of the royal provinces know that for any man or woman who approaches the king in the inner court without being summoned the king has but **one law**: that they be put to death unless the king extends the gold scepter to them and spares their lives. But thirty days have passed since I was called to go to the king.”

7) Fasting gives clarity to decision making.

- **Acts 13:2-3 (NIV)**

2 While they were worshiping the Lord and fasting, the Holy Spirit said, “Set apart for me Barnabas and Saul for the work to which I have called them.”

3 So after they had fasted and prayed, they placed their hands on them and sent them off.

- **Acts 14:23 (NIV)**

23 Paul and Barnabas appointed elders for them in each church and, with prayer and fasting, committed them to the Lord, in whom they had put their trust.

8) Fasting turns the hearts of kings & releases their favor to us.

- Esther 4:15-17 (NKJV)

15 Then Esther told *them* to reply to Mordecai:

16 “Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which *is* against the law; and if I perish, I perish!”

17 So Mordecai went his way and did according to all that Esther commanded him.

Esther 5:1-2 (NKJV)

1 Now it happened on the third day that Esther put on *her* royal *robes* and stood in the inner court of the king's palace, across from the king's house, while the king sat on his royal throne in the royal house, facing the entrance of the house.

2 So it was, when the king saw Queen Esther standing in the court, that she found favor in his sight, and the king held out to Esther the golden scepter that *was* in his hand. Then Esther went near and touched the top of the scepter.

9) Fasting releases boldness from within, to face challenges.

- Esther 4:15-17 (NKJV)

15 Then Esther told *them* to reply to Mordecai:

16 “Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which *is* against the law; and if I perish, I perish!”

17 So Mordecai went his way and did according to all that Esther commanded him.

10) Fasting releases wisdom for the way forward.

- Daniel 9:1-3 (NIV)

1 In the first year of Darius son of Xerxes (a Mede by descent), who was made ruler over the Babylonian kingdom—

2 in the first year of his reign, I, Daniel, understood from the Scriptures, according to the word of the LORD given to Jeremiah the prophet, that the desolation of Jerusalem would last seventy years.

3 So I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes

Jeremiah 25:11-12 (NIV)

11 This whole country will become a desolate wasteland, and these nations will serve the king of Babylon **seventy years.**

12 “But when the seventy years are fulfilled, I will punish the king of Babylon and his nation, the land of the Babylonians, for their guilt,” declares the LORD, “and will make it desolate forever.

Jeremiah 29:10 (NIV)

10 This is what the LORD says: “When **seventy years** are completed for Babylon, I will come to you and fulfill my good promise to bring you back to this place.

11) Fasting is a medium which guarantees safe journey for us, our loved ones, and our possessions

- **Ezra 8:21-23 (NIV)**

21 There, by the Ahava Canal, I proclaimed a fast, so that we might humble ourselves before our God and ask him for a safe journey for us and our children, with all our possessions.

22 I was ashamed to ask the king for soldiers and horsemen to protect us from enemies on the road, because we had told the king, “The gracious hand of our God is on everyone who looks to him, but his great anger is against all who forsake him.”

23 So we fasted and petitioned our God about this, and he answered our prayer.

12) Fasting averts calamity from a wicked king (person)

- **1 Kings 21:22-23 (NIV)**

22 I will make your house like that of Jeroboam son of Nebat and that of Baasha son of Ahijah, because you have aroused my anger and have caused Israel to sin.'

23 "And also concerning Jezebel the LORD says: 'Dogs will devour Jezebel by the wall of Jezreel.'

- **1 Kings 21:27-29 (NIV)**

27 When Ahab heard these words, he tore his clothes, put on sackcloth and fasted. He lay in sackcloth and went around meekly.

28 Then the word of the LORD came to Elijah the Tishbite:

29 "Have you noticed how Ahab has humbled himself before me? Because he has humbled himself, I will not bring this disaster in his day, but I will bring it on his house in the days of his son."

13) Fasting averts calamity of a city

Jonah 3:1-10 (NIV)

1 Then the word of the LORD came to Jonah a second time:

2 “Go to the great city of Nineveh and proclaim to it the message I give you.”

3 Jonah obeyed the word of the LORD and went to Nineveh. Now Nineveh was a very large city; it took three days to go through it.

4 Jonah began by going a day’s journey into the city, proclaiming, “Forty more days and Nineveh will be overthrown.”

5 The Ninevites believed God. A fast was proclaimed, and all of them, from the greatest to the least, put on sackcloth.

6 When Jonah's warning reached the king of Nineveh, he rose from his throne, took off his royal robes, covered himself with sackcloth and sat down in the dust.

