

Fasting

Part 1

One way to worship God and live your life unto Him is by fasting. The Scripture speaks about that subject in both the Old Testament and the New Testament.

“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.” (Exodus 34:28) Moses stayed in God’s presence at Mount Horeb for forty days and forty nights and he had to be in fasting to receive God’s word, and for the Ten Commandments to be prepared and given to him to be delivered to the people of God.

Moses stated the following about that event of fasting: *“⁹ When I went up on the mountain to receive the tablets of stone, the tablets of the covenant that the LORD had made with you, I stayed on the mountain forty days and forty nights; I ate no bread and drank no water. ¹⁰ The LORD gave me two stone tablets inscribed by the finger of God. On them were all the commandments the LORD proclaimed to you on the mountain out of the fire, on the day of the assembly. ¹¹ At the end of the forty days and forty nights, the LORD gave me the two stone tablets, the tablets of the covenant. ¹² Then the LORD told me, “Go down from here at once, because your people whom you brought out of Egypt have become corrupt. They have turned away quickly from what I commanded them and have made a cast idol for themselves.” ¹³ And the LORD said to me, “I have seen this people, and they are a stiff-necked people indeed! ¹⁴ Let me alone, so that I may destroy them and blot out their name from under heaven. And I will make you into a nation stronger and more numerous than they.” ¹⁵ So I turned and went down from the mountain while it was ablaze with fire. And the two tablets of the covenant were in my hands. ¹⁶ When I looked, I saw that you had sinned against the LORD your God; you had made for yourselves an idol cast in the shape of a calf. You had turned aside quickly from the way that the LORD had commanded you. ¹⁷ So I took the two tablets and threw them out of my hands, breaking them to pieces before your eyes. ¹⁸ Then once again I fell prostrate before the LORD for forty days and forty nights; I ate no bread and drank no water, because of all the sin you had committed, doing what was evil in the LORD’s sight and so provoking him to anger. ¹⁹ I feared the anger and wrath of the LORD, for he was angry enough with you to destroy you. But again the LORD listened to me. ²⁰ And the LORD was angry enough with Aaron to destroy him, but at that time I prayed for Aaron too. ²¹ Also I took that sinful thing of yours, the calf you had made, and burned it in the fire. Then I crushed it and ground it to powder as fine as dust and threw the dust into a stream that flowed down the mountain.” (Deuteronomy 9:9-21)*

Twice Moses fasted forty days and forty nights. He ate no bread and drank no water. Medically man can stand without water for three days but without food for a longer period. The important thing here is that you fast when you are led by the Holy Spirit. Moses was led by God to fast for a purpose and the Lord sustained him without food or water. Not that he sustained himself but the Lord sustained him. The same for you, fast as the Lord’s enable you and sustain you. I have seen people fasted 40 days without food but they were drinking water. It is not a compulsory matter to abstain from water but as the Holy Spirit lead. In *Matthew 4:1-3* *“Then Jesus was led by the Spirit into the desert to be tempted by the devil. ² After fasting forty days*

and forty nights, he was hungry. ³ The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” And In Luke 4:1-3 “Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the desert, ² where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry. ³ The devil said to him, “If you are the Son of God, tell this stone to become bread.” It is mentioned that *After fasting forty days and forty nights, he was hungry.* It did not mention that Jesus was thirsty; possibly he was abstaining from food. But whatever his fasting was, He was led by the Holy Spirit. The same for us we fast as we are led by the Holy Spirit of how many days we need to fast and what are the things we abstain from. The important here is to deprive the flesh from its desire and set your desire to seek more of God and to draw near unto Him. This message will teach you more about fasting.

From Moses fasting we can learn the following points:

1- Moses fasted the first time to receive the Ten Commandments: One purpose of fasting is to receive the word of God and His messages to us. We fast for the purpose of knowing what the Lord wants us to know and what the Lord’s wants us to do and to be. The messages that we receive from the Lord is not only for us but we need to share it with the people around us. We share it to the believers to draw near to God, and to the non-believers to know Him and walk in His ways.

2- Moses Fasted the second time to pray and intercede in behalf of the people: The people of God while Moses was at the mountain with the Lord they sinned greatly against the Lord; they turned away quickly from the way that the Lord commanded and corrupted themselves by making for themselves idol to worship. Moses fell prostrate and fasted for the second time forty days and forty nights to intercede for the sins of the people and for Aaron who led the people astray because God wanted to destroy the whole assembly including Aaron. Moses prayer and fasting turned away the wrath of God. Therefore:-

- A- We need to pray and fast in order to intercede for the believers, those who are in sins, to repent and stop worshipping idols and follow practices that contradict the teaching of the Lord. Lust, immorality, greed and love of money, slander, malice, bitterness, unforgiveness, spending too much money, boasting, showing off, complacency and lack of commitment, etc are all form of idol worship.
- B- We pray and fast for the backsliders that God will have mercy on them and give them another chance to repent and get restored to him and to the church.
- C- We pray and fast for the church leaders who led the people astray from the way of the Lord and condone with them to do the wrong things that God forbid in his word.

My dear and Beloved: You are accountable and responsible before God to do much for Him as we read above, and to accomplish that through prayer and fasting as you agree to pray.

My Prayer: Father God I come before you in the name of Jesus who died on the cross for my sins to give me eternal life. Lord I commit my life to pray and fast to draw near to you in order for me to receive your word and tell others about you. Lord I commit myself to pray and fast to intercede in behalf of those brethren who live in sin, and for the backsliders who went away from you, and for the church leaders who misled the flocks and took them into wrong direction. Lord please forgive them all their sins and give them one more chance to repent, come back to you and to your church, this is my prayer in Jesus name Amen.