

FASTING

Numbers 6:24-26 "The Lord bless you and keep you! May the LORD make his face shine upon you, and be gracious to you! May the Lord turn his face upon you and give you peace!"

Fasting must have a motivation, a specific purpose and must always be accompanied by prayer. In any case, it will serve to mortify the flesh and strengthen the spirit. We have seven good reasons to fast:

1 - Fasting and prayer for CONSECRATION AND MINISTRY

Mt 4:1-2 ... Jesus was led by the Spirit into the wilderness, to be tempted by the devil. And, after fasting forty days and forty nights...

- Body 3 ... If you are the Son of God, command that these stones become loaves.

- soul 6 ... If you are the Son of God, throw yourself down (commit suicide); for it is written, "He will give orders to his angels concerning you, and they will carry you on their hands, that you may not strike your foot against a stone.

- spirit 9 ... All these things I will give you, if you bow down and worship me.

The ministry of Jesus Christ began with water baptism, baptism of the Holy Ghost, 40-day fasting, and overcoming temptation in all three areas—body, soul, and spirit.

Acts 13:2-3 "As they worshipped the Lord and fasted, the Holy Spirit said, 'Set aside Barnabas and Saul for the work to which I have called them.' Then, after fasting, praying, and laying hands on them, they let them go.

Acts 14:21,23 ... at Lystra, Iconium and Antioch. After designating for and having prayed and fasted, they commended them to the Lord, in whom they had believed.

2 Corinthians 6:4-5 ... in all things we recommend ourselves as servants of God, with great constancy in afflictions, in wants, in distress, in blows, in prisons, in tumults, in labors, in vigils, in fasts.

Lk 2:36-37 Annas was also there, prophetess, daughter of Fanuel, of the tribe of Asher. She was very advanced in years: after living with her husband seven years since her virginity, she had been widowed and had reached the age of eighty-four. He never left the temple and served God night and day with fasting and prayer.

Mt 6:6,17-18 ... when you pray, go into your closet, and shut the door, and pray to your Father who is in secret; and your Father, who sees in secret, will reward you. ... when you fast, anoint your head and wash your face, so that it may not appear to men that you are fasting, but to your Father who is in secret; and your Father, who sees in secret, will reward you.

1 Corinthians 7:5 (For husband and wife) Do not deprive each other except by mutual agreement for a time to fast and pray, and then come back together, lest Satan tempt you because of your incontinence.

2 - Fasting and prayer for REVELATION

Da 9:1-3,21-23 "In the first year of Darius the son of Ahasuerus, of the race of the Medes, who was made king of the kingdom of the Chaldeans, in the first year of his reign, I, Daniel, meditating on the books, saw that the number of years of which the Lord had spoken to Jeremiah the prophet, and during which Jerusalem was to be ruined, was seventy years. I therefore turned my face towards God the Lord, to prepare myself for prayer and supplication, with fasting, with sackcloth and ashes. While I was still talking in prayer, that man, Gabriel, whom I had seen earlier in the vision, sent with a swift flight, approached me at the hour of the evening offering. He spoke to me and said, "Daniel, I have come so that you may understand. When you began to pray, there was an answer and I came to communicate it to you, because you are very loved. So pay attention to the message and understand the vision.

Da 10:2-3,1,7-8 At that time, I, Daniel, mourned for three whole weeks. I ate no delicious food; neither meat nor wine entered my mouth, and I did not anoint myself at all until the end of the three weeks. In the third year

of Cyrus, king of Persia, a word was revealed to Daniel, who was called Baltazzar; the word is true and foretells a great struggle. He was attentive to the message and understood the meaning of the vision. Only I, Daniel, saw the vision; The men who were with me did not see it, but a great terror came upon them, and they fled into hiding. I was left alone, contemplating that great vision...

Acts 9:8-12 Saul got up from the ground, but when he opened his eyes he saw nothing, and they led him by the hand and carried him to Damascus, where he remained three days without seeing or taking food or drink. Now there was a disciple in Damascus named Ananias; and the Lord said to him in a vision, "Ananias!" He answered, "Here I am, Lord." And the Lord said to him, "Get up, go to the road called Straight, and look in the house of Judas for one of Tarsus named Saul; for behold, he is praying, and he has seen in a vision a man named Ananias come in and lay his hands on him to recover his sight."

