



**John 1:1 AMPC**

*1 In the beginning [before all time] was the Word (Christ), and the Word was with God, and the Word was God Himself.*

**John 1:14 AMPC**

*14 And the Word (Christ) became flesh (human, incarnate) and tabernacled (fixed His tent of flesh, lived awhile) among us; and we [actually] saw His glory (His honor, His majesty), such glory as an only begotten son receives from his father, full of grace (favor, loving-kindness) and truth.*

**Hebrews 13:8 AMPC**

*8 Jesus Christ (the Messiah) is [always] the same, yesterday, today, [yes] and forever (to the ages).*

**Malachi 3:6 AMPC**

*6 For I am the Lord, I do not change*

**John 10:10 AMPC**

*10 The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).*

**Hebrews 4:12 KJV**

*12 For the word of God is quick, and powerful, and sharper than any two edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.*

**Hebrews 12:1 AMPC**

*12 Therefore then, since we are surrounded by so great a cloud of witnesses [who have borne testimony to the Truth], let us strip off and throw aside (discard) every encumbrance (unnecessary weight) and that sin which so readily (deftly and cleverly) clings to and entangles us, and let us run with patient endurance and steady and active persistence the appointed course of the race that is set before us*

This is important - Jesus (God's Word) is telling you and I that we need to cut the natural sinful way of thinking and the actions - **not just a little bit, but all of it.**

The Apostle Paul writes (by the Holy Spirit) that there are things in our lives: personal issues, thoughts, actions, habitual practices that we need to get rid of...

Jesus is the Word and He says, you need to get rid of some "things" so He can give you something. He wants to move you to the next step in His plan for your life and give you in abundance what you need for task... but we need to be habitually righteous and spiritually mature.

**John 14:15 AMPC**

*15 If you [really] love Me, you will keep (obey) My commands.*

So, what are some of those “things” the Jesus commands us to cut off that is evil? This is big, **God’s Word is telling you and I something today that is vital for our eternity & for today.**

**Proverbs 6:16-19 AMPC**

*16 These six “things” the Lord hates, indeed, seven are an abomination to Him:*

*17 A proud look [the spirit that makes one overestimate himself and underestimate others], a lying tongue, and hands that shed innocent blood,*

*18 A heart that manufactures wicked thoughts and plans, feet that are swift in running to evil,*

*19 A false witness who breathes out lies [even under oath], and **he who sows discord among his brethren.***

**Pride is the same as the other “things” listed here**

Note: another translation vs 17 says “*considering yourself superior, considering what you think and do is right*”

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Uh oh - pride is a evil! Pride lies, gossips, hurts people, hurts itself, pride says my way is better, pride says I know how this will end, pride has limits in order to be successful, pride and fear go hand in hand. Fear is a result of pride and a lack of faith (afraid to be wrong, afraid to lose control, afraid to be wrong, afraid to give control over to God so we only do that which we know we can control the outcome).

## **Pride is a noun, it is a “thing” that God hates**

### **Pride defined: (NOUN) 1828 Webster’s Dictionary**

(Note: definitions are based on the meaning found in KJV of the Bible)

1. Inordinate (or unjustifiable) self-esteem; an unreasonable conceit of one's own superiority in talents, beauty, wealth, accomplishments, rank or elevation in office, which manifests itself in lofty airs, distance, reserve, and often in contempt of others. **(Proverbs 6:18-19 A heart that manufactures wicked thoughts and plans, and he who sows discord among his brethren)**

I need to share something with you which I believe is a super natural revelation... not everyone thinks like you! Say amen to that... Also, You and I are not always right.

We often speak above the knowledge that we have about a situation including our own....

We become very prideful, our way is better... We think we know when someone says something or does something based upon past experiences that we know what’s gonna happen next... we have attitude towards people and we treat people a certain way based on our limited understanding.

**Why do we struggle with pride regarding God’s Word?... because God doesn’t handle or do the things that way we would.**

The wisest man who ever lived wrote this...

