

# STUDY NOTES FROM KAREN HOERDEL'S "FASTING" TEACHING SERIES

## BLESSINGS OF FASTING

Fasting = voluntarily abstaining from food

Food caused the curse and eating in sorrow

We read that the great people of God fasted such as:  
Moses, Elijah, Samuel, David, Ezra, Nehemiah, Esther, Joel, Anna, Paul and Jesus.

Jesus told us to fast when the Bridegroom was not with us.

We compared physical and spiritual bread and drink; feed the spiritual vs. the physical.

In the previous study we talked about many reasons to fast and we are going to continue with more blessings of fasting.

### **Isaiah 58: 6-14 - blessings of fasting:**

Verse 6 - loose the bands of wickedness, undo heavy burdens, let the oppressed go free, break every yoke (also Legalism)

Verse 7 - uncovers the flesh

Verse 8 - Light will break forth, health and healing of your sicknesses and others, righteousness will manifest, God's glory will be rear guard

Verse 9 - the Lord will answer

Verse 10 - your light will burst out in the midst of calamity, trials and adversities, like the sun at midnight and your darkness will be past

Verse 11 - the Lord shall guide thee continually, satisfy thy soul in drought, make fat thy bones, you will be watered garden whose waters fail not

Verse 12 - build the old waste places, raise up the foundations of many generations: you will be called the repairer of the breach, the restorer of paths to dwell in

Verse 14 - ride on the high places, feed thee with the heritage of Jacob

### **Some Concluding Thoughts:**

Ordinary prayer becomes amplified many times through fasting.

Consecrated fasting acts as a refining fire to the saint of God.

We should fast often to keep the fleshly appetites in subjection (hunger, sex, greed).

Fasting is a method of renewing the mind and body - healings.

Fasting paves the way for Holy Spirit enlightenment of the Word of God.

Fasting prayer is the best way to get closer to Jesus and more sensitive to the voice of God.

Fasting is a part of right living with God.