

## Fast Lesson 6 God's Chosen Fast

Last Week

Power To Heal - Wow what a service  
"Who Felt God's Presence last week?"

Let me share a word

DETOX -  
Short for DETOXIFICATION

Often used in relation to drug rehabilitation  
i.e... "My friend is in detox from heroin"

Merriam-Webster Define

- to remove a harmful substance or the effect of such substance

Wikipedia defines Detoxification as:

- ...removal of toxic substances from a living organism, including the human body.

Detox is HOT right now

Colon cleansing - chemical or physical - Liver Detox

Alternative Medicine claims Illnesses such as:

Allergies, arthritis, asthma, high blood pressure, heart disease, diabetes  
even depression.

...are caused by toxins in the body.

How do we get infected with these toxins?

Environment and lifestyle

- Smoking, poor food choices, living near environmental hazards...etc

Life keeps our bodies bombard by toxins

The US Center of Disease Control (CDC)

Estimates 80% of illnesses have environmental of lifestyles causes.

**"There is nothing new under the sun"**

Detoxing is not something new. It's been around for thousands of years  
In many cultures

Biblical Dietary Restrictions:

- The Garden - Adam and Eve could not eat from the tree of the knowledge of good and evil
- Moses - Fasted 40 days no food or water (did it twice)
- Jesus - Fasted 40 days and was led by the Spirit into the wilderness to be tested by the devil

be tested by the devil

Adding dietary restrictions to our lifestyle is a good health practice  
Dietary Restrictions - Avoiding fats, processed foods, alcohol and caffeine are recommended and increasing fiber, vegetables and certain herbs helps the body (mainly the Liver) do what God designed it to do.

Say with me...

***“John turn from the table while you’re able”***

Hippocrates - An Ancient Greek, known as the “Father of Western Medicine” recommended fasting as a means for improving health.

So, I see God Detoxifying me...

What is happening in me is toxins are being eliminated from my body

Toxins inhibit my ability to receive nutrients

The LIVER:

The body’s filter separates the nutrients and set up the rest to be eliminated either in our urine or stool.

So much junk enters our body and the liver doesn’t know what to do with it all...

So it stores it away...we get bigger and bigger

Read the packaging

Mono sodium glutamate

Trisodium...what ever read it fast and it sounds like your speaking in tongues...

This overworks our liver and prevents it from detoxifying and body normally. Or we take in toxins at such a fast pace the body can’t process it fast enough so it gets stored. Everywhere!

When we eat the right food, the liver sees vitamins and minerals then distributes them and eliminates the waste.

Keeping us healthy

So, we are in Wk 6 of our fast, 40 day to breakthrough.

We are looking for God to break chains, give us direction and unify the body of Christ

This week we are looking at Isaiah 58

God’s Chosen Fast

In your small groups you will read through and see Gods true fast and the results from Fasting Gods way

Allow me to give you a little background on the Book of Isaiah

- Isaiah lived and died 100 years before Israel’s captivity.
- In fact he prophesied about the nations captivity
- The book can be broken down into 3 parts

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- The book can be broken down into 3 parts
  1. Pre Captivity
  2. In Captivity
  3. And the return

His writings speak to the Hebrew people in these phases of life.

It's important when read through the Old Testament we understand.

God when paints a picture of the things Israel dealt with...

Blessings and victories

Curses and defeats

Warnings

We can parallel Israel with our own lives

In Isaiah day Israel was very disobedient and rebellious...they let sin in there life to the point that...

Sin was incorporated into Holy practice, even Fasting

God commanded the people to fast one time in the law...on the Day of Atonement.

