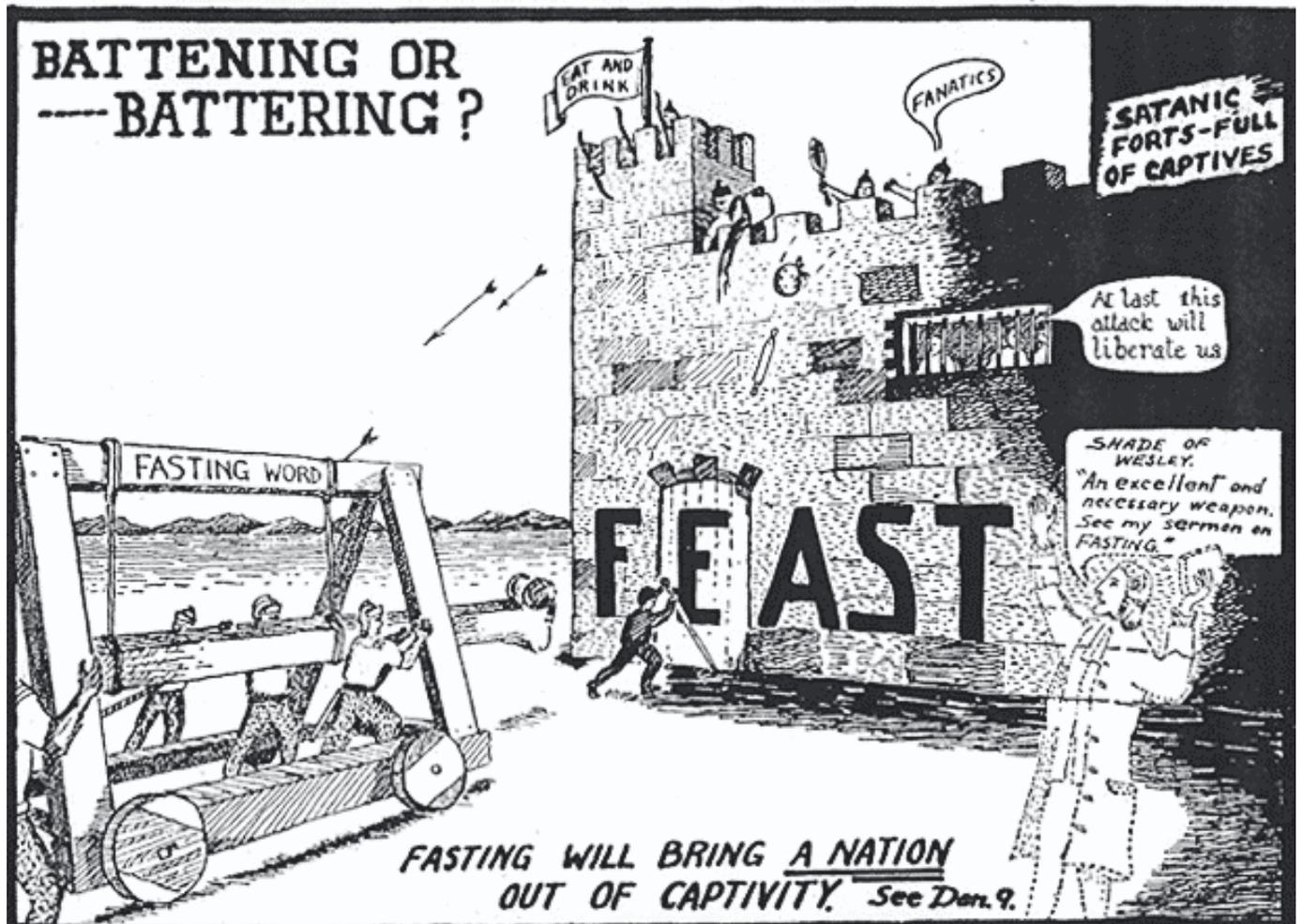


STUDY NOTES FROM KAREN HOERDEL'S
"FASTING" TEACHING SERIES

KNOCKING THE "E" OUT OF FEAST !



Fasting

Fasting = Hebrew - "tsoom" which means to cover the mouth
Greek - "nesteia" which means not eating;
without food; abstain from food voluntarily

*Food caused the fall of man.

Fasting as a religious duty is almost universal.

Jewish fasts = to abstain from every kind of food from evening to evening on the Day of Atonement.

To manifest a more profound humbling of the soul before God, it was not unusual to put on sackcloth, rend the garments and scatter ashes over the head.

Hebrews were in the habit of fasting whenever they were in difficult circumstances, mourning, for sins and many other reasons.

After the Jewish custom fasting was frequently joined with prayers that the mind, unencumbered with earthly matter, might devote itself with less distraction to the contemplation of divine