### **Proverbs 14:12 AMPC**

*12 There is a way which seems right to a man & appears straight before him, but at the end of it is the way of death.*

### **Isaiah 55:8-9 AMPC**

8 For **My thoughts are not your thoughts**, neither are your ways My ways, says the Lord.

9 For as the heavens are higher than the earth, so are **My ways higher than your ways and My thoughts than your thoughts.**

### **How do I know if I have pride or I'm prideful?**

Do you get offended easily? That's called pride... Humility doesn't get offended. Humility is thick skinned. Pride is easy to anger, humility slow to anger... Jesus had to humble himself, fast and pray to begin His journey. He was going to be hated and would have things said about Him. From religious people and leaders, pastors/rabbis, friends/family... It did not stop Him from doing God's Will. He did not escape the criticism but He was able to go through what He was called to do. From work, family and friends we will get offended or our pride will.

Humility doesn't mean do nothing, it means **not your way of handling it (pride) but God's Way**... God will not be mocked and will defend the righteous.

### **Here's some warnings of Pride...**

#### **Proverbs 11:2 AMPC**

2 When swelling and pride come, then emptiness and shame come also, but with the humble (those who are lowly, who have been pruned or chiseled by trial, and renounce self) **are skillful and godly Wisdom and soundness.**

#### **Proverbs 16:18 AMPC**

18 Pride goes before destruction, and a haughty spirit before a fall.

Pride takes us down (and others), it robs us what God has for us and has had for us all along. It brings about fear and doubt, these are based in pride (we think we know the outcome) **which is an unreasonable conceit in oneself or what you think and can do we are limited by our emotions and feelings**... this is what Jesus says about our natural feelings of pride and fear bring in John 6:63.

**John 6:63 AMPC**

*63 It is the Spirit Who gives life [He is the Life-giver]; the flesh **conveys no benefit whatever** [there is no profit in it]. The words (truths) that I have been speaking to you are spirit and life.*

We look at the circumstances, take a snapshot and filter it through our experiences and decide if it is possible or not for us.

**1 Samuel 16:7 AMPC**

*7 But the Lord said to Samuel, Look not on his appearance or at the height of his stature, for I have rejected him. **For the Lord sees not as man sees; for man looks on the outward appearance, but the Lord looks on the heart.***

**The opposite of pride is humility**, fasting and humility are almost always interchangeable in God's Word. **Fasting, or humbling yourself is a sign of faith...** God's Words says when you and I humble ourselves (fast) and pray we will hear from heaven, we will get direction, supernatural power... we need to believe it because God says it is true.

**HUMIL'ITY, NOUN (noun is person place or thing)**

1. Freedom from pride and arrogance; a modest estimate of one's own abilities. In theology, a deep sense of one's own unworthiness in the sight of God, self-abasement, **penitence for sin, and submission to God's will or God's way of acting and thinking**

When we humble ourselves, when we fast and pray, God adds to us the things that we need (Matt 6:33)... fasting is more than not eating. **Fasting or humbling yourself is going without that which I think I need or want.** My natural man or instincts are voided even though they may "FEEL" justified... remember the flesh or natural way of thinking profits me nothing. Matt 6:33

Eating food is not a sin, going without food doesn't make you holy but the act of foregoing food trains the body to go without what the body thinks and feels it needs to “make it” and pray for God to provide.

**James 4:10 AMPC**

**10 Humble yourselves [feeling very insignificant] in the presence of the Lord, and He will exalt you [He will lift you up and make your lives significant].**

That takes faith... that is a hard thing to wrap your head around, for most of us, we know how and what to do in the situation based on our experience. We think, I'm superior, I have experience and I don't need to ask God about (relationship, job, finances, direction).

**Lack of faith or pride says, “let me try it my way first, let me speak and or act above the knowledge that I have....”**

We need to stop trying our way first and humble ourselves do it Gods Way, right away. Why get into trouble first and cause these feelings and emotions of failure which leads to depression and doubt? Remember, humbling yourself doesn't mean do nothing, it means do it God's Way and not yours (pride).

**Exodus 10:3**

*So Moses and Aaron went to Pharaoh and told him, "This is what the LORD, the God of the Hebrews, says: **'How long will you refuse to humble yourself before Me? Let My people go, so that they may worship Me.***

**1 Samuel 2:7**

*He humbles and He exalts.*

**2 options regarding humbling:** We can be humbled by God or we can choose to humble ourselves...

**1 Kings 18:21 AMPC**

21 Elijah came near to all the people and said, **How long will you limp between two opinions?**

Here's a promise when we humble ourselves by fasting and praying...

