

## **FASTING WITH HUMILITY By Jarrod Davidoff December 12, 2021**

Fasting is abstaining from food for spiritual purposes. How you abstain, it's up to you to decide.

### **Sermon on the Mount:**

**Matthew 6:5** “And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.

**6** But you, when you pray, go into your room, and when you have shut your door, pray to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly

He starts with a negative. Don't be like the hypocrites.

Then He continues with a positive...THIS IS HOW YOU SHOULD PRAY.

**Matthew 6:16** “Moreover, **when you fast**, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. **17** But you, when you fast, anoint your head and wash your face, **18** so that you do not appear to men to be fasting, but to your Father who *is* in the secret *place*; and your Father who sees in secret will reward you openly.

There is a close comparison between praying and fasting. The fact that He says WHEN YOU FAST indicates that He expects His disciples to fast.

He doesn't say IF you pray but WHEN.

He expects us to pray regularly.

ALSO doesn't say IF YOU FAST, BUT when you FAST.

Fasting is not one of those popular topics in the kingdom among God's children, yet when you discover the power of POSSESS, you will be empowered.

### What's the purpose of fasting?

It is a God appointed way to humble ourselves.

The greatest barrier to getting an answer to prayer is pride. So anything that helps us deal with pride and get that barrier out the way is a good thing.

Pride is vicious and evil and keeps us back from GOD'S BLESSINGS.

The first sin was PRIDE. Lucifer was jealous of all the power and attention that God had.

If PRIDE can break out in heaven and cause an angel to lose his place, how much more we need to be aware.

### **GOD ENCOURAGES US TO BE HUMBLE**

**Luke 14:7** So He told a parable to those who were invited, when He noted how they chose the best places, saying to them: **8** "When you are invited by anyone to a wedding feast, do not sit down in the best place, lest one more honorable than you be invited by him; **9** and he who invited you and him come and say to you, 'Give place to this man,' and then you begin with shame to take the lowest place. **10** But when you are invited, go and sit down in the lowest place, so that when he who invited you comes he may say to you, 'Friend, go up higher.' Then you will have glory in the presence of those who sit at the table with you. **11** For whoever exalts himself will be humbled, and he who humbles himself will be exalted."

Jesus said when you are invited to a banquet, don't walk up and sit at the main place, lest they say to you, MOVE, sit over there and then you are embarrassed.

Very wise. When you are at the bottom, the only place you can go is up.

You can't get lower.

If you don't want to be embarrassed, avoid the situation.

**Vs 11** For whoever exalts himself will be humbled, and he who humbles himself will be exalted.”

If we look at Jesus and Satan.

Satan was a created being but he wanted to ascend to be like God.

Jesus is God but humbled himself to become a man.

**Philippians 2:9** Therefore God also has highly exalted Him and given Him the name which is above every name, **10** that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, **11** and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Why did God exalt Him? Because He humbled Himself.

Everyone that humbles themselves, God will exalt.

HUMILITY AS AN ESSENTIAL REQUIREMENT FOR EFFECTIVE PRAYER.

**James 4:10** Humble yourselves in the sight of the Lord, and He will lift you up.

God will lift you up if you do the humbling

**1 Peter 5:5** “God resists the proud, But gives grace to the humble.”

**vs 6** Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time,

You cannot get close to God with Pride.

Anything that enables us to humble ourselves is a priceless blessing, even if it isn't enjoyable at the time.

### **King David**

**Psalm 35:13** I humbled myself (my soul) with fasting;

Our soul is the part of us that pride can fester:

- Our mind
- Our will
- Our emotions

- I want
- I think
- I feel

God says what is important is MY WILL.

Humble your soul with fasting.

The stomach is a wonderful servant BUT a terrible master.

Who is the master in your life? You OR your stomach?

Our will needs to be brought into subjection with the will of GOD.

### **FASTING FOR DELIVERANCE**

Haman brought a plot against Jewish nation.

