



Why else would/should I fast? For hope while waiting God are you with me and 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, saw the Fiery Furnace, been in the literal Lions Den and was found righteous and prayed and was elevated in the kingdom.

Note: In the story of the the *Lions Den*, God had elevated Daniel in the government because he had proven himself to be humble, faithful, obedient and those “things” are tied to righteousness.. But Proudful people went after him, God hates pride and He hates when his own righteous children are being attacked. They schemed to get Daniel thrown into the Lions Den but they wound up there themselves along with their family. Remember, the wisest person who ever lived **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.

Just like Jesus and Daniel, no one's going to mess with you unless you're a threat. That's because pride and jealousy is getting in the way for them. Dark does not like the light. Satan see your humility, your righteousness and knows that light comes with promotion...From work situations, school, family even at church- God says pride will hold you back but Humility will be your promotion .

Did you know you can prosper in the world being righteous? don't let satan tell you something different, in due season...

1 Peter 5:6-8 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, 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 [[d]in fierce hunger], seeking someone to seize upon and devour.

As many people are doing the 21 Daniel Fast which is based on the Never Wrong Prophet Daniel. He, knowing the Word, humbled himself or fasted and then prayed.. he went without what was not a sin his to get something that he was lacking, answer to prayer. Fasting food is a practice of humbling and can be a habitual practice 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) Anyone else tired of waiting and wanting 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.**

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 that don't try and act religious, don't try and go through the motions, it will result in you finding a way around it.

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

Moses fasted: (moses led people out of captivity) yeah but Moses was a born leader...really? stutterer, murderer, isolationist, was avoiding God several times but this time when the bush burned he listened (then he turned and listened) .

Exodus 3:3-5 AMPC

3 And Moses said, **I will now turn aside** and see this great sight, why the bush is not burned.

4 And when the Lord saw that he turned aside to see, God called to him out of the midst of the bush and said, Moses, Moses! And he said, Here am I.

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 and you abilities but not until we are humble... and then He will give us **things** so He gets the glory.

Exodus 34:28-35 AMPC

28 **Moses was there with the Lord forty days and forty nights; he ate no bread and drank no water.** And he wrote upon the tables the words of the covenant, the Ten Commandments.

29 When Moses came down from Mount Sinai with the two tables of the Testimony in his hand, **he did not know that the skin of his face shone and sent forth beams by reason of his speaking with the Lord.**

30 When Aaron and all the Israelites saw Moses, behold, **the skin of his face shone, and they feared to come near him.**

31 But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and [he] talked with them.

32 Afterward all the Israelites came near, and he gave them in commandment all the Lord had said to him in Mount Sinai.

33 And when Moses had finished speaking with them, he put a veil on his face.

34 But when Moses went in before the Lord to speak with Him, [a]he took the veil off until he came out. And he came out and told the Israelites what he was commanded.

*35 **The Israelites saw the face of Moses, how the skin of it shone; and Moses put the veil on his face again until he went in to speak with God.***

First, as you fast remember, this is not about God changing everyone else but changing you, humbling you so He can use you. Secondly as you fast and pray ask God for other brothers and sisters in Christ to be used to reach those friends and family that you can't.

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 or 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 really fear of failure which is rooted in pride. Humble yourself and pray for pride to be gone and pray for other's for God's plan to be revealed in their lives - your children, your spouse...and not for them to change to please you but please God.

Pride says stop praying for them because they won't change...

Lack of faith is full of pride which is how fear, doubt and anger set it...

As I have shared about Judy praying for her husband Charlie for 20 years and at his funeral 63 people came to Christ... Kellie prayed for years for me as well.

Charlie or me, in the natural you stop praying for, we were done, we were set in our ways, we had money, people liked us so why would we change. Pride says those 2 men will never humble themselves. Remember, we can choose to humble ourselves or God will.

These 2 ladies started praying and fasting and they were changed. They were humbled to look at their husbands differently and never gave up.

Just like God was preparing Charlie and I to cross paths God has a plan for you to cross paths with: future spouse, job, financial opportunity but you need to be ready , humble, righteous... prepare yourself. People are praying for their family and friends right now and you need to humble yourself so God can use you to answer their prayer

Jesus humble Himself, fasted and then prayed...that it was Daniel did, it was righteous and that is what Moses did and that was righteous. Just like Daniel heard from the angel, “the answers coming we’re working on it” you may need to hear that during this fast and in order for you to be strengthened during the waiting process.

You may need direction during this season...

You may need hope during this season...

Know that God will strike down those who are prideful that come against you when you are doing God’s Will. So, humble yourself by fasting then praying. 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.

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 for those who are obedient to His Word and humble themselves by fasting and then 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 diligent seek Him.

You and only you has to make the decision if you really want to be in God’s Will or His plan for your life. that plan is for abundance, for blessing, to provide all the things (Matt 6:33) that you need for His Plan

Will you humble yourself by fasting then pray is the question? Not your will or plan but HIS will and plan for your life.

- Pride says it wont change
- Humility says all things are possible
- Pride has not 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]

Decide right now and say I want the Moses Glow!

Schedule or plan the humility session...fill up on some humble pie.

Some of you may be thinking... I'm good with Jesus - I pass. So, 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 start looking for something new. The moment you humble yourself by fasting and then prayer, God see it and you better get ready for the new "thing"...

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.

How do you and I get ready for the new thing? Pray and read the word....

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Ecclesiastes 8:4 KJV

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

If you need 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...

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...

Matthew 19:26 KJV

26 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 at times 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. (fast - show God you're serious in humbling)

Where does that faith come from? The Word!

Romans 10:17 KJV

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

Pray for your influence to expand 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 **no-thing** 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.**

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.**

Remember what the Never Wrong Prophet Isaiah said...

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.

Verses to memorize and contemplate during your fast...

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,

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,

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.**

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.



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