

FASTING – Part Four: 40 DAYS, PRIDEFUL, NO SEX, FOR OTHERS, GOD’S GUIDANCE



FASTING 40 DAYS:

Moses fasted twice for 40 days.

Exodus 24:15-18 – And Moses went up into the mount (mountain), and a cloud covered the mount (mountain). And the glory of the LORD abode upon Mount Sinai, and the cloud covered it six days: and the seventh day He called unto Moses out of the midst of the cloud. And the sight of the glory of the LORD was like devouring fire (fire burning) on the top of the mount in the eyes of the children of Israel. And Moses went into the midst of the cloud, and gat him up into the mount (and he went up into the mount): and Moses was in the mount forty days and forty nights.

Exodus 34:1-2,28 – And the LORD said unto Moses, Hew (cut) thee two tables (or tablets) of stone like unto the first: and I will write upon these tables (tablets) the words that were in (on) the first tables (tablets), which thou brakest. And be ready in the morning, and come up in the morning unto mount Sinai, and present thyself there to Me in the top of the mount (and place yourself there by Me in the top of the mount). V. 28 And he was there with the LORD forty days and forty nights; he did neither eat bread, nor drink water. And He wrote upon the tables

(tablets) the words of the covenant, the ten commandments. *That is God Who wrote on the tablets.*

This next passage is about Elijah running from Jezebel who threatened to kill him after he had killed all the prophets of baal. He is on the run and has gone out into the wilderness.

1 Kings 19:5-8 – And as he lay and slept under a juniper tree (he slept under one broomtree), behold, then an angel touched him, and said unto him, Arise and eat. And he looked, and, behold, there was a cake baked on the coals (there was a cake on hot stones), and a cruse of water at his head (a jar of water). And he did eat and drink, and laid him down again (and turned and lay down). And the angel of the LORD came again the second time, and touched him, and said, Arise and eat; because the journey is too great for thee. And he arose, and did eat and drink, and went in the strength of that meat (and went in the power of that food) forty days and forty nights unto Horeb the mount of God.



When the angel came and strengthened him reminded me of when they came to Jesus and ministered to Him after He had fasted 40 days and nights. Elijah had just been used mightily by God to destroy the prophets of baal and draw the people back to God. He was drained and worn out.

Matt.4:1-2,11 – Then was Jesus led up of the Spirit (led by the Spirit) into the wilderness to be tempted of the devil (to be tested by the devil). And when He

had fasted forty days and forty nights, He was afterward an hungered (And having fasted 40 days and 40 nights, afterward He hungered). V. 11 Then the devil leaveth Him, and, behold, angels came and ministered unto Him.

Don't believe everything you see in the movies. There's a movie we saw the other night on pure flix where they show satan harassing Jesus all through the 40 days and nights.

Pastor Dalbeer and his family just recently completed a 40 day partial fast. He shared this: And I thank God by doing fasting I never feel hungry because I know God provides and will provide me energy for all day. I asked if they were eating at all? We just eat in night only. We are trying to do 40 days fasting as Jesus did. You know my children thought by fasting how much food we will be able to save we will give to the poor families of village.

YOU DO NOT FAST OUT OF PRIDE OR TO BRAG:

A lot of people just want to fast as long as Jesus did for bragging rights. Or to fast longer as a point of pride and bragging as if they are above Him or to belittle what He did and went through.

Luke 18:9-14 – And He spake this parable unto certain which trusted in themselves that they were righteous, and despised others: Two men went up into the temple to pray (to the temple to pray); the one a Pharisee, and the other a publican (tax collector). The Pharisee stood and prayed thus with himself (praying these things to himself), God, I thank Thee, that I am not as other men *are*, extortioners (rapacious), unjust, adulterers, or even as this publican (tax collector). I fast twice in the week, I give tithes of all that I possess (I tithe all things, as many as I get). And the publican (tax-collector), standing afar off, would not lift up so much as *his* eyes unto heaven, but smote upon his breast, saying, God be merciful to me a sinner. I tell you, this man went down to his house justified *rather* than the other: for every one that exalteth himself shall be abased (humbled); and he that humbleth himself shall be exalted.



