

FASTING #3 - Rewarded Openly.mp4

Speaker1: [00:00:06] In this session, we're going to talk about the rewards of fasting. We know there are many rewards of fasting, many things that fasting will produce in the believer's life. For example, in Isaiah 58, the Bible talks about if you go on the chosen fast that your health will spring forth speedily. Many times, many testimonies we have received from people who were healed just by fasting, God began to do a mighty work in their life, and as they shed pounds and as they laid off the sugar, it's amazing. People's sugar adjust. Their bodies are healed. Their their bodies are restored. I really believe that the Scripture is true, that as we fast and pray that God said that our health, our health would spring forth, would come speedily. And so fasting can get you back into a healthy lifestyle. Fasting can break unhealthy eating lifestyles in your life. That's one of the great rewards. I know that when I fast and pray, especially after the 21 day fast, I always try to set my mind to, you know, after the holidays to do that so that I cleanse my body of all of that sugar, of all of that unhealthy stuff that we get hooked on. And then after the fast, you know, it's amazing how healthy and how strong you feel. So it's not people are not dying from fasting too much. They're dying from eating too much. And so I encourage you to fast and pray for your health to spring forth speedily.

Speaker1: [00:01:43] Isaiah 58 said That would happen if you know someone who needs healing fast and ask God to heal their bodies. That's one of the rewards of fasting. Another great reward is found in the book of Joel when he said that they were in such a famine that the people were starving to death and God impressed upon the prophet to proclaim a fast, a solemn assembly. And the very next verse after they fast, it said that suddenly the recession and the depression was broken and financial rewards were released and the people had more than enough. I'm telling you now, I've been fasting now for over 20 years, and I'm not saying you fast and God makes you rich. I'm not saying you go on a fast and God, but I'm telling you, it is impossible for you to fast as a lifestyle fast when the Holy Spirit prompts you several times, you know, along the year as God leads you and God not reward you even in your finances. There's something about seeking God and praying and fasting that God releases resources and finances because God blesses where His reputation is safe. Of course, one of the greatest rewards of fasting is you get more of God. And isn't that what we need? Because if you get him, you get healing. If you get him, you get provision. If you get him, you get a happy home, a blessed marriage, a great future. And so the question that we

need to ask ourselves is, you know, do we really hunger and thirst for God? I was thinking about how that when my wife and I were dating when we first met, we were so madly in love with one another that when we would go out to eat, it was hard to eat our meals.

Speaker1: [00:03:35] I noticed she would just pick at her food and I was the same way. And the crazy thing is, as soon as I got home out of her presence, I would raid the cabinets. I would raid the refrigerator and eat everything in sight. I cannot tell you the money I wasted on meals simply because our desire to talk and to spend time with each other was even greater than our desire for food. I guess you could say we were lovesick for each other. Do you remember those days? As I thought back on that, it hit me one day that what the Lord feels when we fast is that we are so lovesick for him that it touches His heart. So when is the last time that you were lovesick for God? I want to ask you, when was the last time that you were, you know, so preoccupied with your first love that the food was of no interest to you, that you had lost your appetite because you were so hungry for him? That's what fasting is. You know, the scripture talks about that when the bridegroom is taken, then the bride will fast and we are the bride of Christ.

Speaker1: [00:04:43] So you just don't sense his presence as close as you once did when when you're not fasting and when you begin to fast, if you will just say, Lord, I need you and I'm fasting to draw closer to you, perhaps it's a time that you need to stop the busyness of your everyday life, and you need to declare a fast a season of love. Sickness to restore the passion for your first love back to its proper place in your life, he said in Revelations, Come back to your first love and when you fast, everything slows down. The days seem longer, the night seem longer. It seems like, you know, in the quietness of seeking God, you find him for whom your heart desires. And as you worship and magnify God on this fast. Your enemies and your circumstances will become so small and God will become so big when you begin to worship and fast and pray, what you do is you magnify God and you reduce the size and the power of everything around you. David said it like this in Psalms 34, I sought the Lord and he heard me and delivered me from all of my fears. And one thing that fasting will do as you set your heart toward God, your enemies will shrink and God will be magnified. The greatest thing you can do in the midst of a battle, the greatest thing you can do is to magnify the Lord and seek his face.

Speaker1: [00:06:14] And so I just want to encourage you to seek those rewards, to go after God. The rewards of financial blessing, the rewards of healing, the rewards of intimacy with God. But the greatest reward of fasting is when we say, Lord, I need you, I want you in my life. One of the great rewards of fasting is it gives you power over demonic forces, over spiritual bondage, over temptations, and over strongholds that get a grip on our lives. As a matter of fact, you know, the Bible tells in the book of Mark about a man who had a son who was demon possessed. And he brought those those that son to the disciples, that they would cast the evil spirit out. And the Bible said they could not, which tells me there are some demonic strongholds that will never be broken. In our lives and our children's lives and our family's lives until we begin to seek God on a deeper dimension and level. And that is through fasting. They ask him the man, ask him, the disciples, to cast the evil spirit out of his son, and the Bible said they could not. Then they took him to Jesus and Jesus cast the evil spirits out. And later the disciples said, Lord, why could we not do that? And you know the answer. He said, This kind comes out, but by fasting and prayer. You see, there are some evil spirits that are what I call stubborn spirits.

