

How to Fast

by
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Fasting

Are we supposed to fast? Why should we fast? What happens when you fast? How does it work? What is the difference between a successful fast and a hunger strike?

These are just a few of the questions we will seek to answer. Let's begin by establishing whether or not we are supposed to fast.

Matt. 6:16 Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward.

Notice it didn't say "if" you fast, but "when" you fast. Yes, we are supposed to fast.

There are two types of fasting. You will notice them both mentioned here. One is done unto men, the other unto God. I'm going to first explain to you how to fail at fasting. Please, notice that when you fast unto men "you have your reward". This means that you are not going to get anything from God.

How to Fast Unto Men

This kind of fast usually begins in your flesh (your sinful nature ladden with demons) and sadly ends there too. Lets look at Isa. 58....lets take it apart and look at what God is saying here.

Cry aloud, spare not, lift up thy voice like a trumpet, and shew my

people their transgression, and the house of Jacob their sins.

God is saying, "someone raise up your voice and tell my people they are full of sin. Will no one show my children their ways are wrong? Speak up and show my church they are going astray."

Yet they seek me daily, and delight to know my ways, as a nation that did righteousness, and forsook not the ordinance of their God: they ask of me the ordinances of justice; they take delight in approaching to God.

"You come to church and seek me, at home and in your cars. You get on your knees and pray and say you delight to know my ways and act like you live righteously before Me as if you have not forsook Me and My ways. You even ask Me to show you My Truth and approach me often."

Wherefore have we fasted, say they, and thou seest not? wherefore have we afflicted our soul, and thou takest no knowledge: Behold, in the day of your fast ye find pleasure; and exact all your labours.

"But I have fasted," you say to Me.....,"And you don't even see me, Lord. I have afflicted my soul and you don't even notice," you cry out.

"But I the Lord see your heart, in the day that you are fasting you find pleasure. You are doing what your "flesh" wants. You are fasting for all the wrong reasons and even sinning to go with it! How can I, who am Holy, accept this? Can I draw near to your demons? Can I sit at that table and sup with you? Instead of feeding your earthly body, you are now feeding the demons inside you and are doing what pleases them. You argue over foolish matters, try and compete with your brethren, get angry without a cause, think about yourself all the time, try and out do each other. Look, I made it four days without any food, you brag., all the while you yell at your family, speak evil of your brethren, and complain without restraint. Am I to accept this?"

Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as ye do this day, to make your voice

to be heard on high. Is it such a fast that I have chosen? a day for a man to afflict his soul? is it to bow down his head as a bulrush, and to spread sackcloth and ashes under him: wilt thou call this a fast, and an acceptable day to the Lord?

"I the Lord, will **NOT** accept this and I will **NOT** hear you when you fast like this. For afflicting your body is not what fasting is, that is, when you don't eat. In your sin loving state, you will receive **NOTHING of ME!** Other humans may notice that you are of a sad countenance sitting in your sorrow, self-pity, and fasting; but I will not.

Why? Is God heartless? No, our heavenly Father knows that if we continue in this state we will not make it to heaven. That we are hypocrites and will one day wake from our deceived state to find death our home and hell our future. So what does God accept? What opens up the heavens to us and how do we get, "heard on high"?

How to Fast Unto God

Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?

This is what pleases God. Yes, forsake your body and don't feed it, but that is only a representation of what is supposed to be going on in your spirit and in the spiritual realm. True fasting is more than an act of your will against your body. True fasting, although manifesting through your flesh, takes place in the spirit and spiritual realm. Let me explain: Notice in the above scripture your body is not

mentioned. Is God worried about your body itself? Hardly. It is your spirit and soul that becomes corrupt and then these corruptions play out in your words and actions, your flesh. But the source is from your spirit and your soul. Once again....lets break it down into bite size chunks.....

