

GOD'S MIGHTY WEAPON – FASTING

FASTING – 40 REFERENCES OF IN NEW TESTAMENT – 44 IN OLD TESTAMENT

THE REWARDS OF FASTING

MATT 6:17-18 But thou, when thou fastest, anoint thine head, and wash thy face; 18That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, **shall reward thee openly. (Gr. Deliver, perform)**

POWER OVER THE FLESH

PROV 4:23 Keep thy heart with all diligence; for out of it are the issues of life.

EPH 3:20 Now unto him that is able to do exceeding abundantly above all that we ask or think, according to the power that worketh in us.

ROM 8:6-8 For to be carnally minded is death; but to be spiritually minded is life and peace. 7Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be.

ROM 8:13 For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

POWER OVER THE DEVIL

MATT 4:1,14 Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. 2And when he had fasted forty days and forty nights, he was afterward an hungred. 14 And **Jesus returned in the power of the Spirit** into Galilee: and there went out a fame of him through all the region round about.

2 COR 10:3-6 For though we walk in the flesh, we do not war after the flesh: 4(For the **weapons of our warfare** are not carnal, but mighty through God to the pulling down of strong holds;) 5Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 6And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

MATT 7:21 Howbeit this kind goeth not out but by prayer and fasting.

SPECIFIC INSTRUCTIONS AND DIRECTION FROM GOD

ACTS 13:2 As they ministered to the Lord, and fasted, the Holy Ghost said, Separate me Barnabas and Saul for the work whereunto I have called them.

JUDGES 20:26-28 Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD. 27 And the children of Israel enquired of the LORD, (for the ark of the covenant of God was there in those days, 28 And Phinehas, the son of Eleazar, the son of Aaron, stood before it in those days,)

saying, Shall I yet again go out to battle against the children of Benjamin my brother, or shall I cease? And the LORD said, Go up; for to morrow I will deliver them into thine hand.

2 CHRON 20:3 And **Jehoshaphat** feared, and set himself to seek the LORD, and proclaimed a fast throughout all Judah.

FOR THE LOST OR BACKSLIDING

JONAH 3:4-10 And Jonah began to enter into the city a day's journey, and he cried, and said, Yet forty days, and Nineveh shall be overthrown. 5So the people of Nineveh believed God, and proclaimed a fast, and put on sackcloth, from the greatest of them even to the least of them. 6For word came unto the king of Nineveh, and he arose from his throne, and he laid his robe from him, and covered him with sackcloth, and sat in ashes. 7And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles, saying, Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: 8But let man and beast be covered with sackcloth, and cry mightily unto God: yea, let them turn every one from his evil way, and from the violence that is in their hands. 9Who can tell if God will turn and repent, and turn away from his fierce anger, that we perish not? 10And God saw their works, that they turned from their evil way; and God repented of the evil, that he had said that he would do unto them; and he did it not.

1 KINGS 21:27-29 And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly. 28 And the word of the LORD came to Elijah the Tishbite, saying, 29Seest thou how Ahab humbleth himself before me? because he humbleth himself before me, I will not bring the evil in his days: but in his son's days will I bring the evil upon his house.

FOR ANGELS TO WORK IN OUR BEHALF

ACTS 10:30-31 And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour I prayed in my house, and, behold, a man stood before me in bright clothing, 31And said, Cornelius, thy prayer is heard, and thine alms are had in remembrance in the sight of God.

MATT 4:11 Then the devil leaveth him, and, behold, angels came and ministered unto him.

ACTS 27:21-24 But after long abstinence Paul stood forth in the midst of them, and said, Sirs, ye should have hearkened unto me, and not have loosed from Crete, and to have gained this harm and loss. 22And now I exhort you to be of good cheer: for there shall be no loss of any man's life among you, but of the ship. 23For there stood by me this night the angel of God, whose I am, and whom I serve, 24Saying, Fear not, Paul; thou must be brought before Caesar: and, lo, God hath given thee all them that sail with thee.

HOW TO FAST

(1) DETERMINE YOUR PURPOSE AND GOALS

(Family, the lost, finances, ministry, deliverance from lust, addictions, hard heart, health, healing, the nation, revival, obedience, etc.

(2) DETERMINE THE TYPE OF FAST (*Total water only, Daniel vegetables, TV, juice, no meat bread or sugar, etc.*)

(3) DETERMINE BY PRAYER THE LENGTH (*24 hrs., 2 days, 21 days, etc.*)

(4) REPENT BEFORE GOD (*John 14:21, John 15:7-8, 1 John 1:9, James 5:16*)

(5) DETERMINE TO FAST IN FAITH (*Rom 14:23, James 1:5-8, Heb 11:6*)

THE BLESSINGS FOR FASTING FOR OTHERS

ISA. 58:6-12 **Is not this the fast that I have chosen?** *to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?*

7Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

8Then shall **thy light break forth as the morning,** and **thine health shall spring forth speedily;** and thy righteousness shall go before thee; **the glory of the LORD shall be thy reward.**

9Then **shalt thou call, and the LORD shall answer;** thou shalt cry, and **he shall say, Here I am.** If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

10And **if thou draw out thy soul to the hungry, and satisfy the afflicted soul;** **then shall thy light rise in obscurity, and thy darkness be as the noon day;**

11And **the LORD shall guide thee continually,** and **satisfy thy soul in drought,** and **make fat thy bones;** and thou shalt be like a watered garden, and **like a spring of water, whose waters fail not.**

12And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.