

Session Three: Fast Weekly

I) Introduction

1. Life at the end of this age is going to change dramatically, which will require a new breed of Christian that is prepared for glory and crisis. Often times, good things in Christianity become the enemy of God things. The subject of **Fasting Weekly** is something the Holy Spirit is emphasizing within the body of Christ today.
2. In this message I am going share with you how fasting requires us to embrace voluntary weakness, 5 Biblical ways we can fast and practical issues related to fasting.

II) Embracing Voluntary Weakness

1. The reasons why people don't fast are endless, but one of the major ones for me is a fear about losing out on legitimate pleasures. What I have come to find out is that my fear of going without something is greater than the experience of actually going without it.
2. Some people see fasting as archaic or even optional, but Jesus expected His disciples to fast regularly and not just for breakthrough. History records that the early church fasted twice a week and that lasted for 100's of years.
 - a) **Matthew 6:17** *"But when you fast, anoint your head and your face, so that you don't appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly."*
3. John the Baptist was an example of someone who prepared people for the coming of the Lord by living a fasted lifestyle. He wore simple clothing, ate simple foods, living in a simple place and refrained from eating and drinking with the crowd (**Matt. 3:1,4; 11:18; Mk. 1:3-4, 6**).
4. Fasting isn't reserved for the spiritual elite, but anyone who is hungry to encounter God and is willing to embrace voluntary weakness.
5. Voluntary weakness means that were purposefully removing the crutches that we lean on for strength forcing us to lean hard on Jesus our Beloved. Fasting causes us to lean upon Jesus in a place of weakness confessing that we aren't as strong as we often portray (**SOS 8:5**).
 - a) **2nd Corinthians 12:9-10** *"And He said to me, My grace is sufficient for you, for My strength is made perfect in weakness...For when I am weak, then I am strong."*
 - b) **Matthew 5:3** *"Blessed (happy) are the poor in spirit, for theirs is the Kingdom of God."*

III) Five Biblical Ways We Can Fast

1. **Fasting To Experience The Power Of God Externally**
 - a) **Matthew 17:21** *"This kind (demon) does not go out except by prayer and fasting."*

“Seven Values Of A Forerunner”

- b) John Wesley fasted Wednesday’s and Friday’s and encouraged fellow preachers to also fast twice a week. John G Lake seen over 500,000 documented healings (dead raised, blind eyes opened and deaf ears healed) in under 5 years and he attributes most of it to prayer/fasting.

2. Fasting To Stop A Crisis

- a) **Joel 2:12-14** *“Turn to Me with all your heart, with fasting and weeping...Who knows if He will turn and relent and leave a blessing behind Him...”*

- b) This could be either a personal or national crisis.

3. Fasting For Prophetic Revelation Of The End Times

- a) Receiving revelation about God’s end-time purposes aren’t optional for the forerunner community, it’s an essential.

- b) **John 16:13** *“However, when He, the Spirit of truth, has come, He will guide you into all truth, for He will not speak on His own authority, but whatever He hears, He will speak; and He will tell you things to come.”*

- c) **Revelation 19:10** *“...For the testimony of Jesus is the spirit of prophecy.”*

4. Fasting For Direction

- a) The early Church fasted often when they needed to make serious decisions regarding leadership (**Acts 13:1-2; 14:21,23**).

- b) **Jeremiah 33:3** *“Call unto Me and I will answer you, and I will show you great and mighty things that you do not know.”*

5. Fasting To Grow In Intimacy With Jesus (The Bridegroom Fast)

- a) This fast is about the internal reward of encountering Jesus at the heart level. This fast is motivated by a desire for more of Jesus more than external empowerment.

- b) The first time that Jesus described Himself as a Bridegroom was in the context of fasting. This Bridegroom fast is about a longing, a reaching and a mourning for Jesus.

- c) **Matthew 9:14-15** *“Then the disciples of John came to Him saying, why do we and the Pharisees fast often, but Your disciples do not fast? And Jesus said to them, can the friends of the Bridegroom mourn as long as the Bridegroom is with them? But the days will come when the Bridegroom will be taken away from them, and then they will fast.”*

IV) Practical Issues Related To Fasting

1. Fasting doesn’t earn us anything from God, it only positions us before Him to receive more, faster. It’s a means to an end, but not an end in itself. We fast to encounter, not just to fast.
2. The four primary ways to fast are; **1) The regular fast** (No food, just water) **2)The liquid fast** (Only liquid—vegetable or low sugar fruit juice) **3) The partial fast** (This is a Daniel fast, no sweets and meats) **4)The Benedict fast** (St. Benedict created this fast and it’s just eating one meal a day). Start with one day a week and go from there! Pick it, stick with it!
3. We must use wisdom during the other 6 days with what we eat and ask for grace to endure.