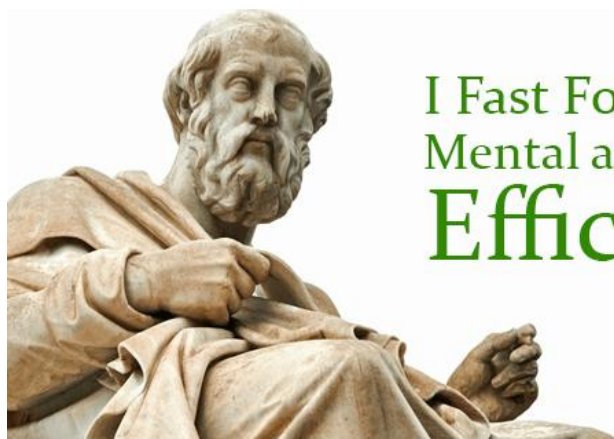


FASTING - Part Two: GOD REJECTS WRONG FASTING



I Fast For a Greater
Mental and Physical
Efficiency.

-Plato

Even worldly people fast. But it is not to God.

Fasting is very powerful in your walk with God. It helps you to be spiritually stronger to separate yourself from the world and deny your flesh food and pleasure and in so doing it helps to discipline your body spiritually. It honors God. I had one short video from an unknown teacher on Youtube in a playlist and Youtube removed it. "They", those that have bowed to satan, don't want you to fast. There are false teachers/witches teaching on fasting. Be careful about who you listen to, always follow the leading of the Holy Spirit and God's Word. Pray for Godly discernment. Grow spiritually strong by doing the things you are told to do in Scripture. Fasting is one of those things, it is like a muscle that needs to be developed in order for you to get closer and stronger in the LORD.

Last week we read through Zechariah chapter 7 and saw how they were not truly fasting to God but for themselves and God rejected it.

Let's look at a few more times that God rejected fasting.

FASTING WRONG BEFORE THE LORD:

When you are living in sin it doesn't do you any good to fast. God will not just look over your sin and accept your fasting.

We are about to read a passage in Jeremiah, the people have been living in sin and have not repented before the LORD.

Jeremiah 14:10-15 – Thus saith the LORD unto this people, Thus have they loved to wander, they have not refrained their feet, therefore the LORD doth not accept them; He will now remember their iniquity, and visit (Int'l Bible: punish) their sins. Then said the LORD unto me, pray not for this people for their good. When they fast, I will not hear their cry; and when they offer burnt offering and an oblation (Int'l Bible: grain offering), I will not accept them: but I will consume them by the sword, and by the famine, and by the pestilence (Int'l Bible: plague).

When He says they have loved to wander, He is talking about going and serving idols of the heathen nations surrounding them. Bowing themselves down to idols. Usually this is called prostituting themselves because they are cheating on God. He never forgot their sins, the term “remembering them” means He is now going to give them the consequences for their sins.

FASTING and WEeping IN MOURNING THE DEAD:

1 Samuel 31:8-13 – And it came to pass on the morrow (Int'l Bible: on the next day), when the Philistines came to strip the slain (Int'l Bible: wounded), that they found Saul and his three sons fallen in Mount Gilboa. And they cut off his head, and stripped off his armor (Int'l Bible: weapons), and sent into the land of the Philistines round about, to publish it in the house of their idols, and among the people. And they put his armor (Int'l Bible: weapons) in the house of Ashtaroth: and they fastened his body to the wall of Beth-shan. And when the inhabitants of Jabesh-gilead heard of that which the Philistines had done to Saul: All the valiant men arose, and went all night, and took the body of Saul and the bodies of his sons from the wall of Beth-shan, and came to Jabesh, and burnt them there. And they took their bones, and buried them under a tree (Int'l Bible: the Tamarisk tree) at Jabesh, and fasted seven days.

We don't hear of anyone fasting like this anymore.



This is whose temple they put King Saul's weapons in. Her spirit lives on, she is still worshipped today. Look behind President Trump, there she is and above her you see lightning bolts coming down, that is for the sun god or god of thunder who is satan. She is the Mother of all harlots in Revelation 17:5, her religion went underground when Nimrod was cut into pieces but she managed to hang on to her goddess status and continue being worshipped and keep her cult alive. Look how far it has come. God will destroy those that continue to worship her. Another one of her names is Easter.

This next Scripture describes what happened when Israel was beaten by the Philistines and Saul and his sons were killed. This is what happened once David heard the news.

2 Samuel 1:12 – And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.

JUST GOING WITHOUT FOOD:

Acts 27:33 – And while the day was coming on, Paul besought (Int'l Bible: begged) them all to take meat (Int'l Bible: food), saying, This day is the fourteenth day that ye have tarried (waited) and continued fasting, having taken nothing.