Speaker1: [00:07:52] They don't respond to normal prayer. They set up such a strong hold sometimes for generations. Sometimes these are generational spirits that we're dealing with, that there was a tendency for for generation sons. You know, they say that, for example, alcoholism, that the sons and the daughters and the grandsons, that they're they claim that they're even genes that make them more susceptible to alcoholism. Well, that may be true or it may not be true. But the point is this. There is a spiritual force that comes to kill, steal and destroy. And this kind. What kind? The stubborn kind. The kind. Maybe you're maybe you're facing situations that you prayed about for a long time and nothing's happened. Well, you're facing one of those stubborn demons. You're facing one of those stubborn situations that just is so defiant, so resistant. What do we do? You see, the Bible said the weapons of our warfare are not carnal, but they're mighty through God to the tearing down of strongholds. And we have to put on the whole armor of God. And one of the weapons, mighty weapons that God has given you when you're facing stubborn, defiant circumstances that will not break. I'm talking about long term situations. You've been praying a long time and nothing's changed. Nothing's given n nothing. Nothing is breaking through. Then I encourage you, this is the kind of situation that calls for more than prayer.

Speaker1: [00:09:29] It calls for fasting and prayer for the Scripture. Said that when Jesus was asked why could we not cast this evil spirit out, Jesus said, This kind will only respond to people who fast and pray and use my name. And so I'm telling you that there is another level of spiritual power available to you, and it is released into the believer's life. It's not that God has changed. It's not that God is less powerful if if, if we don't fast. The point is, it's like our faith sores fasting causes our boldness, our faith to go to another level. One of the greatest things that fasting will do for you is it will increase your faith. You know, if you're facing a mountain that's too big for you to climb, you need to fast because fasting will cause the spirit man to rise up. Fasting will cause you to see impossibilities as possible. And there's a level of faith. God is a faith God, and he requires faith. He when when you when you begin to live in faith, then you release the power of God and fasting moves you into the realm of faith. And this kind, stubborn situations, stubborn spirits, stubborn strongholds. You know, another thing fasting does, it doesn't just break the power of demonic forces. And listen, you know, the church is the church doesn't seem to want to talk about the devil. It's kind of like that. That movie. Honey, Honey, I shrunk the kids.

Speaker1: [00:11:11] I think we I think the church is basically saying, honey, I shrunk the devil and he doesn't exist anymore. But the truth is, we're fighting demonic forces for our kids, for their minds, for their bodies, for their future, for our families, for our marriages. And sometimes we need to intensify our warfare against Satan and his hordes that are coming to kill, steal and destroy. And we need to come against those demonic strongholds with fasting and prayer. I'm telling you, I know what I'm talking about. There is something that happens to the authority of the believer. You go to another level of authority over the demonic world when you begin to fast and pray. And I'm not talking about being super spiritual. I'm not talking about being weird. I'm talking about the Bible said that when we fast and pray that there is authority to rebuke the enemy. And break his stronghold off of our lives. You know, another thing that fasting will reward your life with is freedom and liberty. In the Book of Judges, it talks about how that there was a situation where the children of Israel could not conquer an enemy. And the Bible even said that that enemy had strongholds in their life. But they fasted. They went out and fought this enemy and they were defeated. They went back out the next day and Israel, God's people were defeated again. But then the Bible said that they called for a fast. And I tell this whole story in the book, and maybe it's there in your study guide, but it's in the book of judges that when they called for a fast, they went out

against the same enemy that had defeated them two times and killed thousands of Israelite soldiers.

Speaker1: [00:13:01] And after they fasted, they went into the same battle against the same enemy and they defeated that enemy. You see, there are some battles you're never going to win until you begin to fast and pray. There are some enemies, some strongholds. I believe that one of those strongholds is lust. And the thing that fasting does is it gets our bodies under control. It gets us that self-discipline to say no to the lust of the eyes, the lust of the flesh and the pride of life. And so one of the great rewards of fasting is you get authority over evil, you get authority over sin, you get authority over bondages in your own life. And, you know, as you fast and pray, just get real before God and say, Lord, here are some issues, here are some temptations, here are some areas I'm struggling in and I'm not hiding these. I'm not covering these up. These are my weaknesses. These are those those pressure points that Satan knows that that that I can be tempted in. And I bring them to you on this fast. Well, what you're doing is you're allowing God to invade those areas with his grace and with his mercy and with his strength for your life.

Speaker1: [00:14:15] And so fasting has so many rewards. And I agree with you that as you seek and fasting and prayer and go to the study of God, why don't you just begin to believe God for healing on this fast? Why don't you just believe God for financial breakthrough like you've never seen before? Your best years are ahead in Jesus name. Why don't you just believe that demonic forces such as drug addiction and alcoholism and and homosexuality and spirits of perversion and spirits of suicide that may have their grip on family members or people that you love dearly. You can fast and break those demonic strongholds. Why don't you just believe that if you've been coming against the same problem and it won't and it's stubborn and it's defiant that as you seek God and fasting in prayer, one of the rewards that he's going to release is he's going to break down that stronghold. And those defiant circumstances are going to give way to the victory that God has for your life. I'm telling you, if you he said in the book of Matthew chapter six, that if you seek me privately in fasting and in prayer, I will reward you openly. Get ready for the open reward. Everybody's going to see it. Everybody's going to notice it. It's going to be hard to cover up all the favor of God that's going to come on your life as you seek it in fasting.