

# Why Should I Fast?

## **Luke 4:4**

**4 And Jesus replied to him, It is written, Man shall not live and be sustained by (on) bread alone but by every word and expression of God.**

### **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.*

### **John 1:14 KJV**

*14 And the Word was made flesh, and dwelt among us, (and we beheld his glory, the glory as of the only begotten of the Father,) full of grace 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 off the natural sinful way of thinking and the actions - **not just a little bit, but all of it... the big knife and not the little knife.**

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.

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Remember, Jesus is the Word and He says you need to get rid of some “things” so He can give you something, so **He can move you to the next step in His plan for your life** (abundance of needs met)... **but you and I need to be 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 us to do 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 Romans 6:17 says “considering yourself superior, considering what you think and do is right”**

Uh oh - pride is 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 - a thing that God hates**

**Pride defined: (NOUN) 1828 Webster's Dictionary in which the 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: 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 supernatural revelation... not everyone thinks like you. 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 quickly form attitudes 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 it's not just people, but God doesn't handle or do things the way that we would either!***

The wisest man who ever lived wrote this...

## **Proverbs 14:12 AMPC**

***12 There is a way which seems right to a man and 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 because He was going to be hated and have things said about Him behind His back and to His face. Religious people, pastors, friends... It did not stop him from doing God's Will, He did not escape the criticism but He was able to go and do 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 or my way of handling it (Pride) but God's Way. God will not be mocked and will defend the righteous when they do His Will.

### Here's some warnings about 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 from 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 you can do. **We are limited by our natural emotions and feelings**... this is what Jesus says about our natural feelings of pride and fear bring.

#### **John 6:63 AMPC**

*63 It is the Spirit Who gives life [He is the Life-giver]; the flesh (**natural feeling and emotions based in pride and fear**) 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**... you know that when you humble yourself and pray you will hear from heaven, you will get direction, supernatural power... you need to believe it because God says it is true.

**Humility defined: (NOUN)**

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 - 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, to say I know how and what to do in the situation. It's easy to fall into the trap of I am superior because of my abilities, I have experience and I don't need to ask God about relationships, job, finances, direction, etc.

Lack of faith or Pride says, "let me try it my way first, let me speak and act above the knowledge that I have...."

We need to stop trying our way first and humble ourselves and do it God's way right away. Why get into trouble first and cause these feelings and emotions of failure? This 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 AMPC**

*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 KJV**

*...He bringeth low (humbles), and lifteth up.*

**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 and fast/pray...

**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 fast/humble ourself...**

**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.*

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 and emotions). Pride is opposite of humbling yourself and does not 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 (of power) 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 or His Plan or His Purpose...He is the Word.

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

**Fasting isn't about changing everyone else  
It's about changing you...**

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

In Matthew 6 Jesus instructed the follower of Christ, the believer or the Christian on how to conduct themselves when giving/helping the poor, when praying. 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 and everything will be taken care of.

**Matthew 6 :16-18 AMPC**

**16 And whenever (assumed because it is commanded) 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 (**prideful**). 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,** (humble yourself) **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 and is the Word. Jesus came to show us how to do it, how to fast/humble yourself and pray. He came to show us how to do it God's way, that we may have life and live life to its 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 this passage is where He was starting 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, avoiding it, but fasting/humbling Himself.** He is doing the will of the Father or the acts of obedience to the Father or His Word.

Jesus needed wisdom, patience, strength and the Holy Spirit and then humility so He would not give up doing it God's Way. So Jesus **fasted or went without food and in the Greek that is referred to as humbled Himself.**

**Note:** This story takes place right after He gets baptized. He comes out of the water and goes straight into a wilderness and this means something - 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 [[h]to enter] [i]into Him.***

*11 And there came a voice [j]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”... Prideful people need to fast because offenses will come and they already have. God was not mad at Him but needed Him to humble himself ...He was pleased with Him.

**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.

**Luke 4:13 AMPC**

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

We need to get into the practice of fasting, humbling ourselves because Satan is going to come back around...

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**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 go through God's plan to save others, to help others, to be obedient. He went **thru something and not around it and we need to face our problems instead of running around them as well.**

**Why else would I fast? Hope while waiting. Confirm in our spirit man that God is with us. To increase our faith and be strengthened.**

**Daniel fasted** - Daniel knew the Word and the promises in God's Word. He had interpreted dreams for King Nebuchadnezzar about the End Times, fiery furnace, lions den and was found righteous and prayed and was elevated in the Babylonian kingdom.