They were in a bad storm and they were scared for their lives and had been throwing things overboard to lighten the load off the ship. So this is just talking

about fasting as in not eating. They certainly weren't praying or seeking God in any of this as they weren't Godly men.

Mark 8:3 – And if I send them away fasting to their own houses, they will faint by the way: for divers (Int'l Bible: some) of them came from far.

The crowds had come from far distances to hear Jesus teach and had been there 3 days and now had nothing to eat.

Just going without food is called fasting. That is what our doctors ask us to do many times when you have to have blood work done.

2 Cor.6:3-10 - Giving no offence in anything (Int'l Bible: giving no cause of stumbling in anything), that the ministry be not blamed: But in all *things* approving Int'l Bible: commending) ourselves as the ministers of God, in much patience, in afflictions (troubles), in necessities (emergencies), in distresses (difficulties), In stripes, in imprisonments, in tumults (riots), in labours, in watchings, in fastings; By pureness (in pureness), by knowledge (in knowledge), by longsuffering (in longsuffering), by kindness (in kindness), by the Holy Ghost (in a holy spirit), by love unfeigned (in love unfeigned), By the word of truth (in the Word of Truth), by the power of God (in the power of God), by the armour of righteousness on the right hand and on the left (through the weapons of...), By honour and dishonor(Int'l Bible: through glory and dishonor), by (through) evil report and good report: as deceivers, and *yet* true; As unknown, and *yet* well known; as dying, and, behold, we live; as chastened (flogged), and not killed; As sorrowful, yet always rejoicing; as poor, yet making many rich (enriching many); as having nothing, and *yet* possessing all things.

In this passage when Paul talks about suffering "fastings", he's talking about going without food because he didn't have any. He is not talking about fasting to God.

2 Cor.11:27 - In weariness and painfulness (Int'l Bible: In labor and hardships), in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.

Here as in the last passage we read, Paul is talking about lacking food often. Not choosing to fast, but fasting because you have no food. I know both Pastor Erustus and Pastor Dalbeer and their families have experienced this. I never have.

People don't understand when I say that we, here in America, are living "the rich man's life."

MAKING UP YOUR OWN FASTS:



I hear this one a lot. People saying they are fasting technology. Technology is a luxury. They did not have this back in Biblical days. We all spend too much time on it and with it.



It is good to discipline yourself and not get so caught up in it that it is taking all of your time, even time you could be spending with God. It can be used for God but mostly it is a tool of the devil, distracting and pulling away from God.



However, just because you forgo your technology doesn't necessarily mean you put that extra time toward God. And what about people who don't have this luxury item? Are they fasting too? No, this is not a fast to God. God will honor the sacrifices we make in our lives to keep Him first place. This is an area where we must discipline ourselves and be sure we are spending quality time with God by reading His word, praying, incorporating fasting into our lives and doing what He has commanded us to do in His Word.

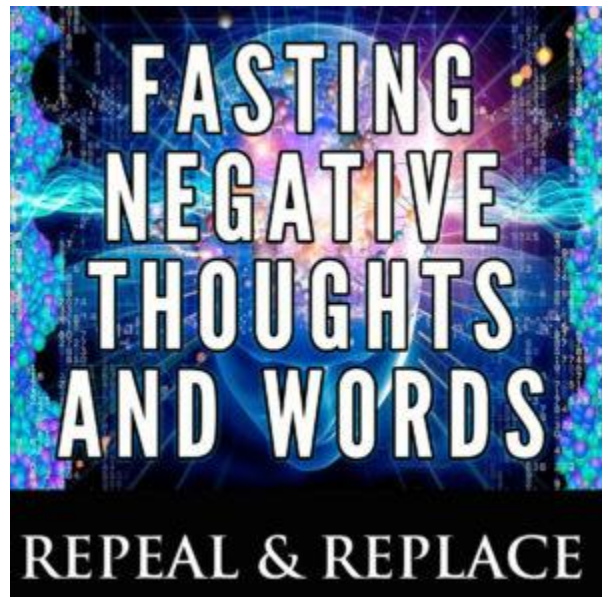


If there is a stronghold or addiction to your technology or any other thing in your life, then humble yourself through fasting and seek Him for deliverance from this stronghold. When you get away and spend quiet time with God you will hear Him

