

When you fast

I would like to continue to expand upon another important factor of our commitment to prayer and fasting. Both Moses and Jesus not only prayed for forty days they fasted as well. Fasting is an important part of our prayer life though we rarely hear much about it today. Perhaps this is one of the reasons many believers experience so little of the strengthening of God in our inner man and are not experience the fullness of God.

We are too often swayed by the lusts of our flesh, feeling trapped by its desires, and unable to do anything but obey. But it does not end there, when we have yielded ourselves to it and it has what it wanted we are soon after swept away by a flood of guilt. Is this the fate that God has for us?

I learned early on in my Christian walk that there were two parts to me. My outer man and my inner man. My inner man burst to life at salvation; Gods Spirit came to live in my spirit. I was filled from within with joy, excitement, and expectation of what God would do next. That zeal has never left. My spirit is still the same; seeking God with great fervor and desiring to be always full of Him. Not long however into my Christian life my outer man started to long for the desires it once enjoyed before I began to walk in the Spirit. There started to be a struggle for power within me. Would I be led by the Spirit or the flesh? Paul describes this war within him as well. ***“For I do not do the good I want, but the evil I do not want is what I keep on doing. Now if I do what I do not want, it is no longer I who do it, but sin that dwells within me.”*** (Rom 7:19-20)

I took great comfort in this passage but not just because I found a similarity between my struggle and Paul’s. I also now had found a way to justify my continues yielding to sin. There is great danger in taking one passage of scripture and basing the whole of your belief on it. You only have part of the picture. Yes it is true that we are for now in this tent of flesh and its desires are for its lusts. However, it is not true that we are a slave to its whims. Let’s look now at what God has to say about this struggle between the flesh and the spirit.

Read Galatians 5: 16-17 & **Galatians 5 : 22-25** from our prayer list.

How are we commanded to walk?

What is the result of this walk?

Why must we be diligent to always make sure we are walking in the Spirit?

How do we know when we are walking in the Spirit and when we are walking in the flesh?

What have those who belong to Christ done? Have You?

This struggle to walk in the Spirit and not in the flesh is one that happens daily. With each struggle we have a choice: will we obey the lusts and desires of our flesh or listen to the still small voice of the Spirit.

Let’s now look also at **Ephesians 3: 16-20** from our prayer list.

We are praying that we will be _____ by the _____ of the _____ in the _____.That we will be filled with _____ the _____ of God.

In Geneses 4:7 God tells us the nature of sin and what he wants us to do about it. After confronting Cain, God says to him that sin is crouching at the door. Its desire is for you, but you must rule over it."

It has never been God's intent for us to be ruled by sin but for us to rule over it. At Calvary Jesus paid the penalty for our sin and rescued us from its rule. Now the only power sin has over us as believers is the power we give over to it.

Are you ready to start ruling over it instead of letting it rule over you?

Prayer with Fasting is the greatest weapon we have against our flesh and the powers and principalities of this world. This is a truth that Moses, Jehoshaphat, Ezra, Nehemiah, Isaiah, Josiah, Joel, Job, David, Daniel, King Darius, Ester, the nation of Israel, the nation of Nineveh, Jesus, Anna, John's disciples, the church at Antioch, Barnabas, Paul, and the early church all knew.

After Jesus' baptism and before He had performed any miracles He was lead in the wilderness for 40 days and nights and after He had fasted the 40 days then Satan came to him to tempt Him.

Read Matthew 4: 1-11

What was that Satan first tempted Jesus with?

What was His response?

What was His second temptation?

What was His response?

What was the third temptation?

What was His response?

The temptations, though they differed in what the temptation was: the lust of the flesh, the lust of the eyes, and the pride of life, were all meant to tempt Jesus to yield to the temptations of His flesh. Jesus however showed us what we are to do when we face any temptation. We refute the lie with the truth, "I do not have to yield to the flesh. I will yield to my Heavenly Father in the might of His Holy Spirit in my inner man".

God Bless,
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