Acts 10:30-32 And Cornelius said, four days ago I had fasted until this hour, and at the ninth hour I was praying in my house, and behold, a man stood before me in a shining robe, and said, Cornelius, your prayer has been heard, and your alms have been remembered in the sight of God. therefore send to Joppa, and call Simon, surnamed Peter, from thence; he lodges in the house of Simon the tanner, by the sea; when he comes, he will speak to you.

3 - Fasting and prayer for REPENTANCE and RECONCILIATION

Ne 9:1-3 On the twenty-fourth day of the same month, the children of Israel gathered together, clothed in sackcloth and covered with dust, to perform a fast. Those who belonged to the seed of Israel separated themselves from all foreigners, presented themselves before God, and confessed their sins and the iniquities of their fathers. And they stood in the place where they stood, and listened to the reading of the book of the law of the LORD their God, for a quarter of the day; and for another quarter they made the confession of sins, and bowed down before the LORD their God.

Jol 2:12-15 "Nevertheless, even now," says the Lord, "return to me with all your heart, with fasting, with weeping, and with lamentation." Rend your hearts, not your garments; return unto the LORD your God, for he is merciful and gracious, slow to anger and full of goodness, and repenteth of the evil which he sends. He may come back and repent, and leave behind a blessing.

4 - Fasting and prayer for PROTECTION

Da 6:16-22 Then the king commanded Daniel to be taken and thrown into the lions' den. And the king spoke to Daniel and said to him, "Your God, whom you serve with perseverance, will be the one to deliver you." Then a stone was brought and placed on the opening of the pit; the king sealed it with his ring and with the ring of his grandees, so that nothing might be changed concerning Daniel. Then the king returned to his palace and fasted all night; he did not bring any of the concubines, and could not sleep. In the morning the king got up very early, as soon as it was daylight, and went in haste to the lions' den. When he was near the grave, he called Daniel in an anguished voice and said to him, "Daniel, servant of the living God! Has your God, whom you serve with perseverance, been able to deliver you from the lions?" Daniel answered the king, "Live forever, O king! My God sent his angel who shut the mouths of the lions; They did me no harm, because I was found innocent before him; and even before you, O king, I did nothing wrong."

5 - Fasting and praying for VICTORY in every battle

Et 4:3,15-16 "In every province, wherever the king's command and his decree came, there was great anguish among the Jews: they fasted, wept, and complained, and many made sackcloth and ashes as beds. Then Esther ordered Mordecai to be answered, "Go, gather together all the Jews who are in Shushan, and fast for me, and be without eating or drinking for three days, night and day. I will fast with my maidservants in the same way; and afterwards I will go in to the king, though it is against the law; and if I am to perish, let me perish."

Et 9:1 On the twelfth month, that is, the month of Adar, on the thirteenth day of the month, when the king's command and his decree were to be applied, on the day when the enemies of the Jews hoped to have them in their power, it was quite the opposite; for it was the Jews who had their enemies in their power.

2 Chr 20:2-4,22-24 "Messengers came and told Jehoshaphat, saying, 'A great multitude is advancing against you on the other side of the sea, from Syria, and has come to Ashason-tamar, that is, En-gedi.' Jehoshaphat was afraid, and set out to seek the Lord, and proclaimed a fast for all Judah. Judah gathered together to beg the Lord for help, and the inhabitants came from all the cities of Judah to seek the Lord. As soon as the songs of joy and praise began, the LORD laid an ambush against the sons of Ammon and Moab, and against those of Mount Seir that had come against Judah, and they were defeated. The sons of Ammon and Moab attacked the inhabitants of Mount Seir to destroy them and destroy them; and when they had annihilated the inhabitants of Seir, they began to destroy each other. When the men of Judah had reached the high ground from which the desert was seen, they looked at the multitude, and behold, the corpses lay on the ground; none had escaped.