127 provinces

India to Ethiopia

Mordecai said you are here for such a time as this

**Ester 4:15** Then Esther told *them* to reply to Mordecai: **16** “Go, gather all the Jews who are present in Shushan, and fast for me; neither eat nor drink for three days, night or day. My maids and I will fast likewise. And so I will go to the king, which *is* against the law; and if I perish, I perish!”

**17** So Mordecai went his way and did according to all that Esther commanded him.

Situation reversed.

Jewish people were saved.

God's people fasted.

Fasting has changed the course of history.

That's why Satan tries so hard to get God's people not to fast. He's afraid of it.

### **FASTING AND PRAYER FOR PROTECTION**

**Ezra 9:21** 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.

4 MONTH JOURNEY:

From BABYLON BACK TO Jerusalem.

The question was how was he going to get safe passage.

We are confronted whether we take the carnal way or the spiritual way.

## **PEOPLE UNDER GOD'S JUDGMENT**

If we want to avert it, FAST and humble.

### Salvation of a nation

**2 Chronicles 7:14** 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.

### **7 steps**

4 steps we take

3 steps God will take

### Our steps

1. Humble themselves  
how? By fasting  
- because pride is a barrier to our prayers
2. Pray
3. Seek My face  
- pray until you get into God's presence
4. Turn from their wicked ways  
- wait till you get into His presence and He will show you

### God's steps

5. Hear from Heaven

6. Forgive their sin
7. Heal their land

### **A KINGDOM SPARED**

Ahab  
Married Jezebel  
Idol

**1 Kings 21:25** But there was no one like Ahab who sold himself to do wickedness in the sight of the LORD, because Jezebel his wife stirred him up. **26** And he behaved very abominably in following idols, according to all *that* the Amorites had done, whom the LORD had cast out before the children of Israel.

**27** So it was, when Ahab heard those words, that he tore his clothes and put sackcloth on his body, and fasted and lay in sackcloth, and went about mourning.

**28** And the word of the Lord came to Elijah the Tishbite, saying, **29** “See how Ahab has humbled himself before Me? Because he has humbled himself before Me, I will not bring the calamity in his days. In the days of his son I will bring the calamity on his house.”

He was the most evil king.

He humbled himself with prayer and fasting and averted judgment.

### **A CITY SAVED: Nineveh**

Jonah  
His message to Nineveh  
A Message from God

**Jonah 3:4** 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.

A gentile city heard the word of God once, repented, spared judgment for 100 years.

What about our city? We call out.

EXAMPLES IN NEW TESTAMENT:

### **PAUL FASTED**

**2 Corinthians 6:4** But in all *things* we commend ourselves as ministers of God: in much patience, in tribulations, in needs, in distresses, **5** in stripes, in imprisonments, in tumults, in labors, in sleeplessness, in fasting's;

**2 Corinthians 11:23** ...Are they ministers of Christ?—I speak as a fool—I *am* more: in labors more...(lists them)

**vs 27** in weariness and toil, in sleeplessness often, in hunger and thirst, in fastings often, in cold and nakedness

Hunger and thirst is when you don't have any food.

Fasting is when you have food and don't eat.



## **CORPORATE FASTING**

The beginning of the apostolic ministry.

**Acts 13:1** Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. **2** As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." **3** Then, having fasted and prayed, and laid hands on them, they sent *them* away.

This was the first great missionary strategy.

They took time off to hear from God.

God spoke. They heard from GOD His strategy. Many times churches don't have God's strategy.

What is God's plan?

The early church set the pattern.

God said, "NOW I HAVE A PLAN."

The first prayer and fasting was to find God's will.

SECOND time praying and fasting was to carry out God's will.

**Vs 4** So, being sent out by the Holy Spirit,

They became apostles. When? When they were sent out.

They won many people to Christ in the cities they visited.

They established churches.

What makes a church? When disciples become elders.

**Acts 14:21** And when they had preached the gospel to that city and made many disciples, **23** So when they had appointed elders in every church, and prayed with fasting, they commended them to the Lord in whom they had believed.

How did they know whom to appoint as elders? Prayer and fasting

2 decisive appointments are:

1. Apostles
  2. Elders
- through prayer and fasting

Here is a key. I'm placing it in your hands.