

Fasting for Power

Ac 1:6 When they therefore were come together, they asked of him, saying, Lord, wilt thou at this time restore again the kingdom to Israel?

Ac 1:7 And he said unto them, It is not for you to know the times or the seasons, which the Father hath put in his own power.

Ac 1:8 But ye shall receive power, after that the Holy Ghost is come upon you: and ye shall be witnesses unto me both in Jerusalem, and in all Judaea, and in Samaria, and unto the uttermost part of the earth.

Power – 1411 δύναμις dunamis {doo'-nam-is} **Meaning:** 1) strength power, ability, power for performing miracles, moral power and excellence of soul...

Usage: AV - power 77, mighty work 11, strength 7, miracle 7, might 4, virtue 3, mighty 2, misc 9; 120

This Power is lacking in the lives of believers today. One can be filled with the Holy Spirit, but neglect operating in the Power of the Holy Spirit.

Today we will discover how to get the Power of the Holy Spirit to manifest in our lives in the Message **Fasting for Power**.

The Objective of Today's Message is to **encourage a lifestyle of Fasting and Prayer**.

What You Will Learn in Today's Message:

- Why Fast
- Types of Fasts
- Benefits of Fasting
- How to Start and End a Fast
- Challenges to Fasting
- When to Fast

Scriptures have a lot to say about Fasting and Prayer. Fasting should always be accompanied with Prayer, although Prayer does not always need to be accompanied by Fasting.

The message today will focus more on Fasting for Power.

We see that beginning with the opening Chapters of the New Testament that Fasting was common among the people. This is true throughout the New Testament, and certainly in the Old Testament. Yeshua gave Instructions concerning Fasting to His disciples.

Continuing through to The Acts of the Apostles, we will find that Fasting and Praying was a part of the lifestyle of the first community in the First Century.

In this teaching, we will look at some of those passages, reveal some of the benefits of Fasting and Prayer, and look at Old Testament and New Testament passages that encourage Fasting.

We will make the case concerning the importance of Fasting becoming an intricate part of the lifestyle of all believers if they desire to operate in the power of the Holy Spirit.

We will also look at a famous passage that has produced a variety of teachings causing many to misunderstand Fasting as they have associated it with casting out certain kinds of demons.

Fasting for the believer should be a lifestyle.

In the opening Chapters of the New Testament, we find a widow who is a Prophetess named Anna, from the tribe of Asher, who gave herself to Fasting and Prayer. As a result of living this lifestyle, she was privileged to not only recognize the Messiah, but preach to those looking for redemption.

A Prophetess and Widow Fasted

Lk 2:36 And there was one Anna, a prophetess, the daughter of Phanuel, of the tribe of Aser: she was of a great age, and had lived with an husband seven years from her virginity;
Lk 2:37 And she was a widow of about fourscore and four years, which departed not from the temple, but served God with fastings and prayers night and day. Lk 2:38 And she coming in that instant gave thanks likewise unto the Lord, and spake of him to all them that looked for redemption in Jerusalem.

After receiving the baptism of the Holy Spirit, Yeshua's first assignment was to confront temptation and to bring His body under subjection with a 40-day Fast.

Yeshua was confronted by the very devil and his temptations that brought the first man and woman under subjection by them rebelling against the Commandment of YeHoVaH.

There is a difference between being **full** of the Spirit and operating in the **Power** of the Spirit.

Luke 4:1 And Yeshua, full of the Holy Spirit, turned back from the Jordan, and was brought in the Spirit to the wilderness,
4:2 forty days being tempted by the Devil, and he did not eat anything in those days, and they having been ended, he afterward hungered, Yeshua went in the wilderness full of the Spirit.

4:14 And Yeshua turned back in the power of the Spirit to Galilee, and a fame went forth through all the region round about concerning him, Yeshua returned from the wilderness in the Power of the Spirit.

Yeshua went into the wilderness full of the Holy Spirit. He returned from the wilderness in the Power of the Spirit. Yeshua obtained the Power of the Spirit in the wilderness during His time of consecration.

It was during the 40 days of Fasting that He was able to bring His body under subjection. It was through resisting the temptations the devil brought to Him that He was enabled to operate in the Power of YeHoVaH.

Why Fast?

- Fasting disciplines the soul.
- Fasting helps us overcome temptations.
- Fasting is a means of humbling the flesh or the carnal self.
- Fasting increases awareness of the Spirit by debasing the flesh.
- Fasting has benefits.

David Fasted to Discipline His Soul

When I wept, *and chastened* my soul with fasting, that was to my reproach. (Psa 69:10 KJV)

Daniel Fasted to Seek the Face of YeHoVaH

Da 9:3 And I set my face unto the Lord God, to seek by prayer and supplications, with fasting, and sackcloth, and ashes:

Ezra Fasted to Humble Himself and Seek Direction

Ezr 8:21 Then I proclaimed a fast there, at the river of Ahava, that we might afflict ourselves before our God, to seek of him a right way for us, and for our little ones, and for all our substance.