1 Sa 7:3-6,9-10 ... Samuel spoke to all the house of Israel, and said, "If ye shall indeed return unto the LORD with all your heart, remove from your midst the foreign gods and the idols of Ashtorethah, and resolutely turn your hearts unto the LORD, and serve him, he alone. Then he will deliver you out of the hands of the Philistines." So the children of Israel took away the idols of Baal and Astarte, and served the Lord alone. Then Samuel said, "Gather all Israel together at Mizpah, and I will pray the Lord for you." And they gathered themselves together in Mizpah, and drew water, and sprinkled it before the LORD, and fasted that day, and said, we have sinned against the LORD. ... And Samuel took a suckling lamb, and offered it whole as a burnt offering unto the LORD: and he cried unto the LORD for Israel, and the LORD heard him. While Samuel was offering the burnt offering, the Philistines approached to attack Israel; but the LORD thundered that day with a great noise against the Philistines, and routed them, so that they were defeated before Israel.

And 8:21-23,31 "Down there by the river Aava (I, Ezra) proclaimed a fast to humble ourselves before our God, to ask Him for a good journey for us,

for our children, and for all that belonged to us. For I was ashamed to ask the king for an armed escort and horsemen to defend us on the way from the enemy, because we had said to the king, "The hand of our God assists all who seek him; but his power and his wrath are against all those who forsake him." So we fasted and called upon our God for this purpose, and he heard us. Then we departed from the Aava River on the twelfth day of the first month to go to Jerusalem. The hand of God was upon us, and delivered us from the enemy and from all snares during the journey.

6 - Fasting and prayer to bring about HEALINGS and DELIVERANCES

Ps 35:13 ... I (David), when they were sick, wore a hair shirt, afflicted my soul with fasting, and prayed with my head bowed on my breast.

2 Sa 12:14-16 ... by doing so you have given the enemies of the Lord ample opportunity to blaspheme, the son born to you must die." Nathan returned to his home. And the LORD struck the child which the wife of Uriah had borne to David, and it fell gravely ill. So David made supplications to God for the child and fasted, and then he came and spent the night lying on the ground.

Is 58:6 "Is not the fast that I am pleased to see this: that the chains of wickedness should be broken, that the bands of the yoke should be loosed, that the oppressed should be set free, and that every yoke should be broken?"

Mt 17:21 "This kind of demons does not come out except by prayer and fasting.

7 - Fasting and prayer to CHANGE GOD'S PURPOSES

De 9:9-10 "When I went up the mountain and took the tablets of stone, the tablets of the covenant which the LORD had made with you, I remained on the mountain forty days and forty nights, eating neither bread nor drinking water: and the LORD gave me the two tablets of stone, written with the finger of God, on which were all the words that the LORD had spoken to you on the mountain. speaking to you from the fire, on the day of the assembly. (1st fast of Moses for 40 days)

Ex 32:9 And the LORD said unto Moses, I have well counted this people; well, they are a stiff-necked people. Therefore, let my anger be kindled against them and I consume them, but I will make a great nation out of you." Then Moses pleaded with the LORD his God, and said, "Why, O LORD, should your anger be kindled against your people, whom you brought out of the land of Egypt with great power and with a strong hand? For the Egyptians would say, "He brought them out to harm them, to kill them in the mountains, and to exterminate them from the face of the earth!" Calm the heat of your anger and suffer from the evil with which you threaten your people. Remember (the promise) of Abraham, Isaac and Israel your servants, to whom you swore by yourself, saying to them: "I will multiply your descendants like the stars of heaven; I will give to your descendants all this land of which I have spoken to you, and they will possess it forever.'" And the LORD repented of the evil which he had said he would do to his people.

Ex 34:1,28 "The Lord said to Moses, "Cut two tablets of stone like the first; and I will write on the plates the words that were on the first two plates that you broke. And Moses stood there with the LORD forty days and forty nights; he ate no bread, neither did he drink water. And the LORD wrote on the tablets the words of the covenant, the Ten Commandments. (2nd fast of Moses of 40 days)

Gen 3:4-5,10 "Jonah began to go into the city for a day's walk, and he proclaimed, "Forty days more, and Nineveh will be destroyed.»

The Ninevites believed in God, proclaimed a fast, and clothed themselves in sacks, all of them, from the largest to the smallest. God saw what they did, saw that they turned from their wickedness, and repented of the evil He had threatened to do to them; and He did not.

The time and the way, it will be the Holy Spirit who indicates them in a subjective, personal or communal way.

2 Corinthians 13:13 "The grace of the Lord Jesus Christ, the love of God, and the fellowship of the Holy Spirit be with you all." Amen