That passage said the Pharisee was praying these things to himself! He was not even praying to God. His prayers went nowhere. Trying to glorify and lift himself up. Haven't you all heard someone pray like that?

We usually don't even let people outside of those we live with know we are fasting unless it is a corporate fast. The Pharisees were so prideful, they were about rules and regulations but did not have a sincere heart and desire for God. This example does not mean we cannot ever pray publicly but we need to be sure we are not doing things out of pride or to impress others.

Matt. 6:16-18 – Moreover ****when*** ye fast, be not, as the hypocrites, of a sad countenance (darkening the face): for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you, They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret (but to the Father of you in secret): and thy Father, which seeth in secret, shall reward (repay) thee openly.



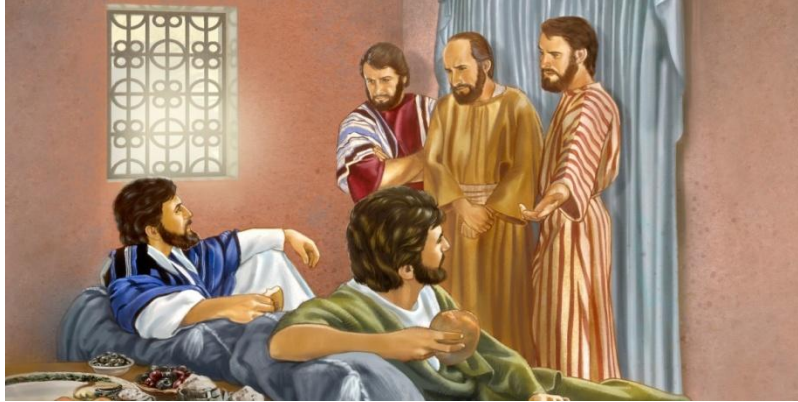
Pastor Erustus shared: Many fast with a wrong motive and for selfish desires, show off or pride. This is supposed to be an humbling experience and not otherwise. We fast for needs but also just to humble before God and hear from Him.

SHOULD WE FAST TODAY:

Acts 27:9 – Now when much time was spent, and when sailing was now dangerous, because **the fast** was now already past, Paul admonished them,

Paul was imprisoned on a ship and being taken to Rome. The fast mentioned here is marking the time of year. Because “The” fast was talking about the only fast that God required of the Jews which was Day of Atonement. This is important to know here because it is the season for stormy weather. This was a transitional time with the Jews learning to accept grace in the New Covenant and let go of the law which had been fulfilled by Christ Jesus.

Matt. 9:14 - Then came to Him the disciples of John, saying, Why do we and the Pharisees fast oft, but Thy disciples fast not?



Make them do it too! All those separate groups should have been desiring to be in the presence of Jesus!

Luke 5:33 – And they said unto Him, Why do the disciples of John fast often, and make prayers, and likewise *the disciples* of the Pharisees; but Thine eat and drink?

Mark 2:19-20 – And Jesus said unto them, Can the children of the bridechamber fast, while the bridegroom is with them (The sons of the bridechamber are not able)? as long as they have the bridegroom with them, they cannot fast. But the days will come, when the bridegroom shall be taken away from them, and then shall they fast in those days.

You cannot celebrate and fast at the same time. Fasting is a time of humbling yourself before the LORD.

ABSTAIN FROM SEX WHILE FASTING:

1 Cor.7:5 - Defraud ye not one the other (Do not deprive one another), except *it be* with consent for a time, that ye may give yourselves to fasting and prayer (that you may be free for fasting and for prayer); and come together again, that satan tempt you not for your incontinency (lack of self control).

****Interesting to note that the NIV has conveniently LEFT THE WORD FASTING COMPLETELY OUT. In looking up this Scripture on Bible Hub, I counted 21 translations that had also COMPLETELY LEFT THE WORD FASTING OUT. There were only 8 translations that kept the word FASTING there.****

Here we are shown an example of how we should behave when we are fasting to the LORD. We are to abstain from sexual relations while we are fasting. Let's

look at an Old Testament example of keeping yourself sexually pure when dealing with holy things of God's temple.