Fasting with the right attitude, understanding, and according to Isaiah 58, has benefits.

The Benefits of Fasting

Health and Healing

Isa 58:8 Then 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 rearward.

Answered Prayer

Isa 58:9 Then 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;

Guidance and Provision

Isa 58:11 And 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.

These are just a few benefits. There are more.

The Types of Fasts

- Complete Fast
- Partial Fast
- Water Fast
- Daniel Fast
- Unleavened Bread is a type of Fast for 7 days

How to Start and End a Fast

Don't start your fast by splurging on food. Likewise, when you break a fast, eat light not heavy, don't make up for the days you missed eating.

Challenges to Fasting

- First time Fasting
- Cooking for a family
- Diabetes and other illnesses
- Work schedules

- Other restrictions

More Challenges to Fasting

Some people:

- Don't think they can.
- Don't think they have to since Jesus/Yeshua paid the price.
- Think since Jesus/Yeshua is in you and will never leave you so "Why Fast?"
- Use any ole excuse.

We must learn how to resist the temptations of the devil if we are going to have the Power that Yeshua and the Disciples operated in.

A major area of temptation is the appetite. Managing our intake of meats, sweets, and treats. We must discipline ourselves so that we are not led by our stomachs, whereby we live to eat.

Phil 3:17 Brethren, be followers together of me, and mark them which walk so as ye have us for an example.

Phil 3:18 (For many walk, of whom I have told you often, and now tell you even weeping, *that they are* the enemies of the cross of Christ:

Phil 3:19 Whose end *is* destruction, whose God *is their* belly, and *whose* glory *is* in their shame, who mind earthly things.)

Phil 3:20 For our conversation is in heaven; from whence also we look for the Saviour, the Lord Jesus Christ:

Unbelief in the life of believers can be subtle, dormant, and deceiving. Believers can even be in denial about unbelief, especially if they have experienced the manifestation of the Power of the Spirit in their lives before.

Unbelief in the Disciples of Yeshua

Yeshua had a situation in Matthew 17 where His Disciples could not cast out an unclean spirit. The uniqueness about this situation is that the Disciples were no stranger to casting out spirits because Yeshua had earlier given them authority to cast out spirits and heal the sick which they did. But in this situation, they could not and when they asked Yeshua why:

Mt 17:14 And when they were come to the multitude, there came to him a *certain* man, kneeling down to him, and saying,

Mt 17:15 Lord, have mercy on my son: for he is lunatic, and sore vexed: for oftentimes he falleth into the fire, and oft into the water.

Mt 17:16 And I brought him to thy disciples, and they could not cure him.

Mt 17:17 Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me.

Mt 17:18 And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour.

Mt 17:19 Then came the disciples to Jesus apart, and said, Why could not we cast him out?

Mt 17:20 And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

Mt 17:21 Howbeit this kind goeth not out but by prayer and fasting

The disciples dealt with unbelief throughout their time with Yeshua, up to His death, and even after His resurrection.

Unbelief is the enemy of the believer and yet believers allow unbelief to live in their midst.

Mk 16:14 Afterward he appeared unto the eleven as they sat at meat, and upbraided them with their unbelief and hardness of heart, because they believed not them which had seen him after he was risen.

Yeshua said the Disciples would fast after He was taken away.

¹⁵ And Jesus said unto them, Can the children of the bridechamber mourn, as long as the bridegroom is with them? but the days will come, when the bridegroom shall be taken from them, and then shall they fast. (Mat 9:15 KJV)

The Apostles and Disciples Fasted in Acts.

Acts 13:1 Now there were in the church that was at Antioch certain prophets and teachers; as Barnabas, and Simeon that was called Niger, and Lucius of Cyrene, and Manaen, which had been brought up with Herod the tetrarch, and Saul.

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.

³ And when they had fasted and prayed, and laid *their* hands on them, they sent *them* away.

When to Fast

- Personal Fast
- Corporate or community or communal Fast
- Yom Kippur Day of Affliction
- Unleavened Bread is a type of Fast for 7 days

Whenever I plan to do a Healing Service, I always fast. If the Service is in the morning, I will not eat before the Service from the night before. If the Service is in the evening, I will not eat the entire day from the night before.

When I have desired answers from YeHoVaH, and I have not received them, I will go on a fast: a one-day, a three-day, a seven-day fast, or however long I need.

This is where Prayer is important because during the Fast, I'm talking to YeHoVaH and I'm listening to Him to answer me.

If I plan to do a seven-day fast, and He answers me on the second day, then I can break the Fast.

If I do a seven day fast, and He doesn't answer me in seven days, I will continue until I get an answer.

Know your Body

Ask Father for help and strength.

Often when people are ill or not feeling well, their appetites are suppressed; they do not feel like eating because their body is in a fighting and healing mode.

Fast Discreetly

Mat 6:16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

¹⁷ But thou, when thou fastest, anoint thine head, and wash thy face;

¹⁸ That 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.

The first day or two are the most difficult during the Fast, but from that point on it becomes easier and easier as the days go by.