

Thoughts from Dr. George Hill's book, *"Fasting for Restoration and Revival"*

Fasting is for today!

Matthew 6:16-18 (NKJV)

16 "Moreover, when you fast, do not be like the hypocrites, with a sad countenance. For they disfigure their faces that they may appear to men to be fasting. Assuredly, I say to you, they have their reward. 17 "But you, when you fast, anoint your head and wash your face, 18 "so that you do not appear to men to be fasting, but to your Father who is in the secret place; and your Father who sees in secret will reward you openly.

1 Corinthians 7:5 (NKJV)

5 Do not deprive one another except with consent for a time, that you may give yourselves to fasting and prayer; and come together again so that Satan does not tempt you because of your lack of self-control.

Kinds of Fasts

1. The Absolute Fast (Esther 4:1-16) No food or water – usually 3 day is the maximum time people can go without water
2. The Normal Fast – no food but water – Jesus fast in the wildrness it doesn't say that He drank no water
3. Supernatural fast – No food or water for an extended period of time  
Exodus 34:28 (NKJV)  
28 So he was there with the LORD forty days and forty nights; he neither ate bread nor drank water. And He wrote on the tablets the words of the covenant, the Ten Commandments.
4. The Daniel or Partial Fast (Daniel 1:15)

Why Fast?

1. Fasting to Humble the soul and break the power of the flesh

Psalms 69:10 (NKJV)

10 When I wept and chastened my soul with fasting, That became my reproach.

Psalms 69:10 (AMP)

10 When I wept and humbled myself with fasting, I was jeered at and humiliated;

The soul that part of us that says, " I want, I wish, I need, I feel I think

Someone might say, "Fasting just Kills me"

That's what its supposed to do!

What you feed flourishes. What you starve will die. When you fast things begin to die...

Lust, greed, unbelief, independence

Food has been a problem from the beginning. Adam and Eve partook of the forbidden fruit

Esau gave up his birthright for a morsel of food

Jesus was tempted to turn stones into bread

Philippians 3:18-19 (NKJV)

18 For many walk, of whom I have told you often, and now tell you even weeping, that

they are the enemies of the cross of Christ: 19 whose end is destruction, whose god is their belly, and whose glory is in their shame--who set their mind on earthly things.

Discipline the flesh

1 Corinthians 9:27 (AMP)

27 But [like a boxer] I buffet my body [handle it roughly, discipline it by hardships] and subdue it, for fear that after proclaiming to others the Gospel and things pertaining to it, I myself should become unfit [not stand the test, be unapproved and rejected as a counterfeit].

Fasting and Prayer are designed to put the Spirit man which was created in righteousness and true holiness, back in control

## 2. Fasting to hear God's voice for revelation, understanding or guidance and direction

It's amazing how much more clear the voice of the Lord is when the flesh is shut down.

Acts 13:1-4 (NKJV)

1 Now in the church that was at Antioch there were certain prophets and teachers: Barnabas, Simeon who was called Niger, Lucius of Cyrene, Manaen who had been brought up with Herod the tetrarch, and Saul. 2 As they ministered to the Lord and fasted, the Holy Spirit said, "Now separate to Me Barnabas and Saul for the work to which I have called them." 3 Then, having fasted and prayed, and laid hands on them, they sent them away. 4 So, being sent out by the Holy Spirit, they went down to Seleucia, and from there they sailed to Cyprus.

Holy Spirit Directed Service This is what we need. This is what we want. God's people being in the right place, at the right time, doing the right thing. The flesh will not direct you to this place. It leads to death.

I like what David said in Psalms 17:15 (NKJV)

15 As for me, I will see Your face in righteousness; I shall be satisfied when I awake in Your likeness.

As Daniel was reading the Word of God He saw something that made him start to pray and fast.

Daniel 9:2-3 (NKJV)

2 in the first year of his reign I, Daniel, understood by the books the number of the years specified by the word of the LORD through Jeremiah the prophet, that He would accomplish seventy years in the desolations of Jerusalem. 3 Then I set my face toward the Lord God to make request by prayer and supplications, with fasting, sackcloth, and ashes.

Look at the results:

Daniel 9:20-22 (NKJV)

20 Now while I was speaking, praying, and confessing my sin and the sin of my people Israel, and presenting my supplication before the LORD my God for the holy mountain of my God, 21 yes, while I was speaking in prayer, the man Gabriel, whom I had seen in the vision at the beginning, being caused to fly swiftly, reached me about the time of the evening offering. 22 And he informed me, and talked with me, and said, "O Daniel, I have now come forth to give you skill to understand.