Loosing the bands of wickedness:

This is you, through and by His Spirit, turning your free will against the demons within you. Paul calls this "your sinful nature". When you loose (let go) of the lies, words, thoughts, intents, and voices of the "wicked" that are oppressing and dwelling in you, then you have done this. These are things that bind and constrict your spirit from serving God and doing His will.

Undoing Heavy Burdens:

When you fast like this, you will take the burdens off of others. As long as you are listening to demons, you are burdening and oppressing someone, I guarantee it! Would you like someone to "help" you with a demon's advice or live from a demon's world and portray it to you? Undo those burdens in you and in others and let them go free. Be God's messenger to them, not the devil's.

Let the oppressed go free:

You are able to do this if you are not listening to the oppressor! You will also be able to assist that other person in finding God's voice in them. But until you do, you will be a burden and the oppressor.

Breaking "every" yoke:

Everything in you that is demonic must go! Every area that they are tied in to begins to come to light when you truly fast. You are seeking separation from

"them" and fasting is the powerful tool that makes this happen!

So true fasting is starving those nasty little creatures who refuse to leave. You are bringing yourself into God's presence in humility. He is changing you! Fasting really is between just you and God. You are on your face before Him, refusing to feed your body and the demons in it, and those in others around you too. You want the truth and you want to be closer to your Father! You are separating yourself from demonic influences! How? By setting your free will against them through the power of His Spirit within you. Now....lets go deeper.....Ready?

Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

Yes, it is good to do all those things in the flesh....but this is the spiritual meaning of that verse:

Dealing your bread to the hungry: You are focused on the spiritual needs of others. You are not living unto yourself. You seek food, spiritual food, the spiritual meaning of the Word to feed those hurting around you. You are giving them something that will truly set them free and save their souls.

Bringing the poor that are cast out to thy house: When the world has forgotten someone, given up on them and cast them aside, leaving them broken and helpless, bring them to your spiritual house and set the table before them that God has given to you. Feed them the Word, nurture them with His love, be patient with them, and help them.

Hide not thyself from thine own flesh: Don't pick and choose who you help and be a respecter of persons. Be like your Father. Sometimes the hardest person to love is the ones you are around all day. But be like your Father, and do good.

Summing it all up!

God is all-knowing. He knows when you are fasting in your "flesh" or when you are truly seeking. If you really want to be heard by Him, I recommend starting with honesty. Ask yourself, "why and HOW am I fasting?". But if you think you can quit eating and be whatever and however you want and God will listen to you, you are wrong! You'll just lose some weight and be really, really grumpy in the process.....!

Instead, try this, set your face to know God. Make this your primary goal, to draw near to Him so you have something to give someone else who is in need, so you will be pleasing to Him..... all because you just love Him so much! Hasn't he hurt enough for you? He gave all His blood for you and tasted death? He has suffered enough and cried enough tears for you. You love Him with all of your heart, you live to please Him. You hate that demons are able to stay in you, it sickens you. You must get help, but how? You pray and pray and they still seem to manifest through you, your heart aches. You know God is not pleased.

What can you do? You can fast. You come before your Maker, humbly, seeking His help, desiring above all else to get closer to Him, to know Him better and be a little step closer to home, to the One you love and adore. You begin by starving this body of death that demands your attention and fights to control you. Then you proceed to starve the demons in you by setting your face like a flint against

them and all they do, their complaining, backbiting, doubt, and slander. You rebuke every thought they send! You refuse to carry out the outburst of anger yelled into your mind by those filthy nasty little creatures of death! You are not going to let them "eat" either! Meanwhile, hanging onto every thread of anything with any resemblance to God. You're praying in tongues to drown "their" noise and draw close to God in any and every way you can. You're meditating and clinging to every word of your Father that you can remember. At times you have to get up and leave a room and repent in tears for slipping, falling and handing a fine meal to a nasty demon, yet you do not quit. You ask, you seek, you knock, you starve! "God I need you more than food, more than life, I need You! I don't want to be a demon or carry out their wishes and be their servant. I want to be Your "servant" not theirs, you cry!

How do you think God will respond to this?