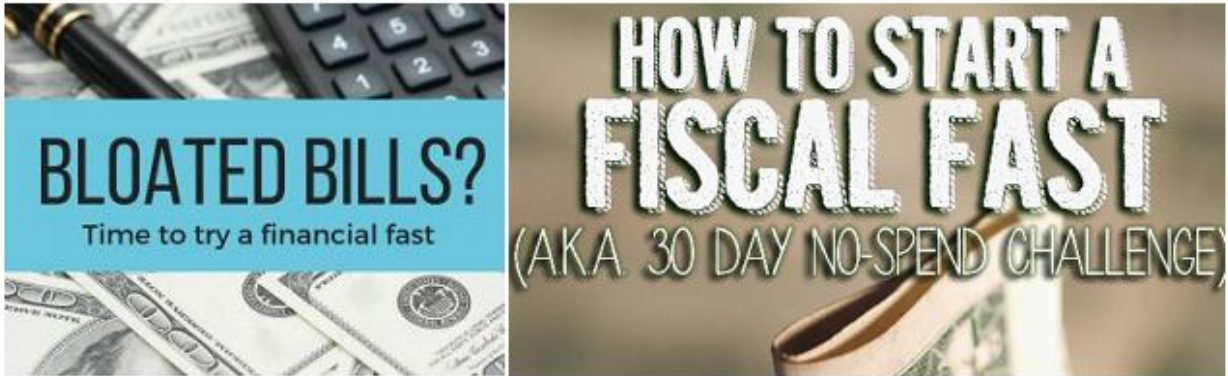
more clearly. Turn off the tv, the radios, log out of the computer, as the Bible says, go into your prayer closet. Get alone with Him and you will hear Him. He speaks every time you read His Word. So many say, how do I hear God? How do I know if it is Him? When you are His and have accepted His sacrifice, Who is Jesus Christ and live an obedient life, when you read His Word, the Holy Spirit will minister to you and God will speak to you.



Some people fast from getting their hair done or their nails done. A true Biblical fast was never material things.



People all around the world are fasting for different reasons that have nothing to do with God. People that don't serve God fasts for different reasons. There are people fasting for health and people fasting for finances. Guru's fast.



I saw a meme that said “prayers to get out of debt fast.” There is not a short cut to get God to do what you want. He does not have a combination or a set way to do this + that and get what you want. God cannot be manipulated. He knows your heart and your motives. When you come to Him, He wants a sincere heart and pure motives. He wants you to humble yourself before Him, not to try and use Him for stuff.

HEALTH BENEFITS:

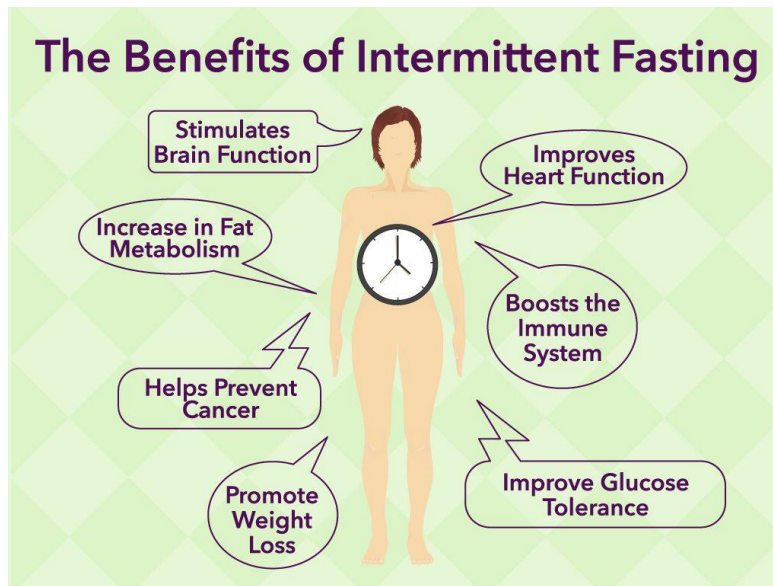
Jim has been doing intermittent fasting putting his body into a state of ketosis and having good results with that. He shared that not only is it something we should be doing in our relationship with God but a bonus is that there are health benefits.

