

Harvest Fellowship Teaching Series

Pastor CW Turner

Fasting Articles 3 of 3

“Benefits of Fasting”

Benefits of Fasting

So far, we've talked about;

- *Why We Should fast*
- *Ways We Can Fast*

Now I want to talk to you about ***Some of the Benefits of Fasting***. Really whatever we do we need to know what the benefits will be so we can be motivated to do it. I'm reminded of some of the scriptures that talk about rewards for doing things for God.

1 Corinthians 9:24 New King James Version

Striving for a Crown

²⁴ Do you not know that those who run in a race all run, but one receives the prize? Run in such a way that you may [□]obtain *it*.

You and I need to understand the truth is there are certain benefits for running this race and we all need to stay in the race and run it well so we can gain the prize (or the benefits).

******Jesus promised in Matthew 6:16-18 when we fast in secret God will reward us openly. This means that when we fast privately, not wanting the glory and praise of man, God will Himself reward us on ways that all can see. Your blessings will be obvious. Have you ever looked at someone's life and just knew they were blessed? This is how people will see you. Even that can and should bring glory to God.***

******When you see Jesus in His prayer life many times it is private, but the results are public.***

- He Went Away to a Mountain to Pray
- He Prayed All Night
- He Went Further into the Mountain to Pray

All of these are examples of Jesus' private prayer life. Every time without fail when Jesus went off on one of His private prayer times there were public results. People were healed, Demons were cast out, Decisions were Made, Lazarus was Raised from the dead, The Widow of Nain's Son and the Little Girl Tabitha were also raised from the dead. All of these things happened after Jesus had been away for a private time of prayer and (I am Sure... Fasting).

- *Remember, Jesus began His public ministry after fasting in the wilderness and facing the devil 40 days and nights.*
- *Jesus Promised His Disciples they would do even greater works than He had done.*

(John 14:12) "Most assuredly I say to you, he who believes in Me, the works that I do he will do also; and greater works than these he will do, because I go to My Father."

We have an anemic church because we aren't spending the time with our source to be empowered, instructed, infused, and inspired. The power of God is with the Disciples of Christ who are truly connecting to Him and willing to pay the price to do so. Have you ever wondered why things aren't happening like they once have? We Pray, We Give, We Serve, We even Go. We need to add Fasting to our connecting with God.

If we go through these 21 days of fasting and prayer and nothing happens, I'll never ask you to do it again with me. But I know things will happen to the glory of God and we will all see. These 21 days will begin a period of blessings that we have never known before.

****I'm asking God for some things in my life that I need right now. I am believing God for His Provision****

- ❖ *Fasting Breaks the Spirits of Bondage and Addiction in Your Lives*
- ❖ *Fasting Breaks the Spirit of Poverty in Your Lives*
- ❖ *Fasting Brings Health and Healing to Your Lives*
- ❖ *Fasting Brings Humility and Clarity to your Lives*
- ❖ *Fasting Brings Answers to Prayers For Your Children and Family and Circumstances You've Given Up On Long Ago.*

****The reason for all these positive benefits is Fasting gets you connected to God in such a way that He can deal with you like no other time. Your attitude changes. Humility becomes your character. You will be convicted of Sin that has been robbing you. You confess and Repent and He can forgive and Cleanse you.*

You are restored. Then you are poised for Blessing and Power in the Holy Ghost of God. Need I Say More? I didn't think so...

*****You Are Poised For His POWER*****

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*****Don't be impatient. You may say after a few days, "I've been fasting for several days now and all I can hear is my appetite.**

- **Maybe You haven't Been At It Long Enough Yet.**

*****I have found that the things of God take time. Most of the time we miss what He is doing or saying because we didn't listen for Him and Watch for Him long enough. We get impatient and leave the prayer and go our way and when He shows up we're gone. FASTING IS ABOUT WAITING IN PRAYER FOR GOD TO MOVE. (By the Way, you definitely need to keep a journal for this)**