God's heart is overwhelmed and warmed! My kid is trying! Look, he/she really loves Me and is seriously trying to reach Me. And here is what He has for you.....

Isa. (cont.) Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the Lord shall be thy rereward. Then shalt thou call, and the Lord shall answer; thou shalt cry, and he shall say, Here I am.

So what is your reward for pleasing God? Let's break it down....

Your light will break forth as the morning: The truth you seek will find you just as the morning after a long dark night.

Thine health shall spring forth speedily: This is healing for your spirit, soul, and body! Demons have to flee! Finally, you can cast them out and they "can't" return, because the "light" has come to you! The Truth has set you free!

Thy righteousness shall go before thee: Because you have obeyed God, believed in His Son, listened to the Holy Spirit within you (instead of demonic voices) your Righteousness (Christ) shall go before you and lead you.

The glory of the Lord shall be thy reward: God's glory...God Himself will bring it all together and to pass!

So, to sum it up, He will give you His Truth which will heal you (spirit, soul, and body), lead you, and He Himself will bring it all together and make it happen. Wow! Now that's a successful fast!

Next, He repeats the importance of fasting "spiritually".....

If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity; and if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and they darkness be as the noon day: and the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat they bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

Wow...Our Father is good! Just remember...don't feed the demons! Starve those little buggers into extinction and kickem out! Feed those around you whose spirits and souls are starving....love them and help them and God will bless you beyond your wildest dreams!

Helpful tips to boost your spirit life:

I highly recommend several hours of tongues speech a day which will strengthen your spirit. Abstain at all times from anything that drains your spirit and offends

the Holy Spirit. This includes most television shows, secular music, joining in with others who are complaining or making filthy jokes, hours of shopping and lusting after things, dwelling on the past, or your finances, etc.

Praise music playing as much as possible during the day will nurture your spirit. Stay away from the radio stations due to advertisements and stick to cds for non stop music.

Ask the Holy Spirit to help you. Speak with Him as Holy Lord and be very respectful of Him. Greet Him and treat Him as your very best friend. Tell Him everything and be kind and loving towards Him always. Keep His secrets that He will honor you with, and respect Him with all that is in you.

Though there are several "kinds" of fasts, such as no food or water, just water, just water and unpleasant food, etc. I have personally found that my fasts are more successful if during fasting you allow yourself to have juice to strengthen your body. Ask God and have peace in what you do. Ask Him before you come off a fast and have peace in your heart in all things.

Make the focus of your fast on demonic behaviour coming from yourself and the discipline of your body second to it with your primary focus on things like anger, lust, greed, complaining, impatience, etc. Just do your best and ask God to help you. Repent if you fall and be quick to get back on board and never ever give up! Remember, your worst character trait is your head demon's calling card, he or she needs to go first.

Why did Jesus fast? He was sinless? Fasting brings your body into submission. It strengthens your spirit. Jesus turned away from this world and what His body needed and satan tempted Him. Just as you and I are more tempted when your

body is unhappy. Satan waited until the 40 days were complete, catching Jesus at His weakest point and then tempted Him with what caused Satan himself to fall from glory, pride and lust. Here are Satan's three questions testing him in spirit, soul, and body.

1. IF you be the son of God, command that these stones be turned into bread.
2. IF you be the son of God, cast yourself down (from the pinnacle).
3. IF you will fall down and worship me, I will give you all these things (the world).

Jesus knew that He was God, and that Satan was not. Jesus knew the truth and quoted it to Satan. Satan had to leave because he is a liar and no truth is in him. He could not stand against the truth. So will it be in your life. If you have the truth while fasting you will stand against the lies within you, placed there by demons and your own flesh. You will overcome just as Jesus did. Then look what happened next.

Matt. 4:11 Then the devil leaveth him, and, behold, angels came and ministered unto him.

When you resist the devil, lies, the truth will come to you. Angels will minister the truth to you and strengthen you, but you must resist lies and seek the truth.

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