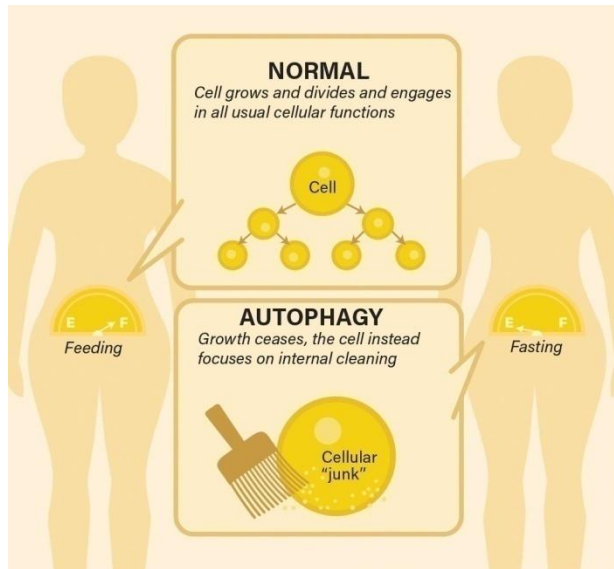
There are many diets and different ways to fast. Do your research, know your body and even check with your doctor if you feel you need to. Fasting is good for the body and has health benefits but a true fast is when your focus is on humbling before God and seeking Him in spending time with Him and denying your flesh to whatever degree you are able to. God will strengthen you in this area the more you do it.



BENEFITS OF INTERMITTENT FASTING FOR YOUR BRAIN AND BODY

Even the world knows this.





This to me is when your body goes into fat burning mode.

“A wise man ought to realize that health is his most valuable possession”

- Hippocrates



The world looks to these men and lifts them up as idols. The most valuable possession is salvation through Jesus Christ which leads to eternal life in heaven.

Where does your health come from? (Psalm 103:3) Who gives you the ability to get wealth? (Deut. 8:18)

It all comes from God.



That may as well be me up there on that picture, I am an expert on this one. When you are fasting and you get sick you should stop the fast. You can't praise or pray or read God's Word when you are sick so there is no point to continue at that time. Just try again when you feel better. If your health is poor, you may get sick so you must only fast as your body and health allows. Don't push yourself too hard if your health isn't good.



Pastor Erustus shared: Don't strain to fasting if it's affecting your health, but once you get better, just give yourself more prayer and studying the Word. God will still use you because He knows your weakness and His power is manifested in our weaknesses.

2 Cor. 12:7-10 - And lest I should be exalted above measure through the abundance of the revelations (Int'l Bible: And by surpassing revelations, that I not

be made haughty) there was given to me a thorn in the flesh, the messenger of satan to buffet me (Int'l Bible: a messenger of satan to buffet), lest I should be exalted above measure. For this thing I besought the Lord thrice, that it might depart from me. (Int'l Bible: As to this, I besought the LORD thrice, that it depart from me.) And he said unto me, My grace is sufficient for thee: for My strength (power) is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities (I will rather boast in my weaknesses), that the power of Christ may rest upon me. Therefore I take pleasure in infirmities (weaknesses), in reproaches (insults), in necessities (dire needs), in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong.

Verse 10 is a Mandela Effect. It used to read: **when I am weak, He is strong.** *I have a teaching coming on this soon.*



Pray and fast to your ability, don't strain as I shared with you earlier. Just skip a meal a day or use light means, or use drinks whichever suits your body condition. Also don't stress Scott to strain.

It is funny about what he said about Scott. I used to try and push him to fast or make him fast with me. But each person has a personal walk with God. We all learn and grow at different rates and in different areas at different times. God will do the work in each one of us if we just keep seeking Him with sincere hearts.

I can tell you that when I have fasted for a few days it seems like if you can get through the first day that gnawing hunger pain seems to subside and it gets easier. As much as you can, let the Holy Spirit lead you in your fast.

CLOSING

WRONG MOTIVES:

We fast for doctor appointments when the doctor wants to draw blood and run tests. However, when you are required to fast for a doctor appointment you can't say to yourself, I will fast also to God so that I can maximize my efforts. No, the truth is that you are only fasting because your doctor said to fast. You don't throw God into that so you can get a brownie point. He will not honor being second or an afterthought.



Maybe you need to lose 3 lbs by the end of the week and so you say to yourself I'm going to fast and go without food. Then you say, well, I'll make the most of it and call it a fast to the LORD. No, that is wrong because God sees your heart and knows that the real motive was just to lose weight.

You are at work and you are too busy to take lunch so you skip lunch and say it was a fast to the LORD. WRONG. Or you want to leave early and in order to do that you skip lunch. Because you did that you might say, well I fasted. No, that is not a fast to the LORD. Maybe you are running late for work and so you skip breakfast, you cannot then say, well it was a fast to the LORD or I fasted to God today.

No, fasting is not something you fit God into. It is about seeking Him and humbling yourself to Him. It is not just about skipping food. Planning and forethought goes into it and most of all you must make time to spend with Him during your fast. If you don't spend quality time with Him during your fasting time then it was just a food fast but not a fast to God.

PRAYER

<https://steemit.com/diet/@stratisnerd23/intermittent-fasting-the-diet-benefits>

<http://discovermagazine.com/2018/oct/not-so-fast>