

# **LAUNCHING A REVOLUTIONIZED EXPLOSION BY ATTACKING THE ENEMY WHERE HE HURTS, THROUGH THE "NUCLEAR" POWER OF FASTING!**

*We are launching a war against the enemy!*

## **Introduction**

All of us know we should be fasting, but it is very difficult. Is it not? Today, I will be presenting to you a seminar about the power of fasting, and how to have success. We all know we should do it, and we want to do it, but we have a really hard time doing it. Would that be true?

In this seminar you will be transformed and revolutionized. You will not be miserable. We will soar like never before. Yes, you will be invited to fast, for sure, but not miserably. We will understand fasting more clearly, and soar in the Spirit in ways that we may never have before. I guarantee it in Jesus Name. This is going to be very transformational.

Right now as I am telling you this, the enemy is resisting. He does not like this. I feel it even right now. He is scared in Jesus Name!

Today, I will be speaking about why we fast, fasting in the Bible, and how fasting will transform us.

## **Why do we fast?**

Fasting is when we go without food for a period of time. So, why do we fast? Why do we refrain from eating for a period of time? **One of the main reasons we fast is because fasting is self-humbling.** It is a way in which we humble ourselves before God.

It is something that we should do if we hunger to go deeper with God. We should do it joyfully and not grudgingly because of what is going to happen as the result. As a matter of fact if you fast grudgingly then you are already not getting anything out of it.

I do not mean to imply that if it is difficult for you to fast that it is not doing you any good. It will be difficult, but **you want to seek the joy of it and lean on the strength of God, and know that God is about to bless you. That is enormous!**

The more we find the actual joyfulness of fasting, the more we will want to fast, because we are going to go to a higher plane, and then we will continue going to an even higher plane. You will find amazing experiences when you fast.

Derek Prince, the author of the book, *Fasting* states, "...the responsibility to humble ourselves is placed upon us. We cannot transfer that responsibility to God. To pray, "God, make me humble," is unscriptural because the reply of God in Scripture is always, **"Humble yourself."**

**James 4:10** in the *King James Version* of the Bible states, "<sup>10</sup> Humble yourselves in the sight of the Lord, and he shall lift you up."

**James 4:10** in the *Amplified Bible* states, "<sup>10</sup> Humble yourselves [with an attitude of repentance and insignificance] in the presence of the Lord, and He will exalt you [He will lift you up, He will give you purpose]."

**1 Peter 5:6** in the *King James Version* states, "<sup>6</sup> Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:"

**1 Peter 5:6** in the *Amplified Bible* states, "<sup>6</sup> Therefore humble yourselves under the mighty hand of God [set aside self-righteous pride], so that He may exalt you [to a place of honor in His service] at the appropriate time,"

When we humble ourselves, we are able to truly submit to God's authority in our life. We submit by fasting. This enables us to "discipline" ourselves in order to keep our human nature in subjection to God.

In the natural, abstaining from food, we are purposefully denying our natural desire to eat (fasting) in order to entreat or summon God's power for our strength. He then becomes stronger and bigger in our life, and we become weaker and smaller. Therefore we are going into a higher dimension in our pursuit of God. **We are allowing God to control us.**

What does that feel like when you think about the "pursuit" of God? There is a price, but the rewards will be vast and immense! In other words, the rewards will be boundless and immeasurable. So we need to get on it, so that we are not falling back. We must do our part, and then God will respond and do His part.

### **Fasting in the Bible**

Fasting was practiced both in the old testament and in the new testament. Here are a few examples:

#### **Moses Fasted**

**Exodus 34:28** in the *King James Version* states, "<sup>28</sup> And he was there with the LORD forty days and forty nights; he did **neither eat bread, nor drink water**. And he wrote upon the tables the words of the covenant, the ten commandments."

During this fast God gave Moses the words of the covenant, the ten commandments.

#### **Esther Fasted**

**Esther 4:16** in the *King James Version* states, "<sup>16</sup> Go, gather together all the Jews that are present in Shushan, and **fast** ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which is not according to the law: and if I perish, I perish."

Esther requested that all of the Jews fast for her, along with her and her maidens. She had to go before the King, and persuade him to withdraw his plan to kill all of the Jews. She wanted everyone to fast because she knew she needed God on her side."

### Jesus Fasted

**Luke 4:2** in the *King James Version* states, "2 Being forty days tempted of the devil. And in those days, **he did eat nothing**: and when they were ended, he afterward hungered."

**Philippians 2:8** in the *King James Version* states, "8 And being found in fashion as a man, he **humbled himself**, and became obedient unto death, even the death of the cross."

Jesus fasted as a way to humble himself, and to weaken his fleshly nature. Thus he was able to overcome Satan through fasting. He was our perfect example. If Jesus fasted, shouldn't we also?

### The Disciples Fasted

**Matthew 6:17-18** in the *King James Version* of the Bible states, "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."

**Matthew 6:17-18** in the *Amplified Bible* states, "17 But **when** you **fast**, put oil on your head [as you normally would to groom your hair] and wash your face 18 so that your fasting will not be noticed by people, but by your Father who is in secret; and your Father who sees [what is done] in secret will reward you."

In this passage Jesus was teaching his disciples. He said, "**when** you fast" not "if you fast." Jesus assumed that the disciples would practice fasting. It was an assumption. It was an assumed practice.

### The New Testament Church Fasted

**Acts 13:1-2** in the *King James Version* states, "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.<sup>2</sup> 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."