- **Maybe Your Fast Isn't Intense Enough.**

*****Fasting is intense. If you are petting yourself through the fast you're not going to get anything out of it. Fasting is about your appetite for food. Many try to avoid this by saying I'll stop watching TV, or Internet. Or, I'll stop using social media or video games. There isn't anything wrong with stopping or limiting any of those and you certainly should during a fast but none of that is fasting. FASTING IS ABOUT FOOD because nothing has a greater hold on us that our appetite for physical food. DENY THAT, CONTROL IT, REPLACE IT WITH AN APPETITE FOR GOD. Then you'll start to see God in a new way.**

- **Maybe You Haven't Focused Right.**

*****Lots of people think fasting alone is enough. Fasting is always coupled with prayer and devotion to God. Without that, fasting is nothing more than extreme dieting. Let me tell you, you will lose pounds while on an extended fast like this one but that must never be your focus in fasting. Add deep, private prayer to God and Worship. Speak to Him about the things that you wouldn't dare talk to anyone else about. Praise Him for His goodness and greatness. Humble yourself before Him and then you can begin to see Him in Glory and See His power coming in your behalf. NOW THAT'S WHAT I'M TALKING ABOUT.**

*****CHECK IT OUT*****

I have heard many testimonies where people on extended fasts have received Financial Miracles, Miracles of Healing, Restored Relationships, Employment, Marriages Restored, Wayward Children Come Home and more.

None of the blessings God has planned for this will come if we aren't willing to hang in there for the long haul. That's why we need to begin this year with these 21 days of fasting and prayer.

Matthew 17:14-20 The Message

With a Mere Kernel of Faith

¹⁴⁻¹⁶ At the bottom of the mountain, they were met by a crowd of waiting people. As they approached, a man came out of the crowd and fell to his knees begging, "Master, have mercy on my son. He goes out of his mind and suffers terribly, falling into seizures. Frequently he is pitched into the fire, other times into the river. I brought him to your disciples, but they could do nothing for him."

¹⁷⁻¹⁸ Jesus said, "**What a generation! No sense of God! No focus to your lives! How many times do I have to go over these things? How much longer do I have to put up with this?** Bring the boy here." He ordered the afflicting demon out—and it was out, gone. From that moment on the boy was well.

¹⁹ When the disciples had Jesus off to themselves, they asked, "Why couldn't we throw it out?"

²⁰ "Because you're not yet taking *God* seriously," said Jesus. "The simple truth is that if you had a mere kernel of faith, a poppy seed, say, you would tell this mountain, 'Move!' and it would move. There is nothing you wouldn't be able to tackle."

21) However, these do not come out except through much prayer and fasting.

- ***Jesus Was Upset Because of Their Little Faith***
- ***Jesus Was Upset Because Their Focus Was Wrong***
- ***Jesus Was Upset Because He Was Having to Go Back Over the things They Should Already Know***

When the disciples got to Jesus, they asked Him why they couldn't take care of this boy's great need. He explained it was because of their lack of faith and focus. "If you have faith like a grain of mustard seed you can move this mountain into the sea."

Then He Said; HOWEVER this kind does not come out except through much prayer and fasting.

Could it be that the thing that you have been calling out to God for hasn't happened yet because you haven't added fasting to the equation?

****Fasting added to our prayers is a new concept to many of us. And true answered prayer is not as common in our lives as it should be. Could there be a connection? It seems to me we have already seen God move in mightier ways through the examples of His people coming together for seasons of prayer and fasting. If we really want a move of God, we're going to have to do what others have done to see him move.*

Corinthians 2:9 New Living Translation

⁹ That is what the Scriptures mean when they say, "**No eye has seen, no ear has heard, and no mind has imagined** what God has prepared for those who love him."^[a]

****We have yet to see the magnificent power of the Living God applied to Our Life and Needs in this World when we truly seek Him.*

Jeremiah 29:13 New King James Version

¹³ **And you will seek Me and find Me, when you search for Me with all your heart.**

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Examples

➤ **People Getting Saved**

*****During this time of Prayer and Fasting we will see people getting saved. You and I will be praying for people who need to be saved and God will move in their hearts, and they will accept Christ. Even those who have been hardest to reach will be brought to Jesus.**

➤ **Health and Healing**

*****Your health will improve because you are fasting. Your body will rid itself of the build up of toxins that have been literally poisoning your system. Your mental clarity will increase. Your mobility will improve. Your appearance will improve. You will personally feel so much better.**

Isaiah 58:6-9 New King James Version

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,

➤ **Wealth and Wisdom**

*****Solomon humbled himself and was blessed with Wealth and Wisdom.**

1 Kings 3:10-13 New Living Translation

¹⁰ The Lord was pleased that Solomon had asked for wisdom. ¹¹ So God replied, "Because you have asked for wisdom in governing my people with justice and have not asked for a long life or wealth or the death of your enemies— ¹² I will give you what you asked for! I will give you a wise and understanding heart such as no one else has had or ever will have! ¹³ And I will also give you what you did not ask for—riches and fame! No other king in all the world will be compared to you for the rest of your life!

