

# TRUE FASTING

Pastor Katy Reeves

## Mark 11:22-24

Jesus replied to them, "Have faith in God. I assure you; if anyone says to this mountain, 'Be lifted up and thrown into the sea,' and does not doubt in his heart, but believes that what he says will happen, it will be done for him. Therefore I tell you, all the things you pray and ask for--believe that you have received them, and you will have them.

The evidence of your faith is that the mountain moves. When Jesus cursed the fig tree, the roots instantly withered; but the tree looked like nothing had been done to it. It was seen the next time they passed by the tree--early the next morning. What happened here? Jesus saw the tree already cursed when He released His faith through the words, "No man ever eat fruit from you again!" Faith is seeing what God sees and calling those things that be not as though they were. If you don't SEE it as already done when you speak, you are not in faith. If you don't SEE it in your heart, then you will not SEE it in the natural. It's not about 'seeing it' instantly happen before your eyes; you have got to have already 'seen it' in your heart--you already received it. You believed--therefore--you spoke!

We've been talking about 'this kind' being 'unbelief' or a wrong perspective; not seeing what God sees and how that 'this kind' of thinking or believing can only be dealt with successfully through prayer and fasting. Prayer and fasting takes you into the place where you never see yourself apart from Christ. You will become God-conscious--never self-conscious in any way.

## Matthew 9:14-17

The purpose of their fast was so they could be right with God or that they could move God to do something for them. Jesus answers their question by telling them. While Jesus was with His disciples, He kept their perspective and their thinking right--He continually taught and showed them who God was. They were with Him and they were right with God. Jesus showed them that God has already moved on their behalf through all the miracles that He did.

He gave the examples of patching the old garment with an unshrunk cloth and the new wine doesn't go in old wine skins.

Here's what He meant:

True fasting is a beautiful thing. It is not done to get into a right relationship with God. It is not done to move the hand of God. It is not done to gain His favor. Fasting has nothing to do with getting God to move on your behalf. True fasting has to do with you SEEING clear. Seeing what God sees so you can move in faith.

The flesh has a voice that speaks against the Truth. Fasting crushes that voice. Matthew 9:16 reveals the power of fasting and its true purpose. John's disciples were fasting the old way--to get right with God. Jesus reveals the new way here. Mankind could never work their way right with God. Jesus made mankind righteous through His work at the cross. The old purpose of fasting will not work in the new covenant. It's not about works, but faith.

Fasting in the new covenant is for the purpose of greater revelation of the Truth of who we were created to be. Mixing the old and new won't work. We are not saved by works, but by faith through grace. We are not pouring old ways of thinking into brand new wineskins. The new wineskins will not hold old perspectives. The new wineskins will not hold old motivations. The new wineskins will not hold old legalistic mentalities.

Jesus said, "IN THAT DAY they will fast and the purpose for fasting will be brand new. The old purpose was so they would be qualified. Now, Jesus has made us qualified. The old purpose was self-righteous. Now, Jesus has made us to be the righteousness of God. Fasting is not an option we can choose to do or not do. Jesus said THEY WILL FAST. It's part of Kingdom living. It's part of a reality that we embrace because of the benefit and blessing of getting free from self-consciousness.

### Matthew 6:16

There it is again--WHEN YOU FAST. Don't do it to be seen by others as super spiritual. Do it in faith, before the Lord. Because you want more of Him in you. Fasting has to do with faith rising up and seeing what God

sees! It brings you to a place where you can replace wrong beliefs with right ones. Fasting brings you into a place where you are living by the Spirit. Your flesh is dead and powerless. You are called to live by the Spirit--not the flesh. Fasting helps you get there. There is something going on in your mind that is hindering you from receiving what Jesus has given you, which is the new perspective or God-consciousness, and it won't come out except by prayer and fasting. True fasting is not works. It's the place to suppress the cry of the flesh. Fasting subdues the flesh and sensual living.

A true fast is a lot of water and NO food. Most addictive behaviors can be crushed in a simple three day water fast. A water fast kills hunger. Hunger goes away in 3-5 days. It cleans your body. The benefit of fasting far outweighs the pleasure of a meal. Fasting is not about abstaining from food, but seeking the things of the Spirit. God can and does, at different times, lead you into a fast--be obedient.

You have the right in the Kingdom to choose to go into a fast on your own as well. When you fast, make sure your motive and purpose are correct and from a place of faith.

- \* Submit to God.
- \* Suppress the flesh.
- \* Release your faith through thanksgiving prayer:
- \* Renouncing the flesh and sensual living
- \* Surrendering your spirit, soul, and body to God's purposes.
- \* Yielding yourself to the Spirit.
- \* Believing the Truth about who you are--building the right perspective.

Fasting is something we should all have a habit of practicing as well as living a life of temperance. Be self-controlled. Don't indulge your flesh. Don't pamper your flesh. Don't live to eat. Suppress the flesh and build your spirit so you can see what God sees.