There is a price to get understanding

The angel begins to reveal what lies ahead in the future....

### 3. Fasting to Stay the Judgment of God and Bring Mercy

Nineveh – even the animals had to fast n- God spared the city

Esther, her hand maidens and Mordecai and all Israel prayed and fasted no food or water, for Israel deliverance from the decree of annihilation

Acts 27 they fasted and prayed on the ship that was about to go down. God brought deliverance.

You can pray and fast on behalf of others

Job 22:30 (NKJV)

30 He will even deliver one who is not innocent; Yes, he will be delivered by the purity of your hands."

### 4. Fasting to Seek God with your whole heart for answers to prayer

Remember Daniel Made request with fasting after reading from the book of Jeremiah. Let's look at what he read

Jeremiah 29:11-14 (NKJV)

11 For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. 12 Then you will call upon Me and go and pray to Me, and I will listen to you. 13 And you will seek Me and find Me, when you search for Me with all your heart. 14 I will be found by you, says the LORD, and I will bring you back from your captivity; I will gather you from all the nations and from all the places where I have driven you, says the LORD, and I will bring you to the place from which I cause you to be carried away captive.

### 5. Fasting to prepare your self for Battle or Temptation

Luke 4:1,2 Jesus was led into the wilderness by the Holy spirit, being tempted 40 days by the devil

The Bible said after these 40 days that the devil departed from Jesus, "for a season"

He'll attack you after a victory so stay on guard

He'll attack you at your weakest point Know your weaknesses and protect that area of your life

He'll try to wear you out so he can wipe you out

We must watch and pray to keep ourselves spiritually strong because our adversary the devil is like a roaring lion seeking who he may devour

The Apostle Paul started his ministry after 3 days of fasting. ( Acts 9)

### 5. Fasting to loose the bands of wickedness, cast out strong demon forces and get rid of unbelief and doubt

Mark 9:17-19 (NKJV)

17 Then one of the crowd answered and said, "Teacher, I brought You my son, who has

a mute spirit. 18 "And wherever it seizes him, it throws him down; he foams at the mouth, gnashes his teeth, and becomes rigid. So I spoke to Your disciples, that they should cast it out, but they could not." 19 He answered him and said, "O faithless generation, how long shall I be with you? How long shall I bear with you? Bring him to Me."

Mark 9:21-23 (NKJV)

21 So He asked his father, "How long has this been happening to him?" And he said, "From childhood. 22 "And often he has thrown him both into the fire and into the water to destroy him. But if You can do anything, have compassion on us and help us." 23 Jesus said to him, "If you can believe, all things are possible to him who believes."

Mark 9:28-29 (NKJV)

28 And when He had come into the house, His disciples asked Him privately, "Why could we not cast it out?" 29 So He said to them, "This kind can come out by nothing but prayer and fasting."

Matthew 17:20-21 (NKJV)

20 So Jesus said to them, "Because of your unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move; and nothing will be impossible for you. 21 "However, this kind does not go out except by prayer and fasting."

When you fast and pray you become more sensitive to God. Your discernment increases

Isaiah 58:6-10 (NKJV)

6 "Is this not the fast that I have chosen: To loose the bonds of wickedness, To undo the heavy burdens, To let the oppressed go free, And that you break every yoke? 7 Is it not to share your bread with the hungry, And that you bring to your house the poor who are cast out; When you see the naked, that you cover him, And not hide yourself from your own flesh? 8 Then your light shall break forth like the morning, Your healing shall spring forth speedily, And your righteousness shall go before you; The glory of the LORD shall be your rear guard. 9 Then you shall call, and the LORD will answer; You shall cry, and He will say, 'Here I am.' "If you take away the yoke from your midst, The pointing of the finger, and speaking wickedness, 10 If you extend your soul to the hungry And satisfy the afflicted soul, Then your light shall dawn in the darkness, And your darkness shall be as the noonday.

#### Fasting for Restoration and Revival

2 Chronicles 7:14 "if My people who are called by My name will humble themselves, and pray and seek My face, and turn from their wicked ways, then I will hear from heaven, and will forgive their sin and heal their land.

Our land needs healing we need restoration and revival there are millions of unsaved lives at stake.