➤ **Release from Negative Attitudes, Prejudices, Un-forgiveness**

*****You will be on the “Operating Table of God” He can do Microsurgery in your Life.**

**David Prayed; Psalm 139:23-24 The Message*

23-24 Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I’m about; See for yourself whether I’ve done anything wrong—then guide me on the road to eternal life.

➤ **Wayward Children Come Home**

*****Pray for your Wayward Children to come home. Never give up on them. Always ask God to deliver them from the evil that has taken them away. The Father of the Prodigal Son never gave up on his son coming home. Ask God to reach them and that they would “come to themselves” like the Prodigal did. Pray that their discomfort will draw them back home.**

***See Luke 15:11-24**

- **I’m sure this father spent extended times of prayer and fasting for his son to come home.**
- **When his son came home, he was watching for him. He was waiting for God to answer his prayer.**

I want to remind you once again of the man who had the demon possessed boy who couldn’t get him the kind of help he needed and Jesus told the disciples...

“These do not come out except through much prayer and fasting.”

*****You want your kids back? Spend time praying and fasting for them. Send the Holy Ghost to reach them right where they are in the midst of their sin.**

➤ **Marriages Restored**

*****It is God’s Will for marriages to be restored and not broken through divorce, disunity, and infidelity. God will restore marriages that are consecrated through prayer and fasting. If you have been trying to restore a broken relationship turn it over to God. He can handle it better than you.**

➤ ***Spirits of Perversion Broken***

******Sexual Perversion, Homosexuality, Adultery, Fornication, Lust, Pornography, Gluttony, Gossip, Laziness, Abuse, Arrogance etc. All can be broken in Jesus Name during this time of Fasting and Prayer.***

- ***All these Spirits of Bondage can be broken and cast out through fasting and prayer. Fasting gets us in position for deliverance.***

Acts 19:11-12 The Message

¹¹⁻¹² God did powerful things through Paul, things quite out of the ordinary. The word got around and people started taking pieces of clothing—handkerchiefs and scarves and the like—that had touched Paul's skin and then touching the sick with them. The touch did it—they were healed and whole.

******These examples are in the Bible not so we can admire them and say how great it must've been to be there in those days. They are there so we can learn from them and see that deliverance is ours through Faith and Intense Prayer and Fasting. What happened then, can happen AGAIN.***

"The Effectual Fervent Prayer of a Righteous Man Avails MUCH"

"God us Exceedingly, Abundantly Able to Do Above All That We Ask or Think."

➤ ***Addictions and Demonic Influences Can Be Broken***

****Addictions to Drugs***

****Addictions to Alcohol***

****Addictions to Pornography***

******All these can be broken through fasting and prayer. I tell people all the time who are in bondage to something they can't break. "Fast From it. If you will fast from your addiction for 21 days, you can be set free from it.***

- ✓ ***You are focusing on the one who said he would set you free INDEED***
- ✓ ***You are abstaining from the things that have in bondage for 21 days. (Remember it takes 21 days to break an old habit. It takes 21 days to establish a new habit.***
- ✓ ***Be sure to replace the bad habit with a good habit. Leave no room for the devil to come back and reestablish himself in your life. Jesus said he would come back with a vengeance. Luke 11:24-26.***

A Closing Note from Pastor CW

These are just a few examples of what can be done through this time of intensely seeking God over the things we need in our lives. There are even more than these. The crucial thing is that you and I make a commitment to go through this time seeking God for these things that we cannot change on our own. Your lives will be blessed. Your family will be blessed. Our Church will be blessed because we have sincerely sought Him. Thank you For Joining us.