

THE FAST OF FAITH by Lucinda Davidoff November 28, 2021

Fasting is powerful and we get to partner with God in one of the most amazing spiritual disciplines He has taught us to use.

So our two tools we are going to get skilled at using the next 21 days are **FASTING and PRAYER.**

Mark 9:17 Then one of the crowd answered and said, “Teacher, I brought You my son, who has a mute spirit. **18** And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not.”

19 He answered him and said, “O FAITHLESS and PERVERSE generation, how long shall I be with you? How long shall I bear with you? Bring him to Me.” **20** Then they brought him to Him. And when he saw Him, immediately the spirit convulsed him, and he fell on the ground and wallowed, foaming at the mouth.

21 So He asked his father, “How long has this been happening to him?”

And he said, “From childhood. **22** And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us.”

23 Jesus said to him, “If you can believe, all things are possible to him who believes.”

24 Immediately the father of the child cried out and said with tears, “Lord, I believe; help my unbelief!”

25 When Jesus saw that the people came running together, He rebuked the unclean spirit, saying to it, “Deaf and dumb spirit, I command you, come out of him and enter him no more!” **26** Then the spirit cried out, convulsed him greatly, and came out of him. And he became as one dead, so that many said, “He is dead.” **27** But Jesus took him by the hand and lifted him up, and he arose.

28 And when He had come into the house, His disciples asked Him privately, “**Why could we not cast it out?**”

29 So He said to them, “This kind can come out by nothing but **prayer and fasting.**”

Remedy to unbelief- connection to God through prayer

Remedy to PERVERSITY – disconnecting from the world through FASTING

Luke 5:33 Then they said to Him, “John’s disciples and those of the Pharisees frequently fast and pray, but Yours keep on eating and drinking.” **34** Jesus replied, “Can you make the guests of the bridegroom fast while He is with them? **35** But the time will come when the bridegroom will be taken from them; then they will fast.”

Fasting is not gain God’s approval – He already proved His love for us whilst we were still sinners He died for us- He loves you and approves you

Fasting is not trying to get God to something for you- His divine power has granted to us all things that pertain to life and godliness 2 Peter 1:3

Fasting by faith is a heart issue – it’s saying I want to **die to myself**

Fasting humbles us.

Galatians 5:16 TPT “As you yield freely and fully to the dynamic life and power of the Holy Spirit, you will abandon the cravings of your self – life”

In Fasting we get revelation knowledge as our spirits become more alert to the things of god.

FEEL weak when we fast. But **Christ strengthens me!!**

FEEL like we are **not going to make it** when we fast. But **He who began a good work in me WILL finish it.**

FEEL hungry when we fast. But **I will not live by bread alone but by every word that proceeds from the mouth of God.**

FEEL irritable when we fast. But **Jesus is my prince of peace**

We DO NOT live by FEELINGS. We live by FAITH.

Habakkuk 2:4 “Behold the proud, his soul is not upright in him; but the just shall live by his faith”

Fasting helps us to die to SELF

Matthew 16:24- 25 Then Jesus told his disciples, “If anyone would come after me, let him deny himself and take up his cross and follow me. **25** For whoever would save his life will lose it, but whoever loses his life for my sake will find it.

Galation 5:24 “And those who belong to Christ Jesus have crucified the flesh with its passions and desires.”

Isaiah 58:1 “Shout it aloud, do not hold back. Raise your voice like a trumpet. Declare to my people their rebellion and to the descendants of Jacob their sins.

2 For day after day they seek me out; they seem eager to know my ways, as if they were a nation that does what is right and has not forsaken the commands of its God. They ask me for just decisions and seem eager for God to come near them.

3 ‘Why have we fasted,’ they say, ‘and you have not seen it? Why have we humbled ourselves, and you have not noticed?’ “Yet on the day of your fasting, you do as you please and exploit all your workers.

Fasting IS NOT CARRYING ON AS USUAL AND SIMPLY CHANGING YOUR DIET- fasting brings changed behavior

You carry on life as normal without repentance

4 Your fasting ends in quarreling and strife, and in striking each other with wicked fists. You cannot fast as you do today and expect your voice to be heard on high.

Fasting brings deliverance

5 Is this the kind of fast I have chosen, only a day for people to humble themselves? Is it only for bowing one’s head like a reed and for lying in sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?

6 “Is not this the kind of fasting I have chosen: to loose the chains of injustice and untie the cords of the yoke, to set the oppressed free and break every yoke?”

- Fasting is to disconnect from the world and habits that have us bound. He is Holy so we are holy. We walk in His holiness by faith
- Breaking with habits that have you bound and making a decision to be free with God's help

Fasting brings a heart to serve

7 Is it not to share your food with the hungry and to provide the poor wanderer with shelter— when you see the naked, to clothe them, and not to turn away from your own flesh and blood?

THE FAST OF FAITH BRINGS HEALING

8 Then your light will break forth like the dawn, and your healing will quickly appear; then your righteousness will go before you, and the glory of the LORD will be your rear guard.

FASTING BRINGS answered prayers

9 Then you will call, and the LORD will answer; you will cry for help, and he will say: Here am I. “If you do away with the yoke of oppression, with the pointing finger and malicious talk,

10 and if you spend yourselves in behalf of the hungry and satisfy the needs of the oppressed, then your light will rise in the darkness, and your night will become like the noonday.

FASTING also BRINGS resistance

But the answered prayer may take time, as angels are sent out to answer our prayers, principalities try to stop the answer to prayer.

Daniel 10:1 In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true and it concerned a great war. The understanding of the message came to him in a vision.

2 At that time I, Daniel, mourned for three weeks. **3** I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

12 Then he continued, “Do not be afraid, Daniel. Since the first day that you set your mind to gain understanding and to humble yourself before your God, your words were heard, and I have come in response to them. **13** But the prince of the Persian kingdom resisted me twenty-one days. Then Michael, one of the chief princes, came to help me, because I was detained there with the king of Persia. **14** Now I have come to explain to you what will happen to your people in the future, for the vision concerns a time yet to come.”

FASTING BRINGS POWER

Luke 4:1-2 Jesus, **full of the Holy Spirit**, left the Jordan and was led by the Spirit into the wilderness, where for 40 days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

4 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 used the WORD to counter Satan’s attacks
- Jesus discerned that Satan used the word out of context to get Him out of His calling, and mission and assignment

FASTING activates you in ministry

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. **15** And He taught in their synagogues, being glorified by all.

What do we eat during a 21 day Daniel fast

Daniel 1:12 let us be given only vegetables to eat and water to drink

- As a church we will do a Daniel Fast from Jan 3rd to Jan 23rd
- If you have any medical issues and eating disorders or don't eat enough as is then maybe consider giving up a vice, social media those things that distract