



## *Eternal Harvest Prayer Center*

# Called to Fasting

In January, I introduced the Key of Praying in Tongues. Last month, I introduced the Key of Confessing the Word. This month, March, I will introduce the Key of Fasting. And as I pointed out, these Keys—Praying in tongues, confessing, individual worship, meditating the Word, and fasting will bring you closer to the Father. This is not a religion—this is a relationship between us and the Father, therefore as the body of Christ, we are described as a family.

Like I said this month, I want to introduce the Key of fasting. In my understanding, fasting will, will, will change a natural, physical event by divine, spiritual means. What physical event will change by divine spiritual means; you ask?

For me, fasting is probably the hardest of the keys. I can, I believe, pray in tongues for hours on end, I can, I believe, confess the word, moving mountains in my life and the lives of others. I can, I believe meditate the Word—it is difficult sometimes to stay focused on reading and meditating, but I have been able to meditate several books of the Bible. I can, I believe, worship in my inner sanctuary—a very personal, intimate time with The Father. However, fasting, I have found in my life to be very difficult to maintain. I will say, I have been doing better this year. I was determined at the beginning of this year to fast every other day. I was mostly successful in January. I did mess up a little in February, but I am more determined to do better in fasting this month. I like to set goals. Goals help me to keep focused on what I have purposed in my heart to do. Yes, I'm disappointed for not reaching a goal, but not reaching a goal does not devastate me like it did in the past. Why, you say? Glad you asked. You see when I finally got it through my thick skull that the **QUANTITY** of time spent fasting was not at all measured by The Father, but what He embraced was the **QUALITY** of the time I



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spent fasting. I have found out a couple of things about fasting. The first thing that occurred was that I was beginning to feel better, health-wise, than I did previously. Secondly, I was unsure...not certain...concerned...scared...OK—frightened out of my wits because of the diabetes which when I fasted earlier on, I had crashes in my blood sugar and when I say crashes, I mean blood sugar levels in the 50's and 40's. Also, it took a whole day, actually, to recover. Now, I was determined to fast. Our doctrine, our Bible, our Savior, and the Father through many prophets, told us to fast. One of the many scriptures that really got inside me was Matthew 9:14-17.

<sup>14</sup> Then the disciples of John came to Him, saying, “Why do we and the Pharisees fast <sup>[c]</sup>often, but Your disciples do not fast?”

<sup>15</sup> And Jesus said to them, **“Can the friends of the bridegroom mourn as long as the bridegroom is with them? But the days will come when the bridegroom will be taken away from them, and then they will fast.”** <sup>16</sup> No one puts a piece of unshrunk cloth on an old garment; for the patch pulls away from the garment, and the tear is made worse. <sup>17</sup> Nor do they put new wine into old wineskins, or else the wineskins break, the wine is spilled, and the wineskins are ruined. But they put new wine into new wineskins, and both are preserved.”

I have highlighted the portion that really stuck to me. You see, even though I am not skilled in the Greek or Hebrew, I do listen to those who have some idea of what this scripture means. I listen to Dave Roberson, Gary Carpenter, Alan Taylor, Bronc Flint, Pastor Charlie Rogers, and Dr. Jim Martin mainly. So, understanding the bulk of this passage was not hard at all. And what struck me—what has guided me—was the last part of verse 15-- **But the days will come when the bridegroom will be taken away from them, and then they will fast.** He didn't say that they might fast after He was in Heaven, He said—**THEY WILL FAST!** So, taken as a command from Jesus, if you are a disciple of Christ—a disciplined





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follower of Jesus, I think we should all take this seriously. I am not going to go into great depth of this Key of fasting, because there is a treasure chest of teachings on fasting located in the many ministries that this website supports. Therefore, diabetes or not, I am determined to fast. I overcame this fear and no more sugar drops by drinking a glass of juice (Grape, Apple, Cherry, etc.) every meal. That maintained my sugar levels and I was able to fast.

Thirdly, However, I will just write one more thing that we need to consider about fasting. Why do we fast other than for health reasons? We fast because doubt and unbelief are subtly present in our souls—our subconscious. Look at this passage of scripture found in Matthew 17:14-20

**<sup>14</sup> And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, <sup>15</sup> “Lord, have mercy on my son, for he is an epileptic and suffers severely; for he often falls into the fire and often into the water. <sup>16</sup> So I brought him to Your disciples, but they could not cure him.”**

**<sup>17</sup> Then Jesus answered and said, “O faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.” <sup>18</sup> And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.**

**<sup>19</sup> Then the disciples came to Jesus privately and said, “Why could we not cast it out?”**

**<sup>20</sup> 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. <sup>21</sup> However, this kind does not go out except by prayer and fasting.”**

So, Jesus tells us why we should fast. When we fast, we rid ourselves of that subtle doubt and unbelief that will negate healing, prosperity, and even salvation. I





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have heard others teach that this was special kind of demon. WRONG—These same disciples had gone out and cast out demons throughout Jesus's ministry on Earth. If you would look at the scripture again, especially verse 20-<sup>20</sup> **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. <sup>21</sup> However, this kind does not go out except by prayer and fasting."** You will see that the topic was unbelief and that unbelief will NOT go out except by prayer and fasting.

I don't want unbelief and doubt to interfere with or negate Jesus's promise of moving mountains in my life. I don't want unbelief and doubt to rob me of a healing I desperately need in my body or in one of my loved ones, I don't want unbelief and doubt to rob me of financial prosperity. Belief and doubt rob each one of us of a completeness in the Father.

Taking charge of my unhealthy body and getting close to the Father is why I fast!

IN HIS SERVICE,

Pastor C



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