

FASTING UNDER THE NEW COVENANT By Lucinda Davidoff

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Matthew 9:14-17 Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast often, but **Your disciples** do not fast?”

And Jesus said to them, “Can the friends of the bridegroom **mourn** as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, **and then they will fast.**

No one puts a piece of unshrunk cloth on an old garment; for the patch pulls away from the garment, and the tear is made worse.

Nor do they put new wine into old wineskins, or else the wineskins break, the wine is spilled, and the wineskins are ruined. But they put new wine into new wineskins, and both are preserved.”

FASTING UNDER THE OLD COVENANT REPRESENTS THE OLD WINESKIN

Under the old covenant fasting was about **REPENTANCE** and **MOURNING**, when people fasted they wore sack cloth and ashes as an outward sign of their inward repentance

The **OLD FAST** focused on the **SIN** of the people and how we fall **SHORT**

FASTING UNDER THE NEW COVENANT:

REPRESENTS THE NEW WINESKIN

UNDER the new covenant the **BRIDEGROOM** has come

The **BRIDEGROOM** is Jesus and He has been taken away so then, His disciples **WILL** fast.

The **NEW FAST** focuses on the **BRIDEGROOM** and the **NEW WINE** of the **HOLY SPIRIT**.

It is the **NEW WINESKIN- THE NEW** kind of fasting that will **HOLD** the **NEW WINE**

The **NEW FASTING** comes from a place of having **TASTED** the goodness and the freshness and the **GLORY** of the **NEW WINE** and longing for more ...having that **LONGING MET IN JESUS** – So by fasting we are Walking away from trying to satisfy the **LONGINGS** within us with things that don't satisfy We disconnect from the **WORLD** and **CONNECT TO THE VINE** (John 15)

FASTING IS NOT JUST AN ABSTAINING FROM ...IT'S AN INFILLING OF THE NEW WINE- IT'S NOT JUST A TURNING AWAY FROM THE WORLD IT'S A TURNING TO JESUS

Give Jesus your attention during this **FAST**.

FASTING BREAKS THE CHAINS OF IDOLATRY

Philippians 3:18-19 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**. Their destiny is destruction, **their god is their stomach**, and their glory is in their shame. Their mind is set on earthly things

FASTING BRINGS REVELATION AND UNDERSTANDING BUT STIRS UP IN RESISTANCE

Daniel 10:1-3 & 10-14 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**. In those days I, Daniel, was mourning three full weeks. 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**.

Suddenly, a hand touched me, which made me tremble on my knees and on the palms of my hands. 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.

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.** 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. 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.*”

1) Daniel was granted a superior level of understanding because he positioned his heart to understand and he humbled himself.

2) The words you speak during your fast will determine the answers or revelation you obtain. Ask the Lord to guard your lips so you can get your breakthrough.

The angel says to Daniel I have come because of your words

3.) Count the cost of fasting before you start