**Note:** Lion's den God had elevated Daniel in the government (we need more Christians in government who are Biblical). But Prideful people went after him. God hates pride and His own righteous children being attacked. They schemed to get Daniel thrown into the lion's den but they wound up there themselves with their family.

**Proverbs 6:18**...*A heart that manufactures wicked thoughts and plans.*

**Proverbs 26:27**

27 *Whoever digs a pit will fall into it; if someone rolls a stone, it will roll back on them.*

Remember this: Just like Jesus and Daniel, no one's going to mess with you unless you're a threat. That's because pride is getting in the way for them. The enemy doesn't like your future promotion and uses other people and their wickedness, insecurity and pride to tear you down.

**God is not setting you up to fail  
but to prevail in the plan that He has for you!**

From work/church situations, school, family...God says that's where pride can and will get you. But, Humility is your key to promotion!

**Did you know you can prosper in the world being righteous? Don't let satan tell you something different. In due season God will lift you up...**

So, Daniel knowing the Word, he humbled himself or fasted and prayed (went without what was rightfully his naturally to get something that he was lacking supernaturally). Fasting food is a practice of humbling - habitual practicing it... **Daniel was looking for an answer in God's Word** (written in Jeremiah and Isaiah about freeing the Hebrews from captivity) **for timing for an acknowledgement of God's word that something was in the works** (you have to know the Word in order to pray it). Has anyone here just gotten tired of waiting and you just want to know if God is listening? Daniel was looking to be strengthened in the waiting process...

**Daniel 10:1-21 AMPC**

**1 In the third year of Cyrus king of Persia a word was revealed to Daniel, who was called Belteshazzar. And the word was true and it referred to great tribulation (conflict and wretchedness). And he understood the word and had understanding of the vision.**

**2 In those days I, Daniel, was mourning for three whole weeks. (translated fasting or humbled and fasted)**

**3 I ate no pleasant or desirable food, nor did any meat or wine come into my mouth; and I did not anoint myself at all for the full three weeks.**

**4 On the twenty-fourth day of the first month, as I was on the bank of the great river Hiddekel [which is the Tigris],**

5 I lifted up my eyes and looked, and behold, a man clothed in linen, whose loins were girded with pure gold of Uphaz.

6 His body also was [a golden luster] like beryl, his face had the appearance of lightning, his eyes were like flaming torches, his arms and his feet like glowing burnished bronze, and the sound of his words was like the noise of a multitude [of people or the roaring of the sea].

7 And I, Daniel, alone saw the vision [of this heavenly being], for the men who were with me did not see the vision, but a great trembling fell upon them so that they fled to hide themselves.

8 So I was left alone and saw this great vision, and no strength was left in me, for my fresh appearance was turned to pallor; I grew weak and faint [with fright].

9 Then I heard the sound of his words; and when I heard the sound of his words, I fell on my face in a deep sleep, with my face [sunk] to the ground.

10 And behold, a hand touched me, which set me [unsteadily] upon my knees and upon the palms of my hands.

11 And [the angel] said to me, O Daniel, you greatly beloved man, understand the words that I speak to you and stand upright, for to you I am now sent. And while he was saying this word to me, I stood up trembling.

**12 Then he said to me, Fear not, Daniel, for from the first day that you set your mind and heart to understand and to humble (fast and pray) yourself before your God, your words were heard, and I have come as a consequence of [and in response to] your words.**

13 But the prince of the kingdom of Persia withstood me for twenty-one days. Then Michael, one of the chief [of the celestial] princes, came to help me, for I remained there with the kings of Persia.

14 Now I have come to make you understand what is to befall your people in the latter days, for the vision is for [many] days yet to come.

15 When he had spoken to me according to these words, I turned my face toward the ground and was dumb.

16 And behold, one in the likeness of the sons of men touched my lips. Then I opened my mouth and spoke. I said to him who stood before me, O my lord, by reason of the vision sorrows and pains have come upon me, and I retain no strength.



17 For how can my lord's servant [who is so feeble] talk with this my lord? For now no strength remains in me, nor is there any breath left in me.

18 Then there touched me again one whose appearance was like that of a man, and he strengthened me.

**19 And he said, O man greatly beloved, fear not! Peace be to you! Be strong, yes, be strong. And when he had spoken to me, I was strengthened and said, Let my lord speak, for you have strengthened me.**

20 Then he said, Do you know why I have come to you? And now I will return to fight with the [hostile] prince of Persia; and when I have gone, behold, the [hostile] prince of Greece will come.

