

## MOVING FORWARD WITH FASTING

**PHIL 3:14** I press toward the mark for **the prize of the high calling** of God in Christ Jesus.

The prize (or goal) of the high calling of Christ is not easily apprehended. A Christian has all the tools and weapons of warfare at his disposal. Fasting is one of the “big guns” of spiritual warfare. Fasting simply means, “To cover the mouth”. Fasting is often regarded by most ministers as too hard, but can be a virtual battering ram for ministers who want to see results. The skipping of a meal is not a Biblical fast. The more days of fasting we do the more we move forward both personally and corporately. My experience has been that fasting is responsible for breakthroughs and great miracles in meetings.

**MAT 17:20** And Jesus said unto them, Because of your unbelief: for verily I say unto you, **If ye have faith** as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place: and **it shall remove**, and *nothing shall be impossible unto you*. 21 Howbeit this kind goeth not out **but by prayer and fasting**.

Jesus recommended fasting as a means to increase faith and gifting to work in the ministry.

**ACT 14:23** And when they had ordained them elders in every church, **and had prayed with fasting**, they commended them to the Lord on whom they believed.

To ordain elders meant “increase” in faith and dedication.  
We note they only ordained elders after they had prayed with fasting.

Many Christians live in slavery to food. We eat too much and dull our abilities to serve God to our full potential. All the great men of the Bible rationed their food. (Elijah, Moses, David, John the Baptist, Peter, Paul, and of course, Jesus.)

**2 COR 11:27** In weariness and painfulness, in watchings often, in hunger and thirst, **in fastings often**, in cold and nakedness.

It was one of the last day “signs”. Before the judgment of the flood, they were excessively “eating and drinking”. All fleshly excesses come under the judgment of God. Man has surrendered to “surfeiting” (excess eating). This lifestyle is a preoccupation with and the caring for one’s own life.

**MAT 24:38** For as in the days that were before the flood **they were eating and drinking**, marrying and giving in marriage, **until the day that Noe entered into the ark.**

**LUK 21:34** And take heed to yourselves, lest at any time your hearts be overcharged with **surfeiting**, and **drunkenness**, and **cares of this life**, and so that the day come upon you unawares.

**GLUTTONY: the lust for food.**

Esau lost everything for lentils.  
Appetite felled Adam.  
Food was used to tempt Jesus.

**NUM 11:4** And the mixt multitude that was among them fell a-lusting and the children of Israel also wept again, and said, **Who shall give us flesh to eat?**

**NUM 11:5** We **remember the fish**, which we did eat in Egypt freely; **the cucumbers, and the melons, and the leeks, and the onions, and the garlick:**

**NUM 11:6** But now our soul is dried away: **there is nothing at all, beside this manna**, before our eyes.

The children of Israel were like most people full of the “flesh”. They received miracle bread every day for 40 years. I say “miracle bread” because they left the wilderness in perfect physical condition having only eaten manna. There was no such thing as vitamin tablets. Notice their words “our soul is dried away”. Without the variety of the food of Egypt they felt different in their soul. However, Daniel had a different attitude towards a plain diet given him by God. He requested only “pulse”. He and his 3 friends looked 10 times better than those who ate at the king’s table.

**DEUT 21:20** And they shall say unto the elders of his city, This our son is **stubborn** and rebellious, he will not obey our voice; he is a **glutton**, and a drunkard.

Gluttony is linked to rebellion and stubbornness. It is the same carnality at work. Fasting can rid the believer of both rebellion and stubbornness.

Food is not as important as you think.  
“Air” is our most urgent need.  
“Water” is the second necessity.  
“Rest or sleep” is the third and  
“Food” is fourth or last.

**Spiritual maturity demands we NOT make FOOD our FIRST priority!**

Some verses on Fasting:

Ezra 8:21-23; Isa 58---; Dan 6:8; John 3:5; 2 Chr 20:3; Jud 20:26;  
Joel 1:14; Neh 1:4; Luke 4:1-4; Mat 6:16; Mark 9:29; 1 Cor 7:5;  
2 Cor 6:4-5.