

## DAVID CHAPEL, GET READY FOR OUR 21 DAYS OF "FAST PRAISE" IN 2017!

(February 8-28, 2017)

Prepared by Pastor Joseph C. Parker, Jr.  
**CONSULT YOUR PHYSICIAN BEFORE FASTING**

*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 will I hear from heaven and will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place. (2 Chron. 7:14-15)*

### **Bill Bright's 7 Basic Steps To Successful Fasting & Prayer**

1. Set Your Objective
2. Make Your Commitment
3. Prepare Yourself Spiritually
4. Prepare Yourself Physically
5. Put Yourself on a Schedule
6. End Your Fast Gradually
7. Expect Results

### **WHY, WHEN & WHAT TO FAST?**

#### **1. Fasting for Your Breakthrough (Ps. 42:1-3)**

The purpose of **biblical** fasting: Biblical fasting is refraining from food for a spiritual purpose and has always been a normal part of a person's relationship with God. When you sacrificially eliminate food from your diet for a number of days, your spirit becomes uncluttered by the things of this world and amazingly sensitive to the things of God. Fasting is a secret source of power that is overlooked by many.

There are threefold cords of spiritual life and fasting is just one of them. (Ecc. 4:12; Matt 6:1-18)

- a) Giving
- b) Praying
- c) Fasting

What is the spiritual breakthrough that you want to be the result of your fast?

#### **2. Fasting is for everyone (Matt. 6; Matt. 17:20-21):**

How do we prepare physically and spiritually to be ready to fast?

Overcome Your Stomach (Gen.3:1-6)

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Three reasons why it's a good practice to start the year with a fast

1. By doing so, you set the course for the rest of the year.
2. Blessings will happen for you and your family throughout the year because you fasted in the beginning.
3. You release the principle in Matt. 6:33

How Much? How Long? How Healthy?

The foundation of fasting and prayer is repentance – unconfessed sin will hinder

Different types of fasts:

- **Full fast** – typically go without food of any kind for a certain number of days.
- **Partial fast** – usually involves giving up particular foods and drink for an extended period of time
- **Daniel fast** – the most commonly used example of a partial fast is found in the book of Daniel. They refused to eat the choice meats and sweets from the king's table, asking instead to have only vegetables and water. They did this for 10 days. Later in Daniel 10, Daniel began another partial fast, taking no sweets, no meat, and no wine for 3 weeks, during which time he was focused in prayer. At the end, his prayer was answered by an angel. **[Daniel fast = eliminating meat, bread, and sweets for 21 days]**

(See The Daniel Plan, Rick Warren, Daniel Amen, Mark Hyman – Faith, Food, Fitness, Focus, Friends)

- **Corporate fast**
- Duration of fasts can vary; don't bite off more than you can chose
- Spring fasting is like spring cleaning for your body – flushes out the poisons and gives your body time to heal itself. Toxic Relief (Dr. Don Colbert)
- Fasting sharpens your mental process and aids and improves your sensory faculties

### 3. Every Assignment Has a Birthplace (John 10:27-28)

- God has specific assignments for your life and they can be disclosed through fasting. Fasting prepares the way for God to give you fresh revelation, fresh vision, and clear purpose.

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- Fasting is what prepares you for a new anointing (Mk. 2:20; 2 Chron. 20:3-4, 13). [Battle took one day, and God not only delivered them, but He also prospered them.
- **REMEMBER:** The enemy’s agenda is to steal, kill, and destroy you (John 0:10)

What spiritual lessons have you learned from a previous fasting experience?

What specific spiritual revelation do you hope to receive as you fast and pray?

### **Three Things Fasting Does:**

- Fasting clears your ears to hear what God is saying
- Fasting prepares the way for God to do amazing things in your life
- Fasting helps to confirm God’s will in your life.

### **Significance of 40 as Some Fast for 40 Days**

- Fasting is not just a physical discipline; it can be a spiritual feast. All the fasts in the Bible – regardless of the length of time – brought reward.
- But there is something very significant about the number 40 throughout Scripture, especially as it applies to fasting.
- Consider this: In order to exterminate an infestation of flies from a crop, for example, you have to spray pesticides for 40 consecutive days in order to utterly destroy them. If you stop short of the full 40 days, you will destroy only the existing generation, but the next generation will live on.
- Just as spraying pesticides for a full 40 days wipes out an infestation of flies, when we enter into a season of 40 days of fasting and prayer, we can break free of the bondages in our lives and in the lives of the next generation.
- Richard Gazowsky says, “The devil is a short-term skirmisher.”
- The number **40** represents cleansing and purifying
- Flies – Eccles. 10:1. Flies hinder the anointing in your life. Get rid of the flies.

**Also note Daniel fasted for 21 days (Daniel 10:2-3).**

If you want God to tell you what you need to do at this time in your life, fast, worship and seek Him.

We must stay sharp and sensitive to the Holy Spirit by breaking out of the ordinary:

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### 4. Break Your Worship Routine (Ps.50:12-15)

- Fasting is a constant means of renewing yourself spiritually. The discipline of fasting breaks you out of the world’s routine. It is a form of worship – offering your body to God as a living sacrifice is holy and pleasing to God (Rom 12:1)
- The discipline of fasting will humble you, remind you of your dependency on God, and bring you back to your first love. It causes the roots of your relationship with Jesus to go deeper.

### THERE ARE OPEN REWARDS WHEN YOU FAST

#### 1. You Shall Be Filled (Matt. 4:4)

#### 2. Rewarded Openly (See Job)

- Fasting is a “reasonable service” (Rom. 12:1) that God rewards openly.
- Joel 2:15-16
- Daniel (Dan. 6:1-4)
- Matthew 17:21

### Doors to God’s Promises Will Open

Why is It So Hard? (Gen. 3:6)

- Wrong reasons for fasting
  - Fasting is not a Christian diet.
  - Unless you put prayer (and focus on God’s Word) with your fasting, there is no need to fast.
  - You do not fast so that others will notice you.

#### 3. You Can Please God (Heb. 11:6)

- Believe God (Heb. 11:1)
- Hunger for the Word (Rom.10:17)
- Diligence (Heb. 11:6)
- Reward (Heb. 11:6)

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**4. You Can Be Lifted (Ps. 121:1-4)**

- Fasting Breaks the Spirit of Heaviness (2 Chron. 20:2-3)
- Not Getting Through? (Ps. 35:13-14)

**GOD'S PRIORITIES (Rom. 8:27-28)**

What are your priorities for your fast?

What are God's priorities for your fast?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**A sharpened word and heart are also God's priorities (Heb. 4:11-13; 2 Chron. 7:14-15)**

- Isa. 58:1, 4, 8-9
- Shining Light (Matt. 5:14)

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- Righteousness (Isa.58:8)
- Rear Guard (Isa. 52:12; 54:17)
- He Will Hear and Answer (Isa.58:9; Dan.10:12)
- Go for It
- Knowing God's Will
- **Ultimately, Be Sanctified** (Lev. 11:44; Ps. 51:10; Jn. 17:16-19; 1 Thess. 4:3; Heb. 9:13-14)

**Now revisit Bill Bright's 7 Basic Steps To Successful Fasting & Prayer**