Leviticus 23:26-27 NKJV

*“And the LORD spoke to Moses, saying: “Also the tenth day of this seventh month shall be the **Day of Atonement**. It shall be a holy convocation for you; **you shall afflict your souls**, and offer an offering made by fire to the LORD.”*

Day of Atonement: Sins forgiven

Afflict your souls:

Remember there sin that was taken away

Focus on God's instruction

Now lets Look at what us sheep are doing in Isaiah 58:1-3a (Amplified Version)

*“Cry aloud, do not hold back;  
Lift up your voice like a trumpet,  
And declare to My people their transgression  
And to the house of Jacob their sins.*

*2 “Yet they seek Me day by day and delight [superficially] to know My ways,  
As [if they were in reality] a nation that has done righteousness  
And has not abandoned (turned away from) the ordinance of their God.  
They ask of Me righteous judgments,  
They delight in the nearness of God.*

*3a ‘Why have we fasted,’ they say, ‘and You do not see it?  
Why have we humbled ourselves and You do not notice?’...*

- God commands Isaiah to call the people out on their sins.
- Explains the people are expecting God to move yet they are living in contrary to his commands

contrary to his commands

Isaiah 3b-4 tells us the sin that had penetrated the fast  
(Amplified Version)

*3b...Hear this [O Israel], on the day of your fast [when you should be grieving for your sins] you find something you desire [to do], And you force your hired servants to work [instead of stopping all work, as the law teaches]. 4 "The facts are that you fast only for strife and brawling and to strike with the fist of wickedness. You do not fast as you do today to make your voice heard on high.*

In Isaiah's time the people were entering the Day of Atonement fast but with a sinful mindset and intentions.

- Using this time for themselves instead of focusing on their sins
- They were forcing their workers to work when they should be resting...in effect placing a yoke around their neck.
- Asking God to help them win arguments and fights

Are we guilty of looking at the fast in this manner?

- As leaders using this time away from normal duties as an opportunity to do what we want to do
- Are we making others feel guilty because of their fast doesn't look like ours or maybe they are not fasting at all
- Are we asking God to give us a word to win an argument win our spouse, friend, neighbor or co-worker

If so sin (**toxins**) have entered into the fast.

Listen if our lives are being bombarded with toxins in what we eat...

Our spiritual lives are being infected with the sinful nature of this world all around us...In the news, movies, TV shows even in the church as people come sick wanting healing.

Little by little the toxic nature of sin is hiding all over our bodies and it comes out in many dysfunctional forms.

When I got out of boot camp I was 204lbs wearing a size 34...I could do 100 push ups and sit-ups like it was nothing.

24 years later I found myself 282lbs. with a 44 waist and a blood sugar level of 250.

Shout with a loud voice...

***"John turn from the table while you're able"***

I am learning something, my body is so full of toxins...

I was carrying so many pieces of chocolate cake, cheese steaks, pizza, Doritos and mess like that I could not be what God was calling me to be.

I needed this fast to Detox

I needed to have 24 years of junk to be broken down and eliminated from my body.

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God has something for us to do...but the junk we have filled our lives and bodies with:

Clouds our judgement  
We can't hear Gods voice  
We lack energy, power and drive

Fasting detoxes us so there is room for God.

See as God is removing the toxins from our system a void or hole is created. It's like getting rid of all the junk on our table.

All of a sudden

We hear Gods voice again  
Which gives us Purpose and Value  
The Power is restored

Remember last week the healing power we all felt  
We are getting clean inside, the toxins are being removed. So we are returning to what God intended for us.

However this is very crucial time. What we choose to put on the table or...  
What we choose to fill that hole with, will determine our health when we come out of the fast.

Look at what Jesus tells us In Matthew 12:43-45  
This is scary!

*43 "When an impure spirit comes out of a person, it goes through arid places seeking rest and does not find it. 44 Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. 45 Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that person is worse than the first. That is how it will be with this wicked generation."*

Listen this is not a Diet...

When on a diet, when the waitress comes by and asked for your drink order...I say something like...

**"May I have a diet soda? What ever one you have is fine!"**

If we remove the junk and don't fill our lives with some Jesus...We will end up worst than when we started. Diet sodas and fake sugar can cause more damage to our bodies and add more toxins.

- The truth is the reason we crave the sugary drink is because we lack something else
- The reason we can't let go of that bad relationship is because we lack something else...

