FASTING WORKS

PUT THE SPOON DOWN OR STEPPING AWAY FROM CERTAIN THINGS AND LAMENTING BEFORE THE LORD!

 Nehemiah 9:1-3

1 On the twenty-fourth day of the same month, the Israelites gathered, fasting, and wearing sackcloth and putting dust on their heads.

2 Those of Israelite descent had separated themselves from all foreigners. They stood in their places and confessed their sins and the sins of their ancestors.

3 They stood where they were and read from the Book of the Law of the Lord their God for a quarter of the day and spent another quarter in confession and in worshiping the Lord their God.

What is fasting?

Fasting is a practice of obtaining from food, drinks, or other loving things for a period to seek God. When you put certain things in hold or going without food or drink voluntarily, to seek God things will start shifting in your life. People fast for religious purposes, however, fasting could also be done for other reasons like grief or repentance. In the Old Testament the law of Moses specifically required fasting for only one occasion-the DAY OF ATONEMENT. This custom resulted in calling this day “the day of fasting” (Jeremiah 36:6). says “you go, therefore, and read from the scroll which you have written at my instruction, the words of the Lord, in the hearing of the people in the Lord’s house on the day of fasting. And you shall also read them in the hearing of all Judah who come from their cities.

 There are several people who had to obey the law, (Exodus 34:28). Tell us that while Moses was at Mount Sinai receiving the law he fasted for 40 days (about 1 and a half months) and 40 nights; he neither ate bread nor drank water. Jehoshaphat called for a fast in all Israel when opposed by the Moabites and Ammonites (2 Chronicle 20:3). Reacting to Jonah’s preaching, the men of Nineveh, at the king’s order, fasted and put on sackcloth (John. 3:5). The people who were held captivity were about to return with Ezra   fasted at the river of Ahava in the face of the dangers faced on the journey (Ezra 8:21, 23). Fasting was often done by individuals in times of distress.

David fasted after hearing that Saul and Jonathan were dead (2 Samuel 1:12). Nehemiah fasted and prayed upon learning that Jerusalem had remained in ruins since its destruction (Nehemiah 1:4). Darius, the king of Persia, fasted all night after placing Daniel in the lion’s den (Daniel 6:18). Jesus fasted 40 days (about 1 and a half months) and 40 nights before His temptation (Matthew 4:2). Release your faith going in fasting and asked God to appointed you to your Devine destiny. Sometimes it is good to acknowledge the goodness of the Lord by going deeper into Him. Fasting will get you closer with God, and fasting will give you the opportunity to spend times with God without interruptions. (Psalm 37:4). “Delight yourself in the LORD and He will give you the desires of your heart.”) God’s will give you the desires of your heart when you detached yourself from certain things or certain people. God’s will take you to a new level in your life when you release your faith and obey His commands. I encourage you to take sometimes in your busy life go in a fast and LAMENTING before the Lord for what you need, and in time you will see the results of your fast. Do not dwell on your disappointments, self-pity will hinder your growth, wrong crowd will hinder your dreams, self-condemnation will limit how high you can go, but worthiness will take you to your Devine purpose. Step up into faith, and let God is take you to your deepest dimensioned.