

FASTING – Part Six: FOR MERCY, HUMBLY SEEKING, PARTIAL, COMPLETE, DRY, BREAKTHROUGHS



Pastor about our fasting here as a church we do it end of each month for 3 days. At the end of each month we come together to fast as a church with certain needs to be prayed for both for the church, personal, friends, family. Others have their personal days of fasting and seeking God and at times it is for their personal needs. But end month we do it so that we help others who are weak to learn how to pray and fast. And at the same time group prayers are good and powerful and unites the church. The weak brethren in this context are new converts or those who fear fasting. They have never fasted or fast for a short time and they need to be trained amidst those who are used to fasting.

During our prayers we do fast and in the evening we encourage the weak and sickly at least to drink something or eat a light meal. We usually prepare porridge. But for ourselves and mature brethren we drink water to help in cleaning the body system. When God leads we go dry fasting without even water. In all this the most important thing is to follow the leading of the Holy Spirit and condition of one's health status.

When I am sick, at times I give myself a break to regain physical strength first.

Remember this is a spiritual warfare, where when we fast our spirits fight in the spiritual realm, as a result, our physical bodies get affected because your spirit resides in the body.

We don't fast to get fast answers, neither to show off or brag around. Fasting is between God and the person.

FASTING FOR GOD'S MERCY or FOR HIS HELP:

Judges 20:26 – Then all the children of Israel (sons of Israel), and all the people went up, and came unto the house of God (Bethel), and wept, and sat there before the LORD, and fasted that day until even (evening), and offered burnt offerings and peace offerings before the LORD.

They were fighting against the tribe of Benjamin for raping and killing a man's concubine. They kept asking God if they should go up against Benjamin and twice He told them to go but they got badly beaten both times. So then they wept and fasted and offered burnt offerings and peace offerings and then they asked again.

Judges 20:27-28 – And the children of Israel (sons of Israel) inquired of the LORD, (for the ark of the covenant of God was there in those days, 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 (sons of Benjamin) my brother, or shall I cease? And the LORD said, Go up; for tomorrow I will deliver them into thine hand.

That time they won. They knew each time they were defeated that something was wrong. It was not until they sought the LORD through fasting and gave offerings that they had the victory.

After King David had sinned in committing adultery with Bathsheba and then having her husband killed and trying to cover over his sin, God sent Nathan the Prophet to speak to the King. He told a story and it was really about King David, but he did not know it and was furious after hearing it. He even said the man that has done this thing shall surely die. That is when Nathan said: Thou art the man. He goes on and pronounces God's judgment against David for his sin. Sin has consequences. In this judgment Nathan tells King David that the illegitimate child he had with Bathsheba would die.

2 Samuel 12:13-23 – And David said unto Nathan, I have sinned against the LORD. And Nathan said unto David, The LORD also hath put away thy sin; thou shalt not die. Howbeit, because by this deed thou has given great occasion to the enemies of the LORD to blaspheme (to scorn), the child also that is born unto thee shall surely die (the son who shall be born to you shall surely die). And Nathan departed unto his house. And the LORD struck the child (the boy) that Uriah's wife bare unto David, and it was very sick (and he became sick). David therefore besought (sought) God for the child; and David fasted, and went in, and lay all night upon the earth. And the elders of his house arose, and went to him, to raise him up from the earth: but he would not, neither did he eat bread with them. And it came to pass on the seventh day, that the child died (the boy died). And the servants of David feared to tell him that the child (boy) was dead: for they said, Behold, while the child was yet alive, we spake unto him, and he would not hearken unto our voice: how will he then vex himself (then he may do evil), if we tell him that the child (boy) is dead? But when David saw that his servants whispered, David perceived that the child (boy) was dead: therefore David said unto his servants, Is the child (boy) dead? And they said, he is dead. Then David arose from the earth, and washed, and anointed himself, and changed his apparel, and came into the house of the LORD, and worshipped: then he came to his own house; and when he required, they set bread before him, and he did eat. Then said his servants unto him, What thing is this that thou hast done? Thou didst fast and weep for the child (boy), while it (the boy) was alive; but when the child (boy) was dead, thou didst rise and eat bread. And he said, While the child (boy) was yet alive, I fasted and wept: for I said, Who can tell whether God will be gracious to me (who knows the LORD may pity me), that the child may live (and the boy stay alive)? But now he is dead, wherefore (why) should I fast? Can I bring him back again? I shall go to him, but he shall not return to me.

