

3 Cords Of Believer
Give, Pray, Fast
1-2-2011

Fasting is reframing from food for a spiritual purpose!

Ecclesiastes 4:12 A cord of three strands is not quickly broken.

Matthew 6:2, 5,16 When You GIVE.... When You PRAY.... When You FAST

Jesus gives equal amounts of attention to each of these attributes. &...These are the attributes of a follower of Christ.

Could we be missing our greatest breakthroughs because we have failed to fast?

Mark 4:20 Others, like seed sown on good soil, hear the word, accept it, and produce a crop — thirty, sixty or even a hundred times what was sown."

I believe that if you will take a quick journey with me I will explain that when you....

- 1.) When You Give, you release the 30 fold that was sown.
- 2.) When You add Prayer to Your Giving, You increase to 60 fold what was sown.
- 3.) When you sow all three Giving, Prayer, & Fasting You release 100 fold what was sown.

If that's the case you have to wonder what blessings are not being released. What answers to prayer are not getting through? What bondages are not being broken because we fail to fast?

Matthew 17:15-16 "Lord, have mercy on my son," he said. "He has seizures and is suffering greatly. He often falls into the fire or into the water. 16 I brought him to your disciples, but they could not heal him."

Matthew 17:19-21 Then the disciples came to Jesus in private and asked, "Why couldn't we drive it out?" He replied, "Because you have so little faith. I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you." **Howbeit** this kind goes not out but by prayer and fasting.

See that funny little word **"HOWBEIT"** is the connection that unlocks the power in the statement... Nothing will be impossible for you.

Jesus talked about the faith that was needed, but that wasn't all. There was and is more!

Long before Jesus encountered this situation he spent 40 days praying & fasting. For Jesus this stubborn demon wasn't impossible at all.

So, if Jesus could have accomplished all he came to do w/o fasting, why did HE FAST?

The Son of God fasted because He knew there were supernatural things that could only be released that way!

So how much more should fasting become a common practice in our lives?

Maybe you are still not sure if this fasting thing is "really for me!" According to Jesus it is the duty of every disciple / believer to fast.

There is another vital point that I want you to see in Matthew 6: God delights in giving REWARDS! Not only that, but when giving, praying & fasting are practiced in your life, He will ..."reward you openly"

A good example of that is Daniel while he was in Babylonian captivity. He was given wisdom beyond all others.

This year I am asking you all to join me in a *21-day fast* to seek and honor God in January for the New Year.

(Romans 12:1) "I beseech you therefore; brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service". By starting the year with a corporate fast, I believe that God will meet with us in very unique and special way.

Corporately *fasting* in January is much the same precept as praying in the morning to establish the will of God for the entire day. I believe that, if we will pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year!

(Matthew 6:33)" But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you".

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege!

By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives.

Through fasting, you can experience a release from the bondage of sin ... spiritual renewal ...restoration in your relationships ... supernatural healing ... financial blessings and so much more!

Another reward of fasting has to do with your future. God wants to give you a vision, a divine dream for your life. When you fast, you open up the blessings and opportunities He has provided for you to pursue that dream. As you fast, pray for God's direction and guidance.

Why should I fast?

- 1.) Are you in need of healing or a miracle?
- 2.) Do you need the tender touch of God in your life?
- 3.) Is there a dream inside you that only He can make possible?
- 4.) Are you in need of a fresh encounter?
- 5.) Do you desire a deeper, more intimate and powerful relationship with the Lord?
- 6.) Are you ready to have heightened sensitivity to the desires of God?
- 7.) Do you need to break away from bondages that have been holding you hostage?
- 8.) Is there a friend or loved one that needs Salvation?
- 9.) Do you desire to know God's will for your life?

TYPES OF FASTS:

Full Fast Drink only liquids (you establish the number of days).

The Daniel Fast Eat no meat, no sweets and no bread. Drink water and juice. Eat fruits and vegetables

3-Day Fast This fast can be a Full Fast, a Daniel Fast or give up at least one item of food.

Partial Fast A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown. You can select from three types of fasting—a Full Fast, Daniel Fast or give up at least one item of food.

There is nothing God cannot do through a man or woman who is fully 100% committed to him.