So we order another diet drink

something else...

So we order another diet drink...

We call that toxic person up and continue in the bad relationship...

Even though, we cried last week at the feet of Jesus and felt his healing power. We didn't fill the hole left in us with Jesus.

Listen after that service last week we should have:

Prayed a little more,

Open that bible a little more,

Tuned in to Christian radio a little more...

We need a little more Jesus to fill the hole.

If not...

I may...No I will order another diet soda at lunch but when I'm done I'm craving dessert, and that pie has at least 7 times the demons (I mean sugar) than the soda.

"You keep searching devils I'm filling my hole with some Jesus. Amen!"

So what does God's fast look like...

First the word in the Hebrew is

1. Tsowm (so-m) - Noun form...Like saying, "We are on a FAST." This is the noun form
2. The verb is Tsoom (Soo-m), which means in the Qal (or simplest) form - To abstain from food.

Now I know some of you are fasting social media, TV...etc and I know God understands your heart...However the word as it is written says give up some type of food.

Back to Isaiah 58, look at vs. 6 and 7  
(Amplified Version)

6 "[Rather] is this not the fast which I choose,  
To undo the bonds of wickedness,  
To tear to pieces the ropes of the yoke,  
To let the oppressed go free  
And break apart every [enslaving] yoke?  
7 "Is it not to divide your bread with the hungry  
And bring the homeless poor into the house;  
When you see the naked, that you cover him,  
And not to hide yourself from [the needs of] your own flesh and blood?"

God's desire is always to restore and heal.

When Moses went up the mountain to receive the instructions...

not for himself but for the people...Exodus and Deuteronomy tells us he fasted food and water for 40 days not once but twice.

This is miraculous because.

It is possible for a man not to eat for forty days...(I probably have enough stored for at least 60 days)

It is possible for a man not to eat for forty days...(I probably have enough stored for at least 60 days)...

But a person will die of starvation after about 3-4 days at the most a week.

Yet Moses went 40 days twice.

The bible tells us God settled on the mountain like a cloud with thunder and lightning when Moses was up the mountain with no food and water... Moses brought the instructions how to live back with him.

What I see in this is when we listen to God and fast food of some type and spend time in prayer and time in the bible ...

We can receive what we need to help other get free from all the things that hold us captive. I believe God may have used the cloud which is made of water in a gas form to hydrate Moses as they talked.

You will see in Isaiah 58 If our Purpose is pure in our fast...If we seek to fill our selves with more Jesus, we can help others and our needs will be met.

In vs. 6 (AMP)

*“Then your light will break out like the dawn,  
And your healing (restoration, new life) will quickly spring forth;  
Your righteousness will go before you [leading you to peace and prosperity],  
The glory of the Lord will be your rear guard.*

*God will take care of our issues. He will handle the places in our lives that are hard to reach.  
By faith I know God will handle that thing that hurts us the most.*

Let me close here...

Remember I said this is not a diet...What I talking about is a lifestyle change...

See when we change our lifestyle...

When that waitress asks me for my drink order...

My mind set is different, I don't want some fake soda...I want a glass of water.

Cause that water reminds me of the Living Water provided for me by the sacrifice of my savior. Now I can order that salad with joy...

Or maybe...Because we paused and didn't try to please our physical desire first. I hear the voice of God saying don't eat anything because something supernatural is about to happen, I am calling you to a FAST now.

All of a sudden, we feel Gods Value and Purpose and the power of the

now.

All of a sudden, we feel Gods Value and Purpose and the power of the Holy Spirit comes over me...

I ask the waitress, can I pray for you as I pray for my meal. She looks up and say yes...she tell me how she is hurting and in pain...I touch her hand and that fire transfers from my hand to hers.

Next thing you know...through tears she asks Jesus into her heart.

You have become a repairer of the wall.

A healer to the sick...

A restorer of Gods house...

A shoulder to cry on and cross bearer.

You are becoming like Jesus.

One who said I gladly die for you that you would live.