You do not always get the outcome you desired. King David did this hoping God would change His mind and spare his child but He did not. Now King David did not pout and get angry at God and mouth off and leave his faith. He got cleaned up, cleaned his clothes and he worshipped God first and then he had something to eat.

JUST BECAUSE YOU FAST DOES NOT MEAN YOU ARE GOING TO GET WHAT YOU ARE ASKING FOR. And like Pastor Erustus said, you are still waiting on God's

timing even if what you fasted for is in His will. He never seems to be early, but is always right on time but He doesn't not run on our time schedule.

King David worshipped God even though the outcome was not what he wanted. Just like when Job was being tested and had lost all of his children and his livestock.

Job 1:20-22 – Then Job arose, and rent his mantle (tore his robe), and shaved his head, and fell down upon the ground, and worshipped, and said, Naked came I out of my mother's womb, and naked shall I return thither: the LORD gave, and the LORD hath taken away; blessed be the name of the LORD. In all this Job sinned not, nor charged God foolishly (did not charge wrong to God).

This next passage is when Jonah finally quit running from God and went to Nineveh to let them know what God was about to do because of their wickedness.

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. So 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. For 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. And he caused it to be proclaimed and published through Nineveh by the decree of the king and his nobles (and his great ones), saying Let neither man nor beast, herd nor flock, taste any thing: let them not feed, nor drink water: But 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. Who can tell if God will turn and repent, and turn away from His fierce anger, that we perish not? And 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.

The people and animals fasted here!

HUMBLY SEEKING MORE OF GOD:



Luke 2:36-37 – And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of aser (This is a true Mandela Effect: tribe of Asher): she was of a great age, and had lived with an husband seven years from her virginity; And she was a widow of about fourscore and four years (84), which departed not from the temple but served God with fastings and prayers night and day.

Acts 10:30-33 – And Cornelius said, Four days ago I was fasting until this hour; and at the ninth hour (3 p.m.) I prayed in my house, and, behold, a man stood before me in bright clothing, And said, Cornelius, thy prayer is heard, and thine alms (charity/giving) are had in remembrance in the sight of God (were remembered before God). Send therefore to Joppa, and call hither Simon, whose surname is Peter; he is lodged in the house of one Simon a tanner by the sea side: who, when he cometh, shall speak unto thee.

Cornelius was not a Jew but he had obviously seen or heard enough to know to seek the One True and Living God.

Acts 10:44-48 – While Peter yet spake (was speaking) these words, the Holy Ghost fell on all them which heard the word. And they of the circumcision which believed were astonished, as many as came with Peter, because that on the Gentiles (nations) also was poured out the gift of the Holy Ghost (Holy Spirit). For they heard them speak with tongues (speaking in languages), and magnify (magnifying) God. Then answered Peter, can any man forbid water, that these should not be baptized, which (who) have received the Holy Ghost (Holy Spirit) as well as we? And he commanded them to be baptized in the name of the Lord. Then prayed (asked) they him to tarry (remain) certain days.

James 4:5-9 – Do ye think that the Scripture saith in vain, The spirit that dwelleth in us lusteth (yearns) to envy? But He giveth more grace. Wherefore He saith, God resisteth the proud, but giveth grace unto the humble. Submit yourselves therefore to God. Resist (oppose) the devil, and he will flee from you. Draw nigh to God, and He will draw nigh to you. Cleanse your hands, ye sinners, and purify your hearts, ye double-minded (two souled ones). Be afflicted, and mourn, and weep: let your laughter be turned to mourning, and your joy to heaviness (shame). Humble yourselves in the sight of the Lord (Be humbled in the sight of the Lord), and He shall lift you up (and He shall exalt you).

To humble yourself sometimes means to bow down as in the following passage of scripture.

Exodus 10:3 – And Moses and Aaron came in unto Pharaoh, and said unto him, Thus saith the LORD God of the Hebrews, How long wilt thou refuse to humble thyself (bow down) before Me? let My people go, that they may serve Me.

