

Welcome back, beloved. This is a very powerful and popular topic today, especially in the United States of America. We're going to talk about fasting—returning to the Lord with fasting and holy fasting.

Let's open in prayer right away. Sovereign Lord, in the mighty name of Jesus, my Lord, we surrender this time, this fellowship, this study, this expedition in your word today into your all-powerful hands. Lord, have your way. Open our spiritual ears and open our spiritual eyes that our hearts would be softened to your leading, mighty Holy Spirit. You are the authority here.

Lord, please remove all distractions from this day and rivet our attention. For all the blessed saints that you've brought forth this day into your glorious, eternal kingdom, may they hear your voice, my Lord, and not the voice of men. May you be glorified this day. May we be enriched as we go through your word. Help each and every one as they go on the journey of holy fasting and returning unto you, my Lord. Increase their anointing. Increase your favor in their lives, my Lord, that they would be golden vessels in your house, fit for every good and perfect work. We pray and I pray, in the mighty name of Jesus, amen and amen.

Topic Introduction: Fasting in America Fasting is not something we do very often in the United States of America. In fact, we typically only fast when we sleep. It's shocking when we look at the state of fasting in the U.S.—we have everything here, everything's convenient, and fasting is not something we do well.

But today we'll cover scriptures that will both encourage and strengthen your spiritual walk. Few things are more powerful in increasing your anointing—whether in ministry, personal life, or deliverance—than fasting.

We will cover:

Holy dry fasting (no food, no water)

Holy fasting with fluids

Solitude fasting (for those unable to do dry or fluid fasting)

Not everyone can fast the same way, especially if you are on medication. For those taking medicine, talk to your doctor before attempting any kind of fast. But if you're not on medication, you can partake in holy dry or fluid fasting. For those who are on medicine, there's also something called a solitude fast, which we'll cover at a broad level.

Fasting in the Bible: Matthew 4 Let's turn to the Gospel of Matthew, chapter 4. Fasting is a powerful tool found throughout the scriptures. One of the best examples is when Jesus fasted in the wilderness for 40 days and 40 nights. He did a holy dry fast—no food and no water—and the Bible tells us, "He was hungry."

The tempter came to Him and said, "If you are the Son of God, tell these stones to become bread." That's how the enemy operates: he tempts through the flesh. Fasting is designed to crucify the wicked and sinful desires of the flesh.

Every time the enemy tried to bring Jesus down to focus on earthly things, Jesus responded with the Word of God: "It is written..." This is the key: when you fast, base everything on the Word of God.

Focusing Upward, Not Downward The enemy will tempt you to focus downward: on things like food, bills, earthly distractions. But when you fast, you must fix your attention upward—on the kingdom of God.

Philippians 3:20-21 reminds us that "our citizenship is in heaven." When you're fasting, your power, authority, and eternal hope are found by looking up, not down.

Paul's Teaching on Spiritual Discipline: 1 Corinthians 9 Paul talks about disciplining the body in 1 Corinthians 9:24-27. He says, "I strike a blow to my body and make it my slave." Why? Because even after preaching to others, he didn't want to be disqualified himself.

Fasting helps you bring your body under subjection. It helps with self-control. As Titus 2 teaches, grace teaches us to "say no to ungodliness and worldly passions" and to live upright, self-controlled, godly lives.

Jesus' Instruction on Fasting: Matthew 6 Jesus said, "When you fast, do not look somber as the hypocrites do." Put oil on your head, wash your face—don't make a show of it. Your fasting is between you and God, and your Father who sees in secret will reward you.

Examples of Biblical Fast: Moses and Ahab In Exodus 34, Moses fasted 40 days and 40 nights with no bread or water while receiving the Ten Commandments. His face was radiant afterward, showing the power of holy fasting.

Even wicked King Ahab, the most evil king in Israel, humbled himself with sackcloth and fasting—and the Lord noticed. The judgment was delayed because of his repentance (1 Kings

21). That's how powerful fasting and humility can be.

The Right Kind of Fast: Isaiah 58 Isaiah 58 tells us how God views fasting. It's not just about denying food; it's about humility, justice, repentance, and pursuing righteousness. Fasting that pleases God is tied to how we treat others.

"Is this not the kind of fast I have chosen: to loose the chains of injustice... to share your food with the hungry..."

When fasting is done correctly, with humility, prayer, and repentance, it gains heaven's attention.

Conclusion: Fasting as a Path to Revival The church today doesn't need more entertainment, potlucks, or self-help messages. We need revival. And revival begins with repentance, prayer, the Word of God, and fasting.

If you want to draw nearer to God, if you want breakthrough, deliverance, or power in your spiritual walk—fast. Whether it's a holy dry fast, a fluid fast, or a solitude fast, let God lead you, and align it with His Word.

Fasting crucifies the flesh, strengthens your spirit, and brings you nearer to the heart of God.