

UBC Corporate Fast - Connected To Win in 2010

Fasting

Blessings to all and peace from God the Father.

Due to the urging I have given for the body of Christ at Union Baptist Church to participate in a corporate fast, I have been asked and I feel it beneficial, to give a short lesson on the concept of fasting. One of the issues will knowingly be the length given to this subject. I am writing this with the intent of being somewhat brief, but I will apologize forthright knowing that there is no way to do a major thing in minor time. However, the intent is as follows:

The Principle of Fasting, The Practice of Fasting

Fasting by definition is the practice of abstention from something like food or drink, or some types of foods or drinks, especially as an act of religious observance. There are several key things that will make fasting quite different from dieting.

1. Fasting is abstaining from food, certain types of foods, drink, or certain types of drinks while focusing on divine relationship through prayer, study of the Word. In other words, when you fast its not just what you're not doing (eating) it is also what you are doing (prayer, meditation, studying). To just do without food and not add the other part is just dieting.
2. Fasting is done in several ways. Where many of the times fasting was done with regard to foods and certain types of foods, it should also be noted that there are many other non-food types of fast. In 1st Corinthians 7:5, the Apostle Paul included sex in the fasting and prayer topic as a part of the practice. Fasting does deal with the "essentials" of life. It is not like food or sex is not necessary to maintain healthy bodies and healthy relationships, it is just that in the process of fasting, we are saying that we need the most essential thing and that is the development of our relationship with God. This is done without being suicidal with the other. I'll talk about "Sacrifice, Not Suicide" later.

The Hebrew Bible (Old Testament) records
“Fast” from the Hebrew word: "TSUWM" –
[pronounced tsoom] – which means to cover
over (the mouth), i.e. to fast

Here are some Old Testament scriptures on
FASTING.

- Jg 20:26 ¶ Then all the children of Israel, and all the people, went up, and came unto the house of God, and wept, and sat there before the LORD, and fasted that day until even, and offered burnt offerings and peace offerings before the LORD.
- 1Sa 7:6 And they gathered together to Mizpeh, and drew water, and poured [it] out before the LORD, and fasted on that day, and said there, We have sinned against the LORD. And Samuel judged the children of Israel in Mizpeh.
- 1Sa 31:13 And they took their bones, and buried [them] under a tree at Jabesh, and fasted seven days.
- 2Sa 1:12 And they mourned, and wept, and fasted until even, for Saul, and for Jonathan his son, and for the people of the LORD, and for the house of Israel; because they were fallen by the sword.
- 2Sa 12:16 David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth. {fasted: Heb. fasted a fast}
- 2Sa 12:21 Then said his servants unto him, What thing [is] this that thou hast done? thou didst fast and weep for the child, [while it was] alive; but when the child was dead, thou didst rise and eat bread.
- 2Sa 12:22 And he said, While the child was yet alive, I fasted and wept: for I said, Who can tell [whether] GOD will be gracious to me, that the child may live?
- 2Sa 12:23 But now he is dead, wherefore should I fast? can I bring him back again? I shall go to him, but he shall not return to me.
- 1Ki 21:27 And it came to pass, when Ahab heard those words, that he rent his clothes, and put sackcloth upon his flesh, and fasted, and lay in sackcloth, and went softly.
- 1Ch 10:12 They arose, all the valiant men, and took away the body of Saul, and the bodies of his sons, and brought them to Jabesh, and buried their bones under the oak in Jabesh, and fasted seven days.

- . Ezr 8:23 So we fasted and besought our God for this: and he was intreated of us.
- . Ne 1:4 And it came to pass, when I heard these words, that I sat down and wept, and mourned [certain] days, and fasted, and prayed before the God of heaven,
- . Es 4:16 Go, gather together all the Jews that are present in Shushan, and fast ye for me, and neither eat nor drink three days, night or day: I also and my maidens will fast likewise; and so will I go in unto the king, which [is] not according to the law: and if I perish, I perish. {present: Heb. found}
- . Isa 58:3 ¶ Wherefore have we fasted, [say they], and thou seest not? [wherefore] have we afflicted our soul, and thou takest no knowledge? Behold, in the day of your fast ye find pleasure, and exact all your labours. {labours: or, things wherewith ye grieve others: Heb. griefs}
- . Isa 58:4 Behold, ye fast for strife and debate, and to smite with the fist of wickedness: ye shall not fast as [ye do this] day, to make your voice to be heard on high. {ye shall...: or, ye fast not as this day}
- . Jer 14:12 When they fast, I will not hear their cry; and when they offer burnt offering and an oblation, I will not accept them: but I will consume them by the sword, and by the famine, and by the pestilence.
- . Zec 7:5 Speak unto all the people of the land, and to the priests, saying, When ye fasted and mourned in the fifth and seventh [month], even those seventy years, did ye at all fast unto me, [even] to me?

The New Testament defines FASTING by the utilizing of the Greek word “**nhsteia**” [spelled from transliteration “nesteia” & pronounced “nace-ti'-ah”] which means abstinence (from lack of food, or voluntary and religious); specially, the fast of the Day of Atonement:

Here are some New Testament scriptures on FASTING.

