

Fasting

Matthew Chapter 6 : 16 - 18

Fasting

“When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting. I tell you the truth; they have received their reward in full. But when you fast, put oil on your head and wash your face, so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you.”

FASTING IS TO ABSTAIN FROM SOMETHING

When God calls you to go on a fast, be ready to take a **journey**. Understand **what** you are about to do. Our lives are sometimes governed by routines, such as,

- Work
- Praying
- Eating/Drinking
- Sleeping
- Resting

Therefore you will find when you are lead to fast; the body goes through a shock because it neglects the nourishment it needs. It is something out of the ordinary from your normal routine.

This will be a new experience for you and your body. For those who have fasted before, they understand the spiritual implications as well as the physical.

When you decide to fast it means you have taken another step to let something **extraordinary happen in your life**. When you deny yourself, God will surely acknowledge you

When you embark this journey to fast, things will change. Therefore, I encourage you to take that step

- ❖ **Step out to be extraordinary**
- ❖ **- Expect the extraordinary to happen to you**
- ❖ **- Come out changed**

Fasting means abstaining from doing something. What can a person abstain themselves from? The answer lies within you.

You can abstain from eating and drinking. There are other things a person has to abstain from.

If something you do is not for the kingdom of God, and you find yourself addicted to doing it, then you need to quickly abstain from it. You will have to know that one day you will have to give it up.

THE ATTITUDES ONCE YOU START ABSTAINING

"When you fast, do not look somber as the hypocrites do, for they disfigure their faces to show men they are fasting.

Ask yourself why you fast in the first place? As a child of God, there are many reasons for you to fast.

1. To break strongholds
2. You want something, so you petition God
3. God has called you to fast
4. Specific penance

There are many scriptures in the Bible about fasting. You can always seek to study the Word/Bible more during your fasting period. Then you will gain more spiritual food.

Take the step out to reach God. To dare fast, dare believe God will sustain you! We will reach another level with God.

WHAT TO DO AND HOW TO ACT WHEN YOU FAST

But when you fast, put oil on your head and wash your face,

Why does God say these things? Maybe it is because when people see it's only natural to look at your face first.

What is with the oil and anointing yourself on the head? Why wash your face during fasting?

OIL = WHAT ARE THE THINGS IT REPRESENTS: -

- ❖ Anointing (Ex 25:6, Ex 35:28) - Offering (Num 7: 13;19)
- ❖ Oil for waiting, to be prepared (MT 25:4) - Blessing (Joel 2:19)

WATER = WHAT ARE THE THINGS IT REPRESENTS

- ❖ Cleansing, baptism (Jn 1:31) - Born of water (Jn 3:5)

So then, when you fast, a blessing is ahead. Let the people see you are blessed when they see your face. It also means the Holy Spirit is the one to give you strength, and **you will need it**. When you rely on the Holy Spirit, you will understand many things,

- a) Such as how to look happy and peaceful in your time of fasting
- b) Even how to discern in the Spirit.

Are you ready for this journey to the supernatural? To dare deny your body the food and water, or even both when you set yourself aside to fast?

- The journey to the supernatural
- Total dependency on God
- It is all by faith you have in God.
- Some fast for 24 hours abstaining from both food and water
- Some will fast for three days with no food or water
- Or even with just water, or as we call it liquid fast
- And still others will strive to set aside their cravings for natural food and water for 30 days or 40 days.

It doesn't matter how long or what type of fast it is. It matters

WHY YOU SHOULD	YOU SHOULDN'T
You are listening to God	Go on a fast so others can see how 'righteous' you have become
You are fasting because you feel led to do so	It is not for show, not for recognition amongst man.
You are showing obedience to the Spirit of God	It is not to get thin

WHAT WILL MEN SEE AND HOW DOES GOD SEE YOU?

....., so that it will not be obvious to men that you are fasting, but only to your Father, who is unseen; and your Father, who sees what is done in secret, will reward you."

The Holy Spirit will give you the strength you need during your fasting time. As mentioned, your fasting period could also be a witness to those around you. They will know you have something stronger WITHIN YOU that drives you to do what you do. All Glory goes to God. Let us not strife to gain worldly glory during this time.

Fasting should not be obvious to men. It is for your Father, for the Kingdom of God, and therefore He, who is unseen, knows what is secretly being done and **He will reward you.**

If God has you on a fast, it is for a good reason. God knows your secrets, your sins, your struggles. God always gives us proper instructions. First, He gives you the Do Not's, and then after that He instructs you how to carry on with His instructions.

- Fast from your worldly pleasures
- Fast from your worldly habits
- Fast from speaking ill of others

Once you start any kind of fast you can then work on your heavenly treasure. God will teach you how to go about getting to it, in fact He will instruct and direct your path

RESULTS:

Expect breakthroughs, Expect results, Expect healing, Expect miracles

GOD IS WAITING TO HAND YOU THE SPIRITUAL FOOD

PLEASE GO TO OUR WEBSITE AND GIVE US YOUR EMAIL ADDRESS IF YOU WISH TO RECEIVE THIS MONTHLY ARTICLE VIA EMAIL. PLEASE ALSO SUBSCRIBE YOUR LOVED ONES, WHOM YOU KNOW WILL NEED ENCOURAGEMENT