7 This is the proclamation he issued in Nineveh: "By the decree of the king and his nobles: **Do not let people or animals, herds or flocks, taste anything; do not let them eat or drink.**

8 But let people and animals be covered with sackcloth. Let everyone call urgently on God. Let them give up their evil ways and their violence.

9 Who knows? God may yet relent and with compassion turn from his fierce anger so that we will not perish."

10 When God saw what they did and how they turned from their evil ways, he relented and did not bring on them the destruction he had threatened.

2 Chronicles 7:14 (NIV)

14 if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.

For more reasons why we fast in the kingdom...

- Please, make reference to Isaiah 58:8 (NIV).

Isaiah 58:8 (NIV)

8 Then your light shall break forth like the morning,
Your healing shall spring forth speedily,
And your righteousness shall go before you;
The glory of the LORD shall be your rear guard.

For more reasons why we fast in the kingdom...

- Please, make reference to Isaiah 58:9ab.

Isaiah 58:9ab (NKJV)

9 Then you shall call, and the LORD will answer;
You shall cry, and He will say, 'Here I *am*.'

For more reasons why we fast in the kingdom...

- Please, make reference to Isaiah 58:10cd.

Isaiah 58:10cd (NIV)

10 then your light will rise in the darkness,
and your night will become like the noonday.

For more reasons why we fast in the kingdom...

Please, make reference to Isaiah 58:11.

- **Isaiah 58:11 NIV**

11 The LORD will guide you always;

he will satisfy your needs in a sun-scorched land
and will strengthen your frame.

You will be like a well-watered garden,
like a spring whose waters never fail.

For more reasons why we fast in the kingdom...

- Please, make reference to Isaiah 58:12.

Isaiah 58:12 NIV

¹²Your people will rebuild the ancient ruins and will raise up the age-old foundations; you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings.

The Kingdom Lifestyle *of* Fasting. Pt 5

Matthew 4:1-2 (NIV)

- 1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.
- 2 After fasting forty days and forty nights, he was hungry.

Discern the Body of Jesus Christ

Revelation 5:11-12 (NLT)

11 Then I looked again, and I heard the voices of thousands and millions of angels around the throne and of the living beings and the elders.

12 And they sang in a mighty chorus:

“Worthy is the Lamb who was slaughtered—to receive power and riches and wisdom and strength and honor and glory and blessing.”

Discern the Blood of Jesus Christ

- Revelation 5:9-10 (NKJV)

9 And they sang a new song,

saying: "You are worthy to take the scroll,
And to open its seals; For You were slain, And have redeemed us to
God by Your blood out of every tribe and tongue and people and
nation,

10 And have made us kings and priests to our God; And we shall reign
on the earth."

Types of Fast identified in scripture

- **3 days fast**
- **21 days fast**
- **10 days fast**
- **40 days fast**

A) 3 days fast

- No food required for 72hours.
- No water required for 72hours.
- It is a fast done for “self” or for “another person”.

Caution!!!

- It's possible and okay to stay without food for more than 3days.
- It's not advisable (medically speaking) to stay without water for more than 72hours.

Example 1

Acts 9:7-9 (NIV)

7 The men traveling with Saul stood there speechless; they heard the sound but did not see anyone.

8 Saul got up from the ground, but when he opened his eyes he could see nothing. So they led him by the hand into Damascus.

9 For three days he was blind, and did not eat or drink anything.

Read Acts 9:10-19

Example 2

☐ Esther 4:15-17 (NIV)

15 Then Esther sent this reply to Mordecai:

16 “Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my attendants will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish.”

17 So Mordecai went away and carried out all of Esther’s instructions.

☐ Read Esther 4:1-14

Benefits of 3 days fast

- It's a fast done for the purpose of receiving spiritual sight.

B) 21 Days Fast

- It is a partial fast.

NB:

It is not a fast meant to conquer the prince of Persia as commonly misconceived.

Example 1

Daniel 10:1-3 (NIV)

1 In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true and it concerned a great war. The understanding of the message came to him in a vision.

2 At that time I, Daniel, mourned for three weeks.

3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

Daniel 10:1-14 (NIV)

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3 I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

4 On the twenty-fourth day of the first month, as I was standing on the bank of the great river, the Tigris,

5 I looked up and there before me was a man dressed in linen, with a belt of fine gold from Uphaz around his waist.

6 His body was like topaz, his face like lightning, his eyes like flaming torches, his arms and legs like the gleam of burnished bronze, and his voice like the sound of a multitude.