In the early church before sending out apostles and appointing elders the church fasted and sought God for direction.

### Paul Fasted

Paul in **2 Corinthians 6:5-7** wrote, "<sup>5</sup> In stripes, in imprisonments, in tumults, in labours, in watchings, **in fastings**;<sup>6</sup> By pureness, by knowledge, by long suffering, by kindness, by the Holy Ghost, by love unfeigned,<sup>7</sup> By the word of truth, by the power of God, by the armour of righteousness on the right hand and on the left,"

Paul knew he had to keep his flesh humbled. He knew when he was weak physically then he was strong spiritually.

So, in the Bible, we see that there are many examples of fasting. We spoke of a few of these, Moses, Esther, Jesus, the apostles, the New Testament Church and Paul. This speaks to us today, that **we should also practice fasting regularly**. It is obvious that we are supposed to be fasting.

### Fasting will Transform Your Life

Our carnal nature wars against the Spirit of God. It is "enmity" against God. Our carnal nature does not want to submit.

**Romans 8:7** in the *King James Version* states, "<sup>7</sup> Because the carnal mind is enmity against God: for it is not subject to the law of God, neither indeed can be."

**Romans 8:7** in the *Amplified Bible* states, “<sup>7</sup> the mind of the flesh [with its sinful pursuits] is actively hostile to God. It does not submit itself to God’s law, since it cannot.”

**Enmity** in the *Cambridge dictionary* means, “a strong dislike or hate.” Some synonyms of the word enmity are abhorrence, loathing, hostility, abomination, animosity, and disgust.

In **Romans 8:7**, the Word of God teaches us that the flesh (our carnal nature) is directly in conflict with God. It is enmity against God. Our fleshly nature wants its way. Our fleshly nature wants to control and be in charge. Therefore, one way in which we can keep our carnal nature in subjection to God is by fasting. We are called to “fast!”

Fasting will transform our life. When we fast by denying our carnal nature i.e. “not eating for a period of time,” we are able to subject our flesh to serve God’s purpose. When we fast, it empowers us to allow God to rule our life and have dominion over us. Is your flesh ruling your life or is God ruling your life? We must ask ourselves this question.

If our flesh is ruling our life, maybe we are ruining our life because the Word of God teaches us that “...the wages of sin is death...” (Romans 6:23.) Therefore, we must fast and pray so that we can control our carnal nature.

### Conclusion

In conclusion, I have spoken about the basic reason why we fast, which is to self-humble. I have spoken about some examples of fasting in the Bible. Moses, Esther, Jesus, the apostles, the new testament church, and Paul fasted. Lastly, I spoke about how fasting can transform us, and that we should be fasting regularly. It is expected that we should fast.

A good practice would be to fast weekly. Perhaps pick a certain day each week to fast. Sometimes, maybe two or three days. You can fast on your own or with friends and family members. Encourage one another to fast. Sometimes the Pastor may even call the entire

congregation to a fast. Maybe, God will ask you to fast for a certain situation you or someone else may be dealing with.

**You never lose when you fast. You will always win in fasting.**

However, you can lose if you do not fast. No one will make you fast, and no one will keep you from fasting. It is up to you.

I would like to share with you a testimony that will inspire and encourage you to fast. Years ago a group in our church bound together and went on an extended fast. One of our dear members was a diabetic and her doctor advised her not to fast. She was a new believer, full of faith and the Holy Ghost and was determined to fast anyway. No one could discourage her from fasting. Her doctor agreed that she could fast as long as she came in everyday to check in with him. She did as her doctor instructed, and when the fast ended the doctor declared her healed of her diabetes. She did not just "get through" the fast, she was healed of diabetes. I remember when it happened. It was amazing. All of us were so joyful! I will never forget it. What a great testimony about the power of fasting!

Fasting is not magic. Fasting helps us to release bondage from our fleshy nature and self-will. When we become weak physically by fasting, we open up ourselves to become stronger in the Spirit. Pray and read your Bible when you fast. Feed your soul with the Word of God. It is very important in a fast.

In your times of fasting you may experience ethereal moments "of or relating to regions beyond the earth-heavenly, otherworldly, and spiritual." Generally that comes around the third day of fasting. It is almost heavenly. You also will feel tired and weak, but press on and you will have a wonderful experience. You will have an experience that you will be touching the heavenlies.

Do not forget you are seeking! When you fast, you are going to be tired and weak, but keep looking up and **lean on God**. Keep going. It will be wonderful in Jesus Name!

Below are some practical tips for your victorious fast. Remember, if you take this seriously, then God will take you seriously.

Before you start your fast, slow down or stop your caffeine consumption. Some people get headaches or experience withdrawals when their body is used to caffeine. It is best to get that out of the way before the fast.

### **ABC's of Fasting**

- Stay Hydrated. Drink plenty of water.
- Get enough sleep. You may need to go to bed earlier than usual.
- Read the Word. You will be fed spiritually and that will help sustain you.
- When finished your fast, eat lightly. Never end a fast with a greasy, spicy, heavy meal. You will upset your stomach and may regret it.
- An easy way to fast is to stop eating after a meal, fast 24 hours, then eat a meal.

### **Questions**

Is God calling you to fast? **Do you need to humble yourself?**

---

How has fasting helped you in your walk with God?

---



---

Do you have a testimony about something God did for you as a result of fasting such as a victory or a healing? Can you share it?

---



---

What are some things that you do which help you during a fast?

---



---



---