2 Chronicles 7:12-16 – And the LORD appeared to Solomon by night, and said unto him, I have heard thy prayer, and have chosen this place to Myself for an house of sacrifice. If I shut up heaven (the heavens) that there be no rain, or if I command the locusts to devour the land, or if I send pestilence among My people; If My people, which are called by My name, shall humble themselves (not there at all), and pray, and seek My face, and turn from their wicked ways; then will I hear from Heaven, and will forgive their sin, and will heal their land. Now Mine eyes shall be open and mine ears attent (attentive) unto the prayer that is made in this place. For now have I chosen and sanctified this house, that My name may be there for ever: and Mine eyes and Mine heart shall be there perpetually.

The telewitches love to throw this Scripture around. I don't see that even those that call themselves God's children have done any humbling. Certainly not through fasting. The true body of Christ is only a remnant.

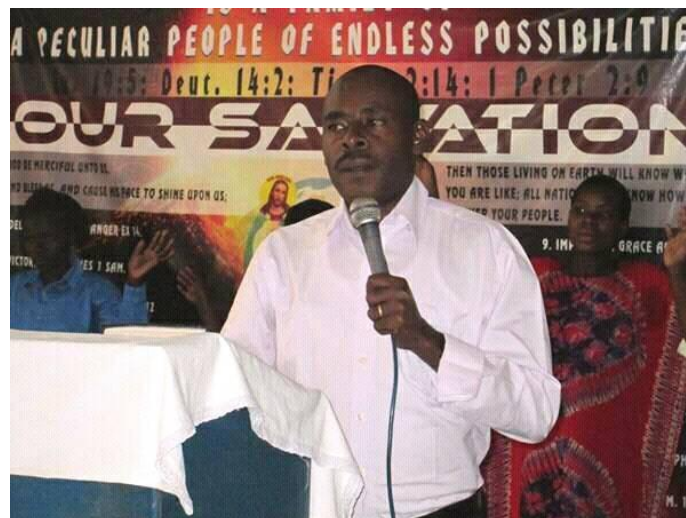
Daniel 5:17-22 – Then Daniel answered and said before the king, Let thy gifts be to thyself, and give thy rewards to another; yet I will read the writing unto the king, and make known to him the interpretation (meaning). O thou king, The Most High God gave Nebuchadnezzar thy father a kingdom, and majesty

(greatness), and glory (majesty), and honor (splendor): And for the majesty (greatness) that He gave him, all people, nations, and languages, trembled and feared before him: whom he would he slew (whom he wished he killed); and whom he would (wished) he kept alive; and whom he would (wished) he set up (exalted); and whom he would (wished) he put down (humbled). But when his heart was lifted up, and his mind (spirit) hardened in pride (to act insolently), he was deposed from his kingly throne, and they took his glory from him (and his majesty was taken from him). And he was driven from the sons of men; and his heart was made like the beasts (animals), and his dwelling was with the wild asses: they fed him with grass like oxen, and his body was wet with the dew of heaven (dew of the heavens); till he knew that The Most High God ruled in the kingdom of men, and that he appointeth over it whomsoever He will (wishes). And thou his son, O Belshazzar, hast not humbled thine heart, though thou knewest all this; But hast lifted up (exalted) thyself against the Lord of heaven, and they have brought the vessels of His house before thee, and thou and thy lords (nobles), thy wives, and thy concubines, have drunk wine in them; and thou hast praised the gods of silver, and gold, of brass (bronze), iron, wood, and stone, which see not, nor hear, nor know: and the God in whose hand thy breath is, and whose are all thy ways (his breath and all his ways are in God's hand), hast thou not glorified:

Philippians 2:5-11 – Let this mind be in you, which was also in Christ Jesus: Who, being in the form of God, thought it not robbery to be equal with God: But made Himself of no reputation, and took upon Him the form of a Servant, and was made in the likeness of men (becoming in likeness of men): And being found in fashion as a man, He humbled Himself, and became obedient unto death, even the death of the cross. Wherefore God also hath highly exalted Him, and given Him a name which is above every name. That at the name of Jesus every knee should bow (That in the name of Jesus every knee should bow), of things in heaven (of heavenly), and things in earth (of earthly), and things under the earth (and those under the earth); And that every tongue should confess that Jesus Christ is Lord to the glory of God the Father.