7 I, Daniel, was the only one who saw the vision; those who were with me did not see it, but such terror overwhelmed them that they fled and hid themselves.

8 So I was left alone, gazing at this great vision; I had no strength left, my face turned deathly pale and I was helpless.

9 Then I heard him speaking, and as I listened to him, I fell into a deep sleep, my face to the ground.

10 A hand touched me and set me trembling on my hands and knees.

11 He said, “Daniel, you who are highly esteemed, consider carefully the words I am about to speak to you, and stand up, for I have now been sent to you.” And when he said this to me, I stood up trembling.

12 Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them.

13 But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia.

14 Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come.”

Benefits of 21 days fast

- For revelations. To gain understanding. If you want God to speak to you. (vs 1, and vs 12).
- Live a life led by the Holy Spirit.

d) 10 days Fast

(1) Commonly referred to as the Daniel Fast.

(2) It is a partial fast.

(3) Through the 10 days partial fast, we fulfill Luke 2:52

Luke 2:52 (NIV)

And Jesus grew in wisdom and stature, and in favor with God and man.

d) 10 days Fast

(4) Receive special ability to interpret visions and dreams.

Daniel 1:17 (NLT)

... And God gave Daniel the special ability to interpret the meanings of visions and dreams.

Noteworthy!!

- The Daniel fast is a partial fast of **vegetables and water.**
- Not fruits and water.

Daniel 1:3-4 (NLT)

3 Then the king ordered Ashpenaz, his chief of staff, to bring to the palace some of the young men of Judah's royal family and other noble families, who had been brought to Babylon as captives.

4 "Select **only strong, healthy, and good-looking young men,**" he said. "Make sure they are well versed in every branch of learning, are gifted with knowledge and good judgment, and are suited to serve in the royal palace. Train these young men in the language and literature of Babylon."

5 The king assigned them a daily ration of food and wine from his own kitchens. They were to be trained for **three years,** and then they would enter the royal service.

Daniel 1:8-12 (NLT)

8 But Daniel was determined not to defile himself by eating the food and wine given to them by the king. He asked the chief of staff for permission not to eat these unacceptable foods. (favor with God)

9 Now God had given the chief of staff both respect and affection for Daniel.

10 But he responded, "I am afraid of my lord the king, who has ordered that you eat this food and wine. If you become pale and thin compared to the other youths your age, I am afraid the king will have me beheaded."

11 Daniel spoke with the attendant who had been appointed by the chief of staff to look after Daniel, Hananiah, Mishael, and Azariah.

12 "Please test us for ten days on a diet of vegetables and water," Daniel said.

Daniel 1:13-17 (NLT)

13 “At the end of the **ten days**, see how we look compared to the other young men who are eating the **king’s food**. Then make your decision in light of what you see.”

14 The attendant agreed to Daniel’s suggestion and tested them for **ten days**.

15 At the end of the **ten days**, Daniel and his three friends **looked healthier and better nourished than the young men who had been eating the food assigned by the king.** (Stature)

16 So after that, the attendant fed them only vegetables instead of the food and wine provided for the others.

17 God gave these four young men an **unusual aptitude for understanding every aspect of literature and wisdom.** (Wisdom) And God gave Daniel the special ability to interpret the meanings of visions and dreams.

Daniel 1:18-21 (NLT)

18 When the training period ordered by the king was completed, the chief of staff brought all the young men to King Nebuchadnezzar.

19 The king talked with them, and no one impressed him as much as Daniel, Hananiah, Mishael, and Azariah. So they entered the royal service. (Favor with man)

20 Whenever the king consulted them in any matter requiring wisdom and balanced judgment, he found them ten times more capable than any of the magicians and enchanterers in his entire kingdom. (Wisdom)

21 Daniel remained in the royal service until the first year of the reign of King Cyrus. (Favor with man)

The Kingdom Lifestyle *of* Fasting. Pt 6

Matthew 4:1-2 (NIV)

- 1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.
- 2 After fasting forty days and forty nights, he was hungry.

Discern the Body of Jesus Christ

1 Peter 2:24-25 (NLT)

24 He personally carried our sins in his body on the cross so that we can be dead to sin and live for what is right. By his wounds you are healed.

25 Once you were like sheep who wandered away. But now you have turned to your Shepherd, the Guardian of your souls.

1 Peter 2:24-25 (MSG)

24 He used his servant body to carry our sins to the Cross so we could be rid of sin, free to live the right way. His wounds became your healing.