21 But I will tell you what is inscribed in the writing of truth or the Book of Truth. There is no one who holds with me and strengthens himself against these [hostile spirit forces] except Michael, your prince [national guardian angel].

The Daniel fast is popular but **don't make this about food and try to act religious by creating a menu that is not humbling. Jesus warned against, don't try and act religious, don't try and go through the motions.**

Also, Moses fasted (leading people, families, businesses, etc) he was already in God's Will doing what He should but still fasted for further direction and wisdom.

**Moses fasted** (Moses led people out of captivity) but many people say He was a born leader...really? He was a stutterer, murderer, isolationist, was asked several times but this time when the bush burned he listened (then he turned and listened).

God can use anyone, don't think God can't use you because of your past or that God can't use someone else because of their past. God can redeem anyone and give them abilities, restore and refine and anoint abilities once we are humbled. He will give us things so He gets the glory.

**Exodus 34:28-35**

**28 Moses was there with the Lord forty days and forty nights without eating bread or drinking water.** And he wrote on the tablets the words of the covenant—the Ten Commandments.

**The Radiant Face of Moses**

**29** When Moses came down from Mount Sinai with the two tablets of the covenant law in his hands, **he was not aware that his face was radiant because he had spoken with the Lord.** **30** When Aaron and all the Israelites saw Moses, **his face was radiant,** and they were afraid to come near him.

**31** But Moses called to them; so Aaron and all the leaders of the community came back to him, and he spoke to them. **32** Afterward all the Israelites came near him, and he gave them all the commands the Lord had given him on Mount Sinai.

**33** When Moses finished speaking to them, he put a veil over his face.

**34** But whenever he entered the Lord's presence to speak with him, he removed the veil until he came out. And when he came out and told the Israelites what he had been commanded,

**35** **they saw that his face was radiant.** Then Moses would put the veil back over his face until he went in to speak with the Lord.

You are not fasting just for yourself but for others to be used by God to reach others that you can't. **Anyone else here need God to reach a family member that you can't? Someone need saving?**

**Moses had a glow about him and that is the humble glow or the fasting glow... Jesus said don't look religious and tell everyone how terrible it is that you have to go without. Don't tell everyone it's no big deal - I created a diet that doesn't make me humble at all.**

Note: pride says you can't be used, pride says someone else can't be used. That's fear and that is pride. Humble yourself and pray for pride to be gone and pray for others for God's plan to be revealed in their lives - your children, your spouse...







**Jesus was found righteous, Daniel did what was right or righteous, Moses did what was right or righteous.**

Just like Daniel heard from the angel, “the answer is coming, we’re working on it the moment you humbled yourself by fasting and prayer”, you may need to hear that during this fast and you will be strengthened.

You may need direction during this season...

You may need hope during this season...

Know, believe, and have faith that God will strike down those who are prideful that come against you when you are doing HIS Will.

Humble yourself by fasting and prayer and know, believe and have faith that you will be changed and in “due time” God will raise you up. He will provide, He will supply all the “things” that you need, but you need to be ready.

I am calling this group of believers to a corporate fast - to humble ourselves and do it God’s Way in all areas of our life. To go through “it”, to get strengthened through the waiting and for direction when you get there.

Just like the story of King Jehoshaphat in II Chronicles 20:3-4 (KJV)... in this story, they had so much faith that God would deliver them against their enemy or difficult season that the singers went out first. The musicians and singers started worshipping God celebrating what God will do to those who are obedient to His Word and humble themselves by fasting and praying.

Fasting/humbling yourself isn’t defeat or depressing but is victorious because God will raise you up, He will answer you, He will make Himself known to you, He is a rewarder of those who diligently seek Him. Who wants to be in God’s Will? That plan is for abundance, for blessing, to provide all the things (Matt 6:33) that you need.

## **Will You Humble/Fast and pray is the question?**

Remember, Pride says it won't change;

Humility says all things are possible;

Pride has no faith;

Humility is full of faith.....

### **Hebrews 11:6 AMPC**

*6 But without faith it is impossible to please and be satisfactory to Him. For whoever would come near to God must [necessarily] believe that God exists and that He is the rewarder of those who earnestly and diligently seek Him [out]*

I want the Moses Glow - AMEN!?

Schedule the humility session!

