

# FREEDOM NEWS

WHERE FAITH MEETS ACTION



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## Message from Pastor Derek Heldreth

Part 2 of 3

### 3 keys to be Free in 23.

We are looking at the instructions of God in His Word to us and His principles that can make our 2023 better and more victorious. We will set our course of fulfilling our purpose that God has for us. He has a plan and a purpose for each one of us. Brother Hagan used to say that most ministers live and die and never go beyond the first phase of their ministry. I would expand on that to say that most people live and die and never discover the eternal purpose for which they were created. We are looking at the tools that our Father has given us to help us to not only discover our eternal purpose but to fulfill it. To run our race and finish well.

As we have previously discussed in our last newsletter, the threefold cord of prayer, fasting and giving are vital instruments in our lives to cause us to hear the voice of God more clearly and to fulfill our divine purpose. We have discussed the importance of prayer. We will now go on to discuss the importance of fasting in our lives.

#### Principle 2: Fasting

Jesus said, "When you fast...". Not if you fast. He combined this in His statement in Matthew 6:3-6 17-18, about praying, giving and fasting, listing each of these as important keys to spiritual life and growth.

Matthew 6:17-18 “when you fast.....Your Father which is in secret and sees in secret, will reward you openly”. What is that reward? Knowing Him, hearing His voice, spiritual strength.

All these and much more. It is the means in which the Father’s will is brought into the earth and the Kingdom can be experienced in your life. Fasting helps you solve problems and break strongholds. Fasting brings the presence of God. Fasting brings revelation. Acts 9 -Fasting helps you to know the will of God. Fasting brings the power of God. Fasting breaks the spirit of poverty as well as other spiritual strongholds. Fasting breaks the bands of wickedness according to Isaiah 58. Fasting brings deliverance and freedom from addictions. As we fast, we can see captives set free. In fasting we can find solutions to problems and hear the voice of God for direction.

Matthew 17:21 Howbeit this kind goeth not out but by prayer and fasting. Fasting brings deliverance from demonic bondage as it causes spiritual strength to increase as you allow your body to become physically weakened. As we fast, we are bringing a spiritual offering and worship to God as we lay aside our physical desires to see our spiritual desires realized. PSALMS 35:13 I humbled my soul with fasting.

Let us not forget, our example, Jesus, the Author and the Finisher of our faith Who began His supernatural ministry with a fast. He did no miracles and didn’t even think about starting His ministry until He fasted. He knew the importance and value of fasting and was showing us to follow in His footsteps. The disciples of Jesus fasted. His followers have fasted throughout church history. The Apostle Paul, after his encounter with Jesus, went on an immediate three day fast. Also there are numerous examples of fasting in the Old Testament as well.

2 Chronicles 20:1-3 When faced with destruction by an invading army, King Jehosaphat proclaimed a national fast, to *inquire of the Lord*. As they fasted, the Lord gave them specific instructions concerning what to do which caused the enemy to turn on each other and the Israelites were saved.

Fasting intensifies prayer. Ephesians 3:20 Now unto Him that is able to do exceeding abundantly above all that we ask or think according to the power that works in us. The power that works in us is the Holy Spirit. By removing carnal barriers, fasting makes a way the Holy Spirit’s power to work.

Is there only one way to Fast? No. Is there only one length of time to fast. What is important is our humbling ourselves as we offer worship to the Lord through the sacrifice of giving up our fleshly desire for food and seek Him. As we do, the voice of the flesh is quieter, and the voice of God grows louder.

Next month we will go on to discuss the third vital key to be free in 2023, the key of giving and a particular type of giving, the bringing of our First Fruits. As we do, we are setting our direction for the rest of the year. **See Principal 3 next month.**

## UPCOMING EVENTS

Men's Breakfast -- March 4<sup>th</sup> -- 9:00 am

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*Word of Faith*

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