



## **A Closer Look at Fasting – Pt. 2**

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### **What is Fasting?**

According to Dr. Myles Monroe, “Biblical fasting is a conscious, intentional decision to abstain from eating and other fleshly pleasures for a time to gain vital spiritual and physical benefits.”

Prayer and fasting must always go together, or fasting alone will do you no spiritual good. Make sure we pray (*Talking to God*), meditate (Allowing God to Talk to us), and study and hear God’s word!

Remember that we are fasting not to change God, but to seek His face, to further our transformation more into the likeness of Christ, to be used more by God, and blessed more by God.

Fasting is one of the major ways to humble ourselves as we seek the Lord. We always want to humble ourselves, because that is what God gives us the privilege to do.

In the Bible, many instances indicate that humbling oneself is accompanied by fasting.

**2 Chronicles 7:14-16 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 will forgive their sin and heal their land. 15 Now My eyes will be open and My ears attentive to prayer made in this place.**

*Look at this promise that God makes to those who will humble themselves through fasting, He said that he will hear their prayers and heal their land. This means they will succeed and prosper in what they do.*

Humbling ourselves by fasting is a meaningful way to reflect on our inner selves. Our natural instincts often oppose what is good and right according to the word of God.

**Romans 8:7-8 (NLT) For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. 8 That's why those who are still under the control of their sinful nature can never please God.**

*Let's consider this 21-day fast as a first-fruit offering for the year.*

**Romans 12:1-2 (NLT) And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to worship him. (Remember fasting is a way of worship, we see that with Anna in the gospel of Luke)**

The Bible says, **Matthew 6:33 But seek first the kingdom of God and His righteousness, and all these things shall be added to you.**

As we fast, we seek God, ask that His will be done, and prioritize Him above all else in our lives.

It's essential to avoid becoming overly focused on oneself during this time.



**Matthew 6:8, "Therefore do not be like them. For your Father knows the things you have need of before you ask Him."**

This reminds us that God is aware of our needs even before we express them, encouraging us to prioritize our relationship with Him and the needs of others during our fast.

*Believe that God will bring about greater transformation so we can be more divinely connected, and that this connection can be used to display His goodness and glory.*

### **Key Figures Who Fasted in the Old Testament**

**Daniel:** He practiced both total and partial fasts. He fasted for 21 days (the "Daniel Fast"), abstaining from "choice food," meat, and wine while seeking a vision.

**Daniel 9:2-4 (NLT)** *During the first year of his reign, I, Daniel, learned from reading the word of the Lord, as revealed to Jeremiah the prophet, that Jerusalem must lie desolate for seventy years. 3 So I turned to the Lord God and pleaded with him in prayer and fasting. I also wore rough burlap and sprinkled myself with ashes. 4 I prayed to the Lord my God and confessed:*

*We see here in Chapter 9 that Daniel is fasting for the end of the shameful acts of the children of Israel, who had sinned greatly before God in their rebellion. While he was fasting and interceding for the nation, God came and gave him an extraordinary revelation of what would happen.*

*We see here what prompted Daniel to fast was the reading of God's word. Even though he was reading the judgment God imposed on the children of Israel, he was fasting for a turnaround.*

The same principles apply when we read the word of God and discover his promises. We can fast, proclaim His promises, and expect God to answer in a way that benefits all.

**Daniel 10:2-3** *When this vision came to me, I, Daniel, had been in mourning for three whole weeks. 3 All that time I had eaten no rich food. No meat or wine crossed my lips, and I used no fragrant lotions until those three weeks had passed.*

In chapter #10, we see that Daniel is fasting a 21-day partial fast to receive an answer from the Lord. Because Daniel had asked, God dispatched an angel with the answer. The angel dispatched with the answer for Daniel faced great opposition from demonic forces that tried to keep it from him. The only way the Angel was able to achieve a breakthrough and deliver the answer was that Daniel kept fasting and praying, and because of his fasting and praying, God dispatched the Angel Michael to clear the way so the answer could be given to Daniel.

**Daniel 10:11-14** *And he said to me, "O Daniel, man greatly beloved, ... because Daniel walked upright before the Lord and was willing to humble him before Him, God chose him and loved him in a special way. "greatly beloved".*

*We see this with Jesus towards the apostle John. John 13:23 Now there was leaning on Jesus' bosom one of His disciples, whom Jesus loved.*



*It wasn't that Jesus didn't love his other disciples. On the contrary, it means that Jesus had a special, intimate, affectionate relationship with John that He did not have with the others because John was always willing to come close to Him.*

According to the Bible, the prophet Daniel was greatly beloved by God. We also see one reason God loved him in a special way: Daniel was willing to pray three times a day, despite whatever else was going on in his life; he set aside that special time to be with the Lord.

**Daniel 6:10 ... he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.**

*Those who seek the face and heart of God, and not just the hand of God, God will show His love to them in a special way.*

**12 Then he said to me, "Do not fear, Daniel, this angel was telling Daniel to stay in faith.**

**for from the first day that you set your heart to understand, Put in his request for an answer from the Lord. and to humble yourself before your God, and started fasting until the Lord your words were heard; and I have come because of your words. It seemed that fasting places special emphasis on the words we pray.**

**13 But the prince of the kingdom of Persia withheld me twenty-one days; and behold, Michael, one of the chief princes, came to help me, for I had been left alone there with the kings of Persia. 14 Now I have come to make you understand what will happen to your people in the latter days, for the vision refers to many days yet to come."**

*Prayers and fasting may not yield immediate answers regarding your requests to God. It's important to remain persistent and continue in prayer, maintaining your belief and trust.*

Consistently confess your faith and take appropriate action towards your goals.

Understand that there may be strong opposition in the spiritual realm trying to prevent what you're seeking from God. Remaining firm in your faith and effort through Prayer and fasting can help bring about the answers you desire.

**Galatians 6:9 And let us not lose heart and grow weary and faint in acting nobly and doing right, for in due time and at the appointed season we shall reap, if we do not loosen and relax our courage and faint.**

God looks at fasting as a noble act. As we continue to fast, don't lose heart when you don't see the results; they are on the way, and we don't relax, lose our courage, or faint.