**2 Chronicles 7:14 KJV**

If My people who are called by My name **humble themselves and pray** and seek My face, and turn from their wicked ways, then I will hear from heaven, forgive their sin, and heal their land.

Here's another promise why we should humble ourselves (pray/fast)

**1 Peter 5:6 AMPC**

6 Therefore **humble yourselves [demote, lower yourselves in your own estimation]** under the mighty hand of God, that in due time He may exalt you,

**Matthew 6:33 AMPC**

33 But seek (aim at and strive after) first of all His kingdom and His righteousness (His way of doing and being right), and then **all these things** taken together will be given you besides.

“Things” are specifically talking about God’s Word or promises.

- o Pride says that not all things are possible
- o Pride gets offended easily and often (anger, frustration) with work, relationships, money, place in life.
- o Pride sees only in the natural.

**2 Kings 6:16-17 AMPC**

16 [Elisha] answered, Fear not; for those with us are more than those with them.



17 Then Elisha prayed, **Lord, I pray You, open his eyes that he may see.** And the Lord opened the young man's eyes, and he saw, and behold, the mountain was full of horses and chariots of fire round about Elisha.

- o Pride shrinks your level of faith and is no longer able to do what we are designed to do... we are the seed of Abraham!

**Romans 4:17 AMPC**

17 As it is written, I have made you the father of many nations. [He was appointed our father] in the sight of God in Whom he believed, Who gives life to the dead and speaks of the nonexistent **things** that [He has foretold and promised] as if they [already] existed.

**Pride can't do that... pride has limitations because it's about you and not about God. That's why fear, doubt and anxiety sets in.**

**So, why bring up pride and humility** when speaking about fasting? Because fasting means to willingly go without that which my natural man thinks it needs or is a necessity to have to acquire (my feelings, things emotions) - don't do what my pride is telling me to do and go humble yourself and do what God says to do and think about.

**Pastor Grant - are you sure faith and fasting/humbling yourself go hand in hand? Listen to what Jesus said...**

**Matthew 17:14-21 KJV**

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

15 Lord, have mercy on my son: for he has epilepsy and suffers terribly; for frequently he falls into the fire and many times into the water.

**16 And I brought him to thy disciples, and they could not cure him.**

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.

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

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

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.

21 **Howbeit this kind goeth not out but by prayer and fasting.**

Fasting or humbling will also be joined with prayer... prayer and fasting/humbling and prayer - communicating with God for His way, He is the Way, the Truth and the Life!

The disciples were going through the motions expecting the same results ...often it is gradual, the loss of humility and faith.

**Fasting isn't about changing everyone else but changing you...**

**Jesus - instructed us on how to fast...**

In Matthew 6, Jesus instructed the follower's of Christ, the believer, the christian on how to conduct themselves when giving/helping the poor, when praying. He said don't put on a show to make it look like you're holy but pray this way **Matt 6:9 "our father which art in heaven"**... Jesus also gave instruction on what to do and not to do when fasting.

Jesus tells us not to be anxious about the future (not naive), be obedient to God's Word on money, health, relationship, giving and then seek the Kingdom of God and everything will be taken care of.

**Matthew 6 :16-18 AMPC**

16 **And whenever you are fasting,** do not look gloomy and sour and dreary like the hypocrites, for they put on a dismal countenance, that their fasting may be apparent to and seen by men. Truly I say to you, they have their reward in full already.

17 But when you fast, perfume your head and wash your face,  
18 So that your fasting may not be noticed by men but by your Father,  
Who sees in secret; and your Father, Who sees in secret, will reward  
you in the open.

**James 4:10 AMPC**

10 Humble yourselves [feeling very insignificant] in the presence of the Lord, and He will exalt you [He will lift you up and make your lives significant].

**1 Peter 5:6 AMPC**

6 Therefore humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you,

**Matthew 6:33-34 AMPC**

33 But seek (aim at and strive after) first of all His kingdom and His righteousness His way of doing and being right), and then all these things taken together will be given you besides.

34 So do not worry or be anxious about tomorrow, for tomorrow will have worries and anxieties of its own. Sufficient for each day is its own trouble.

