

Fasting for Results

1 Corinthians 9:24-27 Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may obtain it.

25 And everyone who competes for the prize is temperate in all things. Now they do it to obtain a perishable crown, but we for an imperishable crown.

26 Therefore I run thus: not with uncertainty. Thus I fight: not as one who beats the air.

27 But I discipline my body and bring it into subjection, lest, when I have preached to others, I myself should become disqualified.

Day 28

12 more days to go:

Fast, tsom (tsohm) – a day of fasting, a time set aside to mourn or pray with no provision for ones normal food need. Fasting is a voluntary denial of food. In the Old Testament, the verb fast is sometimes coupled with the words “weep, mourn, or lay in sackcloth,” all expressing intensity. Fasting is an action contrary to the first act of sin in the human race, which was eating what was forbidden. Fasting is refusing to eat what is allowed.

My concern with doing a yearly fast with sign ups:

1. People will not take it seriously, thus negating the potential power and results we can have.

- Fasting is not convenient for the flesh

ALLEN'S ALLEY *by Jay Allen*



2. People will sign up and not follow through on their commitments.

Ecclesiastes 5:5-6 Better not to vow than to vow and not pay.

6 Do not let your mouth cause your flesh to sin, nor say before the messenger of God that it was an error. Why should God be angry at your excuse and destroy the work of your hands?

3. People will not volunteer to fast think that faithfulness in fasting is doing no good.

1 Corinthians 15:58 Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your labor is not in vain in the Lord.

2 Chronicles 15:7 "But you, be strong and do not let your hands be weak, for your work shall be rewarded!"

Misconceptions:

- **People think fasting is a cure all.**
 - Fasting is not the destination, but a tool to help us in our journey to reach our destination.
- **Fasting does not produce faith and answered prayer.**
 - Fasting is meant to change us not God.

Reasons we fast:

Repentance personally

Wesleyan preacher William Bramwell wrote in 1809 that the reason many do not live in the power of their salvation is because 'there is too much sleep, too much meat and drink, too little fasting and self-denial, too much taking part in the world ... and too little self-examination and prayer.'

Repentance for the sins of our nation

Nehemiah 1:4-6 So it was, when I heard these words, that I sat down and wept, and mourned for many days; I was fasting and praying before the God of heaven.

5 And I said: "I pray, Lord God of heaven, O great and awesome God, You who keep Your covenant and mercy with those who love You and observe Your commandments,

6 "please let Your ear be attentive and Your eyes open, that You may hear the prayer of Your servant which I pray before You now, day and night, for the children of Israel Your servants, and confess the sins of the children of Israel which we have sinned against You. Both my father's house and I have sinned.

To change history

Jonah 3:4-10 And Jonah began to enter the city on the first day's walk. Then he cried out and said, "Yet forty days, and Nineveh shall be overthrown!"

5 So the people of Nineveh believed God, proclaimed a fast, and put on sackcloth, from the greatest to the least of them.

6 Then word came to the king of Nineveh; and he arose from his throne and laid aside his robe, covered himself with sackcloth and sat in ashes.

7 And he caused it to be proclaimed and published throughout Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste anything; do not let them eat, or drink water.

8 But let man and beast be covered with sackcloth, and cry mightily to God; yes, let every one turn from his evil way and from the violence that is in his hands.

9 Who can tell if God will turn and relent, and turn away from His fierce anger, so that we may not perish?

10 Then God saw their works, that they turned from their evil way; and God relented from the disaster that He had said He would bring upon them, and He did not do it.

Deliverance

Isaiah 58:6 "Is this not the fast that I have chosen:

To loose the bonds of wickedness,

To undo the heavy burdens,

To let the oppressed go free,

And that you break every yoke?"

Matthew 17:14-21 And when they had come to the multitude, a man came to Him, kneeling down to Him and saying,

15 "Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water.

16 "So I brought him to Your disciples, but they could not cure him."

17 Then Jesus answered and said, "O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me."

18 And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.

19 Then the disciples came to Jesus privately and said, "Why could we not cast it out?"

20 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you.

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

Some things will not happen unless we fast along with our believing.

Recipe. Salt needed.

National elections

Proverbs 29:2 When the righteous are in authority, the people rejoice;

But when a wicked man rules, the people groan.

- If we don't do our job in prayer the wrong people will get into office and our lives will be worse off. If the wrong person runs our country, I am blaming it for every person who calls themselves a Christian and did not vote. If believers would have risen up there would not be abortion in our country.
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Overcome temptation and win spiritual warfare

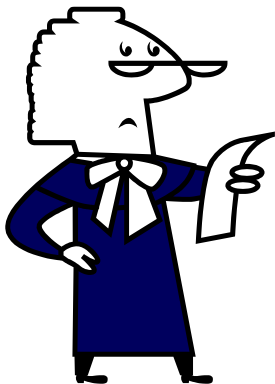
When we finish a fast, we cool into tempered Christians strong with self-control. The dross and cinders of our lustful cravings are skimmed off. Fasting produces a work of art - the tempered, selfless Christian - that can be created through no other process of refinement. [[Lee Bueno Fast Your Way to Health](#)]

Luke 4:1-14 Then Jesus, being filled with the Holy Spirit, returned from the Jordan and was led by the Spirit into the wilderness, 2 being tempted for forty days by the devil. And in those days He ate nothing, and afterward, when they had ended, 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.' " 5 Then the devil, taking Him up on a high mountain, showed Him all the kingdoms of the world in a moment of time. 6 And the devil said to Him, "All this authority I will give You, and their glory; for [this] has been delivered to me, and I give it to whomever I wish. 7 "Therefore, if You will worship before me, all will be Yours." 8 And Jesus answered and said to him, "Get behind Me, Satan! For it is written, 'You shall worship the Lord your God, and Him only you shall serve.' " 9 Then he brought Him to Jerusalem, set Him on the pinnacle of the temple, and said to Him, "If You are the Son of God, throw Yourself down from here. 10 "For it is written: 'He shall give His angels charge over you, To keep you,' 11 "and, 'In their hands they shall bear you up, Lest you dash your foot against a stone.' " 12 And Jesus answered and said to him, "It has been said, 'You shall not tempt the Lord your God.' " 13 Now when the devil had ended every temptation, he departed from Him until an opportune time. 14 Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region.

- Fasting enters you into a new level of spiritual warfare, but also greater power to defeat darkness.
- You deal with temptations. You have opportunities to sharpen your sword.
- Jesus operated in a greater level of power and discerning of spirits.

Biggest spirit in this area is not drunkenness, drugs, etc. It is a religious, judgmental, prideful spirit. Christians have been known to operate in a religious and judgmental spirit. Jesus said to the Pharisees and Sadducees,

John 8:44 You are of your father the devil ...



James 2:13 For judgment is without mercy to the one who has shown no mercy. Mercy triumphs over judgment.