25 You were lost sheep with no idea who you were or where you were going. Now you're named and kept for good by the Shepherd of your souls.

Discern the Blood of Jesus Christ

- 1 Peter 1:17-20 (NLT)

17 And remember that the heavenly Father to whom you pray has no favorites. He will judge or reward you according to what you do. So you must live in reverent fear of him during your time here as “temporary residents.”

18 For you know that God paid a ransom to save you from the empty life you inherited from your ancestors. And it was not paid with mere gold or silver, which lose their value.

19 It was the precious blood of Christ, the sinless, spotless Lamb of God.

20 God chose him as your ransom long before the world began, but now in these last days he has been revealed for your sake.

40 days of fast

- Biblical examples include 40 days of fasting without food and water. Moses and Elijah.
- Biblical examples include 40 days of fasting without food only. Jesus Christ.
- **Caution!!!**
Be led by the Holy Spirit to fast for 40days without food (or water).

C) 40 Days fast

- Moses = Exodus 24:13-18
= Deuteronomy 9:9-10
- Elijah = 1 Kings 19:7-9
- Jesus Christ = Matthew 4:1-4

Moses

Exodus 24:13-18 (NIV)

13 Then Moses set out with Joshua his aide, and Moses went up on the mountain of God.

14 He said to the elders, “Wait here for us until we come back to you. Aaron and Hur are with you, and anyone involved in a dispute can go to them.”

15 When Moses went up on the mountain, the cloud covered it,

16 and the glory of the LORD settled on Mount Sinai. For six days the cloud covered the mountain, and on the seventh day the LORD called to Moses from within the cloud.

17 To the Israelites the glory of the LORD looked like a consuming fire on top of the mountain.

18 Then Moses entered the cloud as he went on up the mountain. And he stayed on the mountain forty days and forty nights.

Moses

- **Deuteronomy 9:9-10 (NIV)**

9 When I went up on the mountain to receive the tablets of stone, the tablets of the covenant that the LORD had made with you, I stayed on the mountain forty days and forty nights; I ate no bread and drank no water.

10 The LORD gave me two stone tablets inscribed by the finger of God. On them were all the commandments the LORD proclaimed to you on the mountain out of the fire, on the day of the assembly.

Elijah

- 1 Kings 19:7-9 (NIV)

7 The angel of the LORD came back a second time and touched him and said, “Get up and eat, for the journey is too much for you.”

8 So he got up and ate and drank. Strengthened by that food, he traveled forty days and forty nights until he reached Horeb, the mountain of God.

9 There he went into a cave and spent the night.

Jesus Christ

- **Matthew 4:1-4 (NIV)**

1 Then Jesus was led by the Spirit into the wilderness to be tempted by the devil.

2 After fasting forty days and forty nights, he was hungry.

3 The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.”

4 Jesus answered, “**It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”**

Hindrances to Fasting

- Hunger
- Wrong Knowledge
- Fear
- People
- Ignorance
- Etc.

Noteworthy!!!

- Why you fast is just as important as how you fast.
- The activities you carry out while you fast matter (prayer and the Word).
- If possible, avoid doing heavy work while you fast.
- If possible, stay away from food while you fast.
- If possible, prepare what you will eat before the beginning/end of the fast.
- If possible, stay away from people.

Noteworthy!!!

- Do not spend so much time on the phone (having idle conversations) while you fast. Stay away from video games; browsing the net idly. Avoid excessive social media interactions.
- Get scriptures in line with what you will study during the fast especially if the Lord has already revealed to you the purpose of the fast.
- Plan to be a blessing during your fast.

How to break a fast

- Plan to break your fast with something warm (water) and soft.
- Take some food

Acts 9:18-19 (NIV)

- 18** Immediately, something like scales fell from Saul's eyes, and he could see again. He got up and was baptized,
- 19** and after taking some food, he regained his strength.

1 Samuel 30:11-12 (NIV)

- 11** They found an Egyptian in a field and brought him to David. They gave him water to drink and food to eat—
- 12** part of a cake of pressed figs and two cakes of raisins. He ate and was revived, for he had not eaten any food or drunk any water for three days and three nights.

Concluding Thoughts!!!

Ecclesiastes 10:17 (NLT)

17 Happy is the land whose king is a noble leader and whose leaders feast at the proper time to gain strength for their work, not to get drunk.

Declarations!

- 1 Peter 1:2 (NLT)

...May God give you more and more grace and peace.

- 2 Peter 1:2 (NLT)

May God give you more and more grace and peace as you grow in your knowledge of God and Jesus our Lord.