Luke 14:11 – For whosoever exalteth himself shall be abased (humbled): and he that humbleth himself shall be exalted.

This example was of being invited to a wedding feast and taking one of the best seats and being asked to move down. Instead Jesus taught to be humble and take a lower seat and then perhaps you will be asked to come up to seat of higher position. Humble yourself in the situations of life and let others go ahead of you and if they run out of whatever it is, it will be ok. I always used to want to almost fight over my place in line when I would see others cutting and cheating and going ahead of us. But Scott would always remain calm and not react too much. He would tell me it's going to be ok and if they run out, we'll be ok. That's the right attitude to have. We as Christians should let others go first. We don't have to bully or push our way to the front. God sees every sacrifice you make in serving Him.



Pastor Erustus teaches and talks with me about fasting back in 2014: Prayer & fasting is very vital. Now effectiveness in this needs discipline. With fasting you can do it weekly or monthly it depends with your nature of work, time available and health status.

We have a) **Partial fasting** i.e you only reduce the quantity of food amount you take or just take light meals or can avoid like breakfast, lunch or supper. At least you take some means- this is advisable for people with bad health issues where they cannot do minus food a whole day. I think this can be good for you.

b) **Complete fasting** - you only drink water but no food eaten.

C) **Dry fasting** - no food or water taken till you break the fast. Now it all depends on how the Spirit is leading you and your health status determines the type of fasting to go for.

Drinks to consume while fasting



Still water



Sparkling water



Black coffee



Black tea

About fasting and taking some coffee it's OK. It all depends on one's body health state. Once you know your body condition then you choose the right fasting to go for.



Fasting is self denial to get time sit before the Lord, its one way of humbling before God, it empowers you spiritually. It is a time to seek God's will and direction on a matter or your life. It is a spiritual weapon to overcome or fight

demonic forces. Jesus said some evil spirits cannot go except by prayer and fasting and it's a way of killing the flesh to submit to the things of the spirit.

Luke 9:23-24 - And He said to *them* all, If any *man* will come after Me (if any man desires to come after Me), let him deny himself, and take up his cross daily, and follow Me.

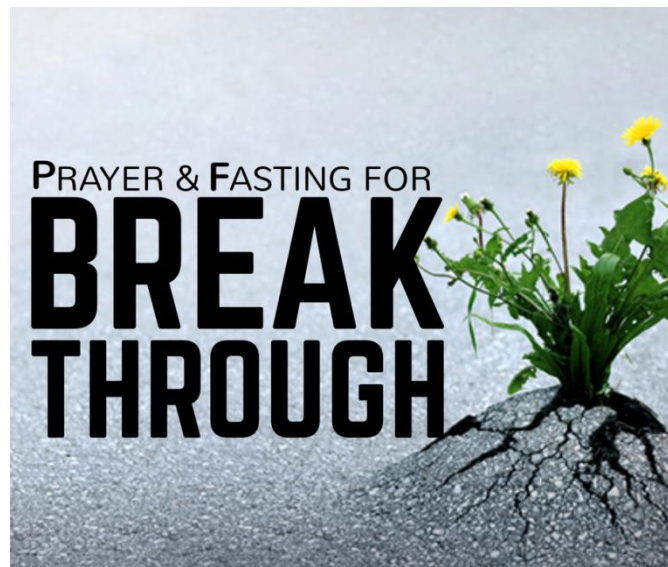
1 Cor. 9:25-27 - And every man (everyone) that striveth for the mastery is temperate in all things (controls himself in all things). Now they *do it* to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I (so I fight), not as one that beateth the air: But I keep under my body (but I buffet my body), and bring *it* into subjection: lest that by any means, when I have preached to others, I myself should be a castaway (rejected).

Gal.5:16 - *This* I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh.



All works through asking in prayer. Now while praying and fasting, I spend time to praise and worship God, read and study the bible, pray for needs, meditate on God's word and just remain silent before the Lord and hear Him speak to my heart, give a vision about something , or speak to you in a dream while sleeping , put an idea or thought in me or lead me to a specific scripture or book in the BIBLE, or use someone to speak to us or use a circumstance, or just put a conviction in your heart or He can speak to you some days after praying and fasting. He speaks in various ways. All is through the Holy Spirit. With that much Pastor, God bless you. Peace to you.

