

## THE EXCHANGES WE MAKE IN FASTING by Lucinda Davidoff January 3, 2021

As you know we will be starting our Daniel fast as a church from Jan 4<sup>th</sup> for 21 days

**Psalms 24:3** Who shall ascend into the hill of the Lord? or who shall stand in his holy place? **4** He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully. **5** He shall receive the blessing from the Lord, and righteousness from the God of his salvation. **6** This is the generation of them that seek him, that seek thy face, O Jacob. Selah.

**7** Lift up your heads, O ye gates; and be ye lift up, ye everlasting doors; and the King of glory shall come in. **8** Who is this King of glory? The Lord strong and mighty, the Lord mighty in battle. **9** Lift up your heads, O ye gates; even lift them up, ye everlasting doors; and the King of glory shall come in. **10** Who is this King of glory? The Lord of hosts, he is the King of glory. Selah.

### What is the Daniel fast?

**It is a fast where we will be eating** only fruits, vegetables, legumes, whole grains, nuts and seeds. Avoiding “choice foods” such as meat, dairy and sugars. Drinking only water and is based on Daniel 1 and 10 where Daniel fasted and during those fasts experienced supernatural intervention in his life as God showed him and His friends favor and also in Daniel chapter 10 God gives Daniel amazing revelation of

**Daniel 10:1** In the third year of Cyrus king of Persia a message was revealed to Daniel, whose name was called Belteshazzar. The message was true, but the appointed time was long; and he understood the message, and had understanding of the vision. **2** In those days I, Daniel, was mourning three full weeks. **3** I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.

**4** Now on the twenty-fourth day of the first month, as I was by the side of the great river, that is, the Tigris, **5** I lifted my eyes and looked, and behold, a certain man clothed in linen, whose waist was girded with gold of Uphaz! **6** His body was like beryl, his face like the appearance of lightning, his eyes like torches

of fire, his arms and feet like burnished bronze in color, and the sound of his words like the voice of a multitude.

**7** And I, Daniel, alone saw the vision, for the men who were with me did not see the vision; but a great terror fell upon them, so that they fled to hide themselves. **8** Therefore I was left alone when I saw this great vision, and no strength remained in me; for my vigor was turned to frailty in me, and I retained no strength. **9** Yet I heard the sound of his words; and while I heard the sound of his words I was in a deep sleep on my face, with my face to the ground.

### **Prophecies Concerning Persia and Greece**

**10** Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands. **11** And he said to me, "O Daniel, man greatly beloved, understand the words that I speak to you, and stand upright, for I have now been sent to you." While he was speaking this word to me, I stood trembling.

**12** Then he said to me, "Do not fear, Daniel, for **from the first day that you set your heart to understand, and to humble yourself before your God, your words were heard**; and I have come because of your words. **13** But the prince of the kingdom of Persia withstood 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."

There's an exchange in fasting.

When we fast we exchange our physical comforts for supernatural favor, infilling and encounters

Jesus came into the wilderness filled with the Holy Spirit but left the wilderness after his fast filled with Holy Spirit power

**Luke 4:1** 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.

### **Jesus Begins His Galilean Ministry**

**14** Then Jesus returned in the power of the Spirit to Galilee, and news of Him went out through all the surrounding region

It doesn't come without spiritual warfare

Both Daniel and Jesus experienced demonic attacks during their fasts yet Daniel endured and kept on praying and Jesus withstood Satan with the word and eventually told him to get away from Him.

We disconnect from the world and become more aware of our connection to Jesus who is the Vine....

During the fast we intentionally disconnect from TV and social media and make time to read our bibles and pray and hear from God

During the fast we disconnect from other sources of fulfillment and focus our hearts on the fountain of living water Jesus

What do you spend most of your free time on- fast those things that have become more important or more enjoyable for you to do than spend time with God

We fast to humble and weaken the flesh so that the spirit can reign- What are your flesh battles?

Daniel positioned his heart in humility and setting his heart to understand

1. If you battle in certain areas like lust or pornography or smoking weed, anger or habits that you find hard to break, during the fast bring these to God and ask Him to deliver you from these addictions- you cant break these addictions in your own strength- you've tried and failed many times- Ask the Lord to help you
2. Or you may be battling in poverty or failure- ask God what you need to do to break the cycle of poverty in your life
3. Or you may just be asking God to give you a desire of your heart.
4. Ask God what steps you need to take to break these addictions or cycles of failure-write down what He says to you- things that pop into your mind. Or ask God what may be keeping your heart's desire from being answered.
5. Strategically plan on how you intentionally incorporate these habits into your daily life during the fast and after.

So, here is a plan of action from the Scriptures to help you overcome any and all addictive behaviors.

1. Before you can overcome an addiction you first have to admit that you have a problem and that it is a sin. **James 5:16** instructs us to "*confess your faults to one another and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man accomplishes much.*"

2. Make a quality decision that you will do whatever is necessary to be free from this ungodly behavior. There is a plan to freedom in **James 4:7**: *"Therefore submit yourselves to God. Resist the devil, and he will flee from you."*

How do you submit to God and resist the devil?

- o Ask God for forgiveness. "If we confess our sins, He is faithful and just to forgive us our sins and cleanse us from all unrighteousness" (**1 John 1:9**).
- o Read the Bible and cleanse yourself spiritually so "that He might sanctify and cleanse it with the washing of water by the word" (**Eph. 5:26**).

We fast to get specific revelation on areas in our life where we are struggling to get answers or breakthrough

Daniel set his heart to understand and God gave him revelation

Ezra fasted and prayed for direction and protection and God answered his prayer

So expect break through and answered prayer while we fast and pray into these areas, we listen to Holy Spirits voice to get specific direction.

Abstaining from food by fasting brings God into clearer spiritual focus when in prayer. We can see how God answered prayer when people fasted in the Bible.

Let's take a look at Ezra for an example. Ezra's assignment was rebuilding the temple in Jerusalem. And there were moments when it felt overwhelming. So,

here's what he did: *"We fasted and entreated our God for this, and He answered*

*our prayer" (Ezra 8:23).* When you are willing to go without food and take time to seek God with all your heart, He will respond to you. Let's observe three things Ezra fasted and prayer for:

**Ezra 8:21** Then I proclaimed a fast there at the river of Ahava, that we might humble ourselves before our God, to seek from Him the right way for us and our little ones and all our possessions. **22** For I was ashamed to request of the king an escort of soldiers and horsemen to help us against the enemy on the road, because we had spoken to the king, saying, "The hand of our God is upon all those for good who seek Him, but His power and His wrath are against all those who forsake Him." **23** So we fasted and entreated our God for this, and He answered our prayer.