Jesus didn't just speak the Word, He was the Word and Jesus came to show us how live, to fast/humble yourself and pray. He showed us how to do it God's way so we may have life and live life to it's fullest.

**John 10:10 AMPC**

10 The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows).

**Why should I fast? Prepare to go through a difficult time**

**Jesus fasted...**In the book of Mark, he writes in chapter one about Jesus first being water baptized. He is taking orderly steps in preparation.

That preparation was to start His ministry, He knows this is going to be difficult. He was just baptized and the Holy Spirit came upon Him. **Jesus is not going around the problem or avoiding it but fasting/humbling Himself in order to do the will of the Father, to be obedient to the Father or His Word.**

Jesus needed wisdom, patience, strength, the Holy Spirit and then humility so He would not give up doing it God's Way...

This story takes place right after He gets baptized... He comes out of the water and goes straight into a wilderness. This has a specific meaning or imagery, **a barren place or a deserted place - no comforts.**

### **Mark 1:10-14 AMPC**

*10 And when He came up out of the water, at once he [John] saw the heavens torn open and **the [Holy] Spirit like a dove coming down to [enter] into Him.***

*11 And there came a voice out from within heaven, **You are My Beloved Son; in You I am well pleased.***

*12 **Immediately the [Holy] Spirit [from within] drove Him out into the wilderness (desert),***

*13 **And He stayed in the wilderness (desert) forty days, being tempted [all the while] by Satan; and He was with the wild beasts, and the angels ministered to Him [continually].***

Jesus was being tempted to handle "things"... for the prideful people and offenses that would come. God was not mad at Him but needed Him to humble Himself in order to fulfill the plan, to please the Father.

### **Matthew 4:1-12 AMPC**

*1 Then **Jesus was led (guided) by the [Holy] Spirit into the wilderness (desert) to be tempted (tested and tried) by the devil.***

*2 And **He went without food for forty days and forty nights, and later He was hungry.***

*3 **And the tempter came and said to Him, If You are God's Son, command these stones to be made [[loaves of] bread.***

4 **But He replied, It has been written,** *Man shall not live and be upheld and sustained by bread alone, but by every word that comes forth from the mouth of God.*

5 *Then the devil took Him into the holy city and placed Him on a turret (pinnacle, gable) of the temple sanctuary.*

6 **And he said to Him, If You are the Son of God,** *throw Yourself down; for it is written, He will give His angels charge over you, and they will bear you up on their hands, lest you strike your foot against a stone.*

7 **Jesus said to him, On the other hand, it is written also,** *You shall not tempt, test thoroughly, or try exceedingly the Lord your God.*

8 **Again, the devil took Him** *up on a very high mountain and showed Him all the kingdoms of the world and the glory (the splendor, magnificence, preeminence, and excellence) of them.*

9 *And he said to Him, These things, all taken together, I will give You, if You will prostrate Yourself or humble yourself before me and do homage and worship me.*

10 *Then Jesus said to him, Begone, Satan! **For it has been written,** You shall worship the Lord your God, and Him alone shall you serve.*

11 *Then the devil departed from Him, and behold, angels came and ministered to Him.*

**Note:** Below is what Luke, part of the synoptic gospels has to say. This is why you here different aspects of the Christmas story every year... different books (not different translation) different details that are not in conflict but often coinciding with the personal styling of the writer.

#### **Luke 4:13 AMPC**

13 *And when the devil had ended every [the complete cycle of] temptation, he [temporarily] left Him [that is, stood off from Him] **until another more opportune and favorable time.***

We need to get into the practice of humbling ourselves by prayer and because Satan is going to come back around a a more opportune time.

**1 Peter 5:7-9 AMPC**

**7 Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully.**

**8 Be well balanced (temperate, sober of mind), *be vigilant and cautious at all times*; for that enemy of yours, the devil, *roams around like a lion roaring [in fierce hunger], seeking someone to seize upon and devour.***

**9 Withstand him; be firm in faith [against his onset—rooted, established, strong, immovable, and determined], knowing that the same (identical) sufferings are appointed to your brotherhood (the whole body of Christians) throughout the world.**

Jesus was fasting, humbling Himself to do God's plan to save others, to help others, to be obedient to **go thru something and not around it... we need to face our problems instead of running around or from them.**

So, Why else would/should I fast? We will find out according to God's Word in Part 2.



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