Jonathan, Saul's son and David's best friend had just confirmed to David that King Saul was indeed trying to kill him. So now David is on the run. The first place he goes is the temple. When you are in trouble where do you go...or who do you turn to? Always seek God first.

1 Samuel 21:1-6 – Then came David to Nob to Ahimelech the priest: and Ahimelech was afraid at the meeting of David, and said unto him, Why art thou alone, and no man with thee? And David said unto Ahimelech the priest, The king hath commanded me a business, and hath said unto me Let no man know anything of the business whereabout (anything of the matter about which) I send thee, and what I have commanded thee: and I have appointed (directed) my servants to such and such a place. Now therefore what is under thine hand? Give me five loaves bread in mine hand, or what there is present. And the priest answered David, and said There is no common bread under mine hand, but there is hallowed bread (but there is only holy bread); if the young men have kept themselves at least from women. And David answered the priest, and said unto him, of a truth women have been kept from us about these three days, since I came out, and the vessels of the young men are holy, and the bread is in a manner common, yea, though it were sanctified this day in the vessel (and if it is a common way, surely also today it is sanctified in the vessels). So the priest gave him hallowed (holy) bread: for there was no bread there but the showbread, that was taken from before the LORD (which is taken from before the LORD), to put hot bread in the day when it was taken away (in order to put hot bread on the day it is taken away).

We know this was ok by God for survival because Jesus mentioned it in Matt. 12:1-8.

FAST FOR GOD'S GUIDANCE:

Acts 13:1-3 – Now there were in the church that was at Antioch certain prophets and teachers; as Barnabas, and Simeon that was called Niger, and Lucius of Cyrene (Lucius the Cyrenian), and Manaen, which had been brought up with Herod the tetrarch (Herod's foster brother), and Saul. As they ministered to the

Lord, and fasted, the Holy Ghost said, Separate Me Barnabas and Saul (separate to Me Barnabas and Saul) for the work whereunto I have called them. And when they had fasted and prayed (Then having fasted and having prayed), and laid their hands on them, they sent them away (they let them go).

Acts 14:23 - And when they had ordained them elders in every church (And having hand picked for them elders in every church), and had prayed with fasting, they commended (committed) them to the Lord, on whom they believed (in Whom they had believed).

FASTING FOR OTHERS:

Nehemia CH.1 – (fasts for the nation) – The words of Nehemiah the son of Hachaliah. And it came to pass in the month Chisleu, in the twentieth year, as I was in Shushan the palace, that Hanani, one of my brethren, came, he and certain men of Judah; and I asked them concerning the Jews that had escaped, which were left of the captivity, and concerning Jerusalem. And they said unto me, The remnant that are left of the captivity there in the province are in great affliction (great evil) and reproach: the wall of Jerusalem also is broken down, and the gates thereof are burned with fire. And it came to pass, when I heard these words, that I sat down and wept, and mourned certain days, and fasted, and prayed before the God of heaven, and said, I beseech Thee, O LORD God of heaven, the great and terrible God (the great and awesome), that keepeth covenant and mercy for them that love Him and observe (keep/obey) His commandments: Let thine ear now be attentive, and Thine eyes open, that Thou mayest hear the prayer of thy servant (to listen to the prayer of Your servant), which I pray before Thee now, day and night, for the children (sons) of Israel Thy servants, and confess the sins of the children (sons) of Israel, which we have sinned against Thee: both I and my father's house have sinned. We have dealt very corruptly (utterly wicked) against thee, and have not kept the commandments, nor the statutes, nor the judgments, which Thou commandedst Thy servant Moses. Remember, I beseech Thee, the word that Thou commandedst Thy servant Moses, saying, If ye transgress (act perversely), I will scatter you abroad among the nations: But if ye turn unto Me, and keep My commandments, and do them; though there were of you cast out unto the uttermost part of the heaven, yet will I gather them from thence, and will bring them unto the place that I have chosen to set My name there. Now these are Thy servants and Thy people, whom Thou hast redeemed (ransomed) by

Thy great power, and by Thy strong hand. O Lord, I beseech Thee, let now Thine ear be attentive to the prayer of Thy servant, and to the prayer of Thy servants, who desire (delight) to fear Thy name: and prosper, I pray Thee, Thy servant this day, and grant him mercy (this mercy) in the sight of this man. For I was the king's cupbearer.