If you are like me you often draw a blank on what to sing to praise and worship the LORD. I have a Broadman Hymnal at home to use in worship to the LORD. I will say it is not 100% pure because there are Christmas songs in it. Right now I don't have the time to research the writers of each song. God knows all of this. So I ask Him to please bless, anoint and sanctify the words that I lift up to Him in praise. If you are not aware of the satanic worship going on in so called Christian churches, then please watch/listen to the teaching "satan's Music in the Church."



Fasting releases great power in your life and ministry and unspeakable breakthroughs and its very good for your health.

He was encouraging me in a fast telling me you will make it . It's not by our own power or might we fast but by the Holy Spirit. Each day divide your time for : Praising and worshiping God , Praying for your requests plus other people's needs, reading your Bible , and just remaining silent before our heavenly Father that He may speak to your heart. Let me know how each day goes am praying for you. Jesus Christ I pray for your servant Pastor Cherie , that you fill her with the power of the Holy Spirit to go through this time of humbling before our heavenly Father in fasting. I cover your spirit, body and soul with the blood of Jesus Christ. Heavenly Father command your angels to minister to your servant in Jesus name.

Philippians 4:13 – I can do all things through Christ which (Who) strengtheneth (strengthens) me. (Int'l B.: I can do all things in Christ, the One empowering me).

I made it two days on that fast and then got a migraine and had to end it. Pastor said: that is a big step in the spirit and trust me, great work done in the spiritual realm. I expect mighty works of God to happen.

Pastor praise be to our loving Jesus Christ. This way God has kept us. Hope you are doing well. I wanted to know if it's ok with you we pray and fast together. From this week every Friday of the week I will be praying and fasting from 6:00 am Friday to 6:00 am Saturday. I will be praying and reading the word after every 3 hours while in the presence of God I will do this for six months every Friday of the week . I thought of us praying and fasting together each Friday if it's ok with you. **Good example of how to fast and divide your time throughout the day.**

We have begun our fast with you today and we are lifting you up to the Lord. He honors us so much when we humble ourselves before Him. He will make a way. Even my little 7 year old fasted breakfast with us and she may fast dinner too. I always feel like I have to drag my husband along on fasts but he is fasting also. We are going to see the hand of God move and do mighty things here and there too!! In Jesus' name!!

Glory to God Pastor, I bless the name of the Lord. I also started the fast today morning have been in the church whole day. Prayed for your family and ministry and God is promising to do great things over there just have an expectant heart. Great to hear your girl and Bro. Scott are fasting with us may the Lord strengthen them. Tell them I appreciate their prayers. Don't worry with time my dear friend Scott will flow in fasting just keep on encouraging him I always pray for him. Jesus Christ I pray that you strengthen your servants with the power of the Holy Spirit as they seek your face , Thank you Jesus!!

FASTING 11/28/2018

Go ahead teach on fasting. You could be fasting always but the weakness of your health has coated you or hindered you in that area. Don't allow the devil to capitalize on that to pull you down or stop you from helping others in the area of fasting. You remember Paul had no family in his later years but he taught a lot in his letters to the church about marriage than any other Apostle.

CLOSING

12/25/2018 ON FASTING



Fasting really gives one spiritual strength. Yes it's good to ask God your desire to fast on given dates so that He gives you strength or when God prompts you to fast in your spirit it's good to ask Him for direction and empowerment through the Holy Spirit. *****The devil fights fasting and many end up not fasting at all so it's good to ask God for direction and strength.*****

You can plan like a week or month or days to the fasting time.

Question: What do you fast for? Do you fast for needs? Or prayer requests? Or for more knowledge? Or strength? Or for revelation?

Answer: I fast for both (all) depending on the conviction in my spirit. At times just fast to humble before God and hear from Him.

Prayer should be a discipline in your life which you must do daily but fasting is a special time with or before the Lord, even after fasting you keep on praying for those needs. There is no formula in this but just follow the leading of the Holy Spirit.

PRAYER