- Mt 17:21 Howbeit this kind goeth not out but by prayer and fasting.
- Mr 9:29 And he said unto them, This kind can come forth by nothing, but by prayer and fasting.
- Lu 2:37 And she [was] a widow of about fourscore and four years, which departed not from the temple, but served [God] with fastings and prayers night and day.
- Ac 14:23 And when they had ordained them elders in every church, and had prayed with fasting, they commended them to the Lord, on whom they believed.
- Ac 27:9 Now when much time was spent, and when sailing was now dangerous, because the fast was now already past, Paul admonished [them], {the fast: the fast was on the tenth day of the seventh month}
- 1Co 7:5 Defraud ye not one the other, except [it be] with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.
- 2Co 6:5 In stripes, in imprisonments, in tumults, in labours, in watchings, in fastings; {in tumults: or, in tossings to and fro}
- 2Co 11:27 In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness.

One of the many fasts not mentioned in these verses is the “Daniel Fast”. Today the Daniel Fast has been used for dieting purposes and other health reasons, but in the truest use of the word “Fast” it is done not for health benefits, but for spiritual benefits that would include spiritual clarity for wisdom and guidance, spiritual strength for the accomplishing of a special endeavor or feat, or special intercessional interventions.

The Daniel Fasts

There are a number of “Daniel Fast” and various reasons that he fasted. Please note a few:

- 1) **Daniel 1:8-16 – (10 day fast)** - “Values Conviction Fast” - Fast to Prove God’s Providence is better than the provisions of man even if the man is a King and you are eating at the “king’s table”.
- 2) **Daniel 9:1-19 – “Intervening Fast”** - Fasting for intervention and intercession for the people of God.
- 3) **Daniel 10:1-3 (Three week fast)** – “Vision Comprehension Fast” - Fast to comprehend what God would have him to see (vision) and

what God would have him to do (action); as well as, when God would have him to do it (timing).

Each of the Daniel fast contain some similar items. The motives may differ slightly but the basic purpose was to pursue God. By that I mean that intimacy with God has many benefits. Wisdom (knowing what to do and when to do it), Power, and signs that give undeniable proof are just some of the fringe benefits.

Here are a few things to consider:

1. Daniel fasted from meats and requested “pulse” (Hebrew word “zeroa”) which are things sown (vegetables) and water because the normal types of meats that would have been at the King’s table would have been contradictory to his Hebraic diet (Leviticus 11) and the normal drink would have been an intoxicated wine (see Daniel 1:16 the use of the Hebrew word “Yayin” or yayin, -pronounced yah'-yin - meaning to effervesce; fermented wine or intoxicating drink.) This was to prove to his captors that Daniel & his friends could be obedient to their religious convictions and not be less physically attractive as the other captives, but in fact better in appearance and aptitude. Therefore, he fasted to the pulse that would have been part of the table’s furnishing and water. Water was the option versus wine. You have a few more options than that.

2. Your fast should be the voluntary doing without of some sort of sustenance that does not endanger your health. For instance, going on a prolonged fast without adequate protein or water or any other nutrient that is vital for your health would not be, in my opinion, a proper Biblical response for fasting. I said earlier that it is Sacrifice, not Suicide. Romans 12 says that you are to be a living sacrifice (Zao Thusia). There was a time when our sacrifices must be killed before being rendered to the Lord. This would be counterproductive now that He, Christ, has died that you may live the witness! The endangering of your health is not the intent of fasting.

3. Your fast should be coupled with the increased activity for prayer and reading/studying of His word. Remember, this is not just a diet. There are many types of fasts. A meat (flesh) fast, a sweet (desert) fast, a financial

fast (no spending outside specified budgeted items, especially impulse shopping & eating out)

Corporate Fasts are normally called for corporate clarity and manifestations at a corporate level. I have requested the corporate participation of this fast for clarity in our corporate response to the privilege of ministry we have as members of the Union Baptist Church of New Castle County, Incorporated. Here are our issues:

1. **Unrealized/Under-realized Potential** – The Bible says that The Harvest is Great (in other words there are a whole lot of people to be saved and discipled) but the laborers are few (in so many words, few people are engaged at Kingdom expansion)
2. **Ministry Opportunities** – Expansion property and ministry potential is within our grasps. Remember, of the 8,000 plus promises in the bible, all of them require our participation. Hence, they are conditional. God does not place the promise in our hands, He places them within our reach!
3. **Relationship Maintenance** – relationship destruction is almost Satanic and shows proof of demonic activity. While it should be said that this presence should be expected, it should never be looked at as normal, frequent, and therefore acceptable behavior. Jesus taught in Matthew 17:21 that this kind goeth not out but by fasting and prayer. There is no way that there can be a strong church with weak families. There can as well be no strong families with weak relationships. Whether it is the smaller family or the family of God, we have to learn how to develop, nurture, and maintain relationships. Only the devil wins with a scattered flock.

So in summary, if you will join me in a meaningful fast for at least 10 days (I'm hoping you'll join me the rest of this month) and commit to prayer for personal and corporate clarity.

- . Ask God what can you do to expand the Kingdoms Agenda in and through the Union Baptist Church Ministries. (Acts 9:6)
- . Ask God to send the healing for internal relationships

o **Matthew 5:23-24 (KJV)**

²³ Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against

thee;

²⁴ Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

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- . Ask God to utilize UBC as a catalyst for community healing (2nd Chronicles 7:14).
- . Ask God to increase our appetite for Community Outreach (Acts 1:8)

Thank you in advance for your prayerful and participative support. Peace & Power

Yours Because of Christ,

Rev. Dr. LaBarron F. McAdoo, Sr.