King David fasted for others and they turned on him.

Psalm 35:13 – But as for me (to my soul), when they were sick, my clothing *was* sackcloth: I humbled my soul with fasting; and my prayer returned into mine own bosom.

Even a heathen king fasted but it was not to God, it was just because he was so grieved by the decision he had been tricked into, that was a plan to kill Daniel. Daniel was close to the king and king Darius was sorry about what he'd done.

Daniel 6:18 – Then the king went to his palace, and passed the night fasting: neither were instruments of music brought before him (no diversions were brought before him): and his sleep went from him (and his sleep fled from him).



This is Pastor Dalbeer and his family taken in 2014 or before. They have fasted for me to be healed many times. They have fasted for Kennedy when she's been sick. Pastor Dalbeer's children are Godly children and they have fasted on their own for Kennedy without letting their parents know. It is a very humbling thing to have someone fast for you.

February 2016

My dear sister Cherie brother Scott Sweet Kennedy hello, thanks your hard work for us. I know you are continue prayer for It . I trust God He will provide all ministry present need for us, his kingdom . I was also fasting prayer for our needy community people which are facing big big problem in their family as basic need , that the movement my heart in side feel very bed & tears in eyes . With Christ Love Pastor Dalbeer Singh



Pastor Erustus and Sarah along with their churches have fasted many times for my health as well. They fast regularly each month corporately and individually.

KING DAVID DESCRIBES FASTING:

Psalm 69:7-13 – Because for Thy sake I have borne reproach; shame hath covered my face. I am become a stranger unto my brethren (brothers), and an alien (a foreigner) unto my mother’s children (sons). For the zeal of Thine house hath eaten me up (consumed me); and the reproaches of them that reproached Thee are fallen upon me. When I wept, and chastened my soul with fasting, that was to my reproach. I made sackcloth also my garment; and I became a proverb to them. They that sit in the gate speak against me; and I was the song of the drunkards. But as for me, my prayer is unto Thee, O LORD, in an acceptable time (at a time of favor): O God, in the multitude (plenty) of Thy mercy hear me (answer me), in the truth of Thy salvation.

Another time King David talks of fasting:

Psalm 109:24 – My knees are weak through fasting; and my flesh faileth of fatness (and my flesh grows lean fro fatness).

You may feel weak and hungry but you should be able to tell the difference between those things that you will normally feel because of hunger and being sick. If you get sick stop the fast and try again when you feel better.

CLOSING

AFTER A CRISIS: This was after Hurricane Harvey

Hello sister Cherie brother Scott and sweet little Kennedy. how are you and family there, sorry to hear about brother Scott father about the home after hurricane we are continue praying for our family there and all the families who are suffering from the hurricane. Our God is the Saviour He is always With us He never let the satin win He always teaches us something from the circumstances. in our village groups they all praying for you, me and my wife are on fasting prayer for the hurricane happend in Texas that God fully relief in Texas.

James 1:2-5 Consider it pure joy (Count it all joy), my brothers, when you are involved in various trials (when you fall into various temtations), because you know that the testing (proving) of your faith produces endurance (patience). But you must let endurance have its full effect (And let patience have its perfect work), so that you may be mature and complete (perfect and entire), lacking nothing (in nothing having lacked). Now if any of you lacks wisdom, he should ask God, who gives to everyone generously without a rebuke (Who gives to all freely without reproaching), and it will be given to him.

With Christ love

Pastor Dalbeer Singh and family

PRAYER