### **It is time to fill up on some HUMBLE PIE !**

A brief summary or overview of the Daniel fast is listed... don't make this about food. If you can say no to food that is not a sin, to humble yourself and not do that which is not wrong... imagine what you can do when you are tempted to do that which is wrong. We are training our spirit man, exercising our faith muscle... we are learning to be patient, to persevere, to humble ourselves and let God give us direction instead of us doing nothing or doing it our way. You can tweak this for dietary needs - medically... remember it is the heart of the fast - but it is food.

Life is good? you're blessed? humble yourself and ask God how can I bless others. How can I pray for others...

If you are desiring the Moses Glow - that supernatural direction and blessing that comes from humbling yourself...then, it's time to fast and pray.

**Remember fasting isn't about changing everyone else but changing you!**

**Isaiah 43:19 AMPC**

*19 Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert.*

**During this fast - you need to pray and read the Word....**

**Ecclesiastes 8:4 KJV**

*4 Where the word of a king is, there is power:*

If you need direction (fasting for direction)

**Psalms 119:105 KJV**

*105 Thy word is a lamp unto my feet, and a light unto my path.*

**1 Corinthians 2:16 KJV**

*16 ...we have the mind of Christ.*

If you need wisdom on a financial or job situation...fasting for wisdom

**James 1:5 KJV**

*5 If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him.*

If you're facing an impossible situation...fast for God to do the impossible..



**Matthew 19:26 KJV** *“But Jesus beheld them, and said unto them, **With men this is impossible; but with God all things are possible.**”*

I know it's hard but you have to put your trust in God...

**Hebrews 11:6 KJV**

*6 But without faith it is impossible to please him:*

**James 2:26 KJV**

*26 ... faith without works is dead also.*

Where does that faith come from - just like the stories we read today.

**Romans 10:17 KJV**

*17 So then faith cometh by hearing, and hearing by the word of God.*

Pray for your influence to expand or your spouse's like Jabez.....

**1 Chronicles 4:10 AMPC**

*10 Jabez cried to the God of Israel, saying, Oh, that You would bless me and enlarge my border, and that Your hand might be with me, and You would keep me from evil so it might not hurt me! And God granted his request.*

Don't worry about what the enemy is doing or going to do to you by people or situations because.....

**Isaiah 54:17 AMPC**

*17 But no weapon that is formed against you shall prosper, and every tongue that shall rise against you in judgment you shall show to be in the wrong. This [peace, righteousness, security, triumph over opposition] is the heritage of the servants of the Lord [those in whom the ideal Servant of the Lord is reproduced]; this is the righteousness or the vindication which they obtain from Me [this is that which I impart to them as their justification], says the Lord.*

Paul wrote:

**2 Corinthians 4:13 AMPC**

*13 Yet we have the same spirit of faith as he had who wrote, I have believed, and therefore have I spoken. **We too believe, and therefore we speak,***

**Job 22:28 KJV**

*28 Thou shalt also decree a thing (**Promise**), and it shall be established unto thee: and the light shall shine upon thy ways.*

**Luke 1:37 AMPC**

*37 For with God nothing is ever impossible and no word from God shall be without power or impossible of fulfillment.*

**Romans 4:17 KJV**

*17 (As it is written, I have made thee a father of many nations,) before him whom he believed, even God, who quickeneth the dead, and calleth those **things** which be not as though they were.*

**Isaiah 43:19 AMPC**

*19 Behold, I am doing a new thing! Now it springs forth; do you not perceive and know it and will you not give heed to it? I will even make a way in the wilderness and rivers in the desert.*

**Numbers 6:25-27 KJV**

*25 The Lord make his face shine upon thee, and be gracious unto thee:  
26 The Lord lift up his countenance upon thee, and give thee peace.*

## **Daniel Fast Overview**

Start date of the fast: January 10th

End date of the fast: January 30th

Overview: The Daniel Fast is a partial food fast based on a story from the Book of Daniel Chapter 10. It's a food fast from animal products, (meat and cheese) leavened breads, processed foods, coffee. It is basically, fruits and vegetables and forms of bread (Ezekiel) that does not have artificial ingredients.

If you have any dietary restrictions medically please be wise and understand the heart of the fast. Speak with your doctor if need be and for those who drink caffeine, you may want to start to reduce the amount days before hand to help eliminate severe headaches for the first few days.

Each week I will have different “things” that you can focus on during the week while praying. This helps in knowing we are all praying together for the same “things” in faith believing, in faith speaking God’s Word over the situation.

Note: There are several “Daniel Fast” websites with different recipes that you can research. What I have given is the heart of the fast, the general guidelines. Don’t be legalistic about the fast or the food or you will miss out on God’s Heart on humbling, fasting and prayer.



