

Fasting

Part 4

The bible contains more Scripture that are speaking about fasting. In reading and meditating on them then we can apply them in our lives.

The following Scripture speaks about the fasting of David for his son that he had from Uriah's wife, whom the Lord struck down as a consequence of David's sin: *"¹⁵ After Nathan had gone home, the LORD struck the child that Uriah's wife had borne to David, and he became ill. ¹⁶ David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground. ¹⁷ The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. ¹⁸ On the seventh day the child died. David's servants were afraid to tell him that the child was dead, for they thought, 'While the child was still living, we spoke to David but he would not listen to us. How can we tell him the child is dead? He may do something desperate.' ¹⁹ David noticed that his servants were whispering among themselves and he realized the child was dead. 'Is the child dead?' he asked. 'Yes,' they replied, 'he is dead.' ²⁰ Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped. Then he went to his own house, and at his request they served him food, and he ate. ²¹ His servants asked him, 'Why are you acting this way? While the child was alive, you fasted and wept, but now that the child is dead, you get up and eat!' ²² He answered, 'While the child was still alive, I fasted and wept. I thought, 'Who knows? The LORD may be gracious to me and let the child live.' ²³ But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me.'* (2Samuel 12:15-23)

David after was faced by the prophet Nathan he confessed his sin, *"¹³ Then David said to Nathan, 'I have sinned against the LORD.'* (Samuel 12:13a) And the answer of the Lord for him was the following: *"Nathan replied, 'The LORD has taken away your sin. You are not going to die. ¹⁴ But because by doing this you have made the enemies of the LORD show utter contempt, the son born to you will die.'* (2Samuel 12:13b-14) David had to bear the consequences of His sin. Therefore after Nathan left David the Lord struck the child. David repented of his sin and he showed his response to God's discipline in the following way: *David pleaded with God for the child. He fasted and went into his house and spent the nights lying on the ground he refused, and he would not eat any food.* He did not rebel against God's discipline but he pleaded with God for the child, he humbled down and accepted to be humiliated when he lie down on the ground. He was sad that he sinned against the Lord, so he refused to eat any food. David was in a struggle, he sinned against God and he knew that he needs to be disciplined. But he loves his child and pleaded with God to save him. Seven days David was

in that condition waiting for God's final decision and the outcome of his child. *On the seventh day the child died* and David accepted God's will and he dealt with him and the child. *Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the LORD and worshiped. Then he went to his own house, and at his request they served him food, and he ate.* David's repentance was truly manifested with his right mind in pleading, praying and fasting to the Lord to spare the child and save him. David said *"While the child was still alive, I fasted and wept. I thought, 'Who knows? The LORD may be gracious to me and let the child live.'* His repentance gave him the right mind to say, *But now that he is dead, why should I fast? Can I bring him back again? I will go to him, but he will not return to me.*

David during the seven days of fasting he was passing through great pain in facing the two events of God's anger and the sick child that about to die. Fasting is a manifestation of your deep repentance and deep sorrow for the sins that you have done and displeased God. May the message brings conviction in your heart to repent and makes you grieve over your sin, so that you will turn to God and accept His discipline and the consequences of the wrong doing that you have done.

David's final thought that the Lord would be happy with him once again. The child that the Lord struck, the Lord took to heaven and David knew that as he said, *I will go to him.* David was happy and agreed with what the Lord did. He was glad that God fulfilled what He said, not only for the discipline that he put upon David but as well as the forgiveness of the sin of David when the Lord's word came to him through Nathan said, *"The LORD has taken away your sin the son born to you will die."*

The same for you, *"⁹ Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. ¹⁰ Humble yourselves before the Lord, and he will lift you up."* (James 4:9-10) Don't be sad for whatever things that the Lord would take away from you as discipline and consequence of what you had done wrong; your final aim is that God is happy with you and that you are forgiven, restored to the fellowship with God and restored to the plan of God that he had for you.

My dear and Beloved: Whom you have but the Lord to help you and to guide you in this life. The sin that you have done had separated you from God. Your salvation is in peril! God is combating you with your sins and in front of you a new life. Repent, plead your case with God. Fast and humble yourself, who knows ***The LORD may be gracious to you!*** Take the message seriously, don't ignore it, but respond appropriately as you agree to repent, act and 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 repent from the following sins, _____, I plead my cause with you. Have mercy on me Lord. *"⁸ Let me hear joy and gladness; let the bones you have crushed rejoice. ⁹ Hide your face from my sins and blot out all my iniquity."* (Psalm 51:8-9) This is my prayer in Jesus name Amen.