

Some Fasting Truths

1. Jesus said His disciples would fast in the dispensation we live in, when the bridegroom has been taken away. [Mat 9:15, Mark 2:20, Luke 5:25]
2. Jesus said in Mat chapter six "When you give, when you pray, when you fast." Not "if you give, if you pray, if you fast." [Mat 6:16]
3. Paul said even he had to keep under his body lest after he had preached to others, he himself might be a castaway (a reprobate). [1 Cor 9:27]
4. Jesus taught us to deal harshly with the body, to the point it might feel like we are gouging out our eye or cutting off our hand. The body has the capacity to take us to hell if we let it have its way. [Mat 5:29, Mat 18:9, Mar 9:47]
5. The body is declared "dead" and fasting is the tool we have been given to enforce that truth. [Rom 8:10, Mat 9:15 (fasting has an effect on sinful flesh to keep it from bursting.)]
6. The wages of sin are death. [Rom 6:23]
7. If you live after the flesh you shall die. [Rom 8:13]
8. The flesh lusts against the spirit and the spirit lusts against the flesh. These two are contrary one to the other. Those that are Christ's have crucified the flesh, with the affections and lusts. [Gal 5:24]
9. Jesus told us to take up our cross daily in order to follow him. [Luke 9:23]
10. Either my flesh or my spirit will be on the cross every day. They cannot walk together because they do not agree. [Amos 3:3, Luke 5:36, Gal 5:17]
11. The new cloth does not agree with the old cloth. The new wine will spill out unless the old wineskin is preserved through fasting. It is not optional. [Luke 5:36-38]
12. The spirit and the flesh do not agree! One will ALWAYS dominate the other. [Gal 5:16-25
If you do not walk in the Spirit, you will walk in the flesh. No other options.]
13. He that has suffered in the flesh is free from sin. [1 Pet 4:1]
14. Yielding to the flesh is to wallow in the mire and swallow your own vomit. [2 Pet 2:21-22]
15. The flesh is like a child demanding its own way. A child left to its own brings shame. Foolishness is bound in the heart of a child, but the rod of correction shall drive it far from him. Fasting is one form of the rod. [Prov 22:15, 23:13, 29:15, 22:6]
16. There is a fellowship with the Father during fasting. God delights in seeing His spirit born children take dominion over their flesh through fasting. He knows the flesh must be kept on the cross daily. [Mat 6:16-18]
17. We are never to become prideful that we fast, like the Pharisee who boasted of his fasting twice every week. No, fasting is simply demonstrates who we are. We are sons of God and we dominate our bodies so they can be used as instruments of righteousness for the kingdom of God. [Luke 18:9-14, Rom 6:13]
18. Fasting reinforces the dominion of our spirit. We have been made free from sin. We do not let sin reign in our mortal bodies. Fasting imposes the will of our spirit over the will of our flesh. [Rom 6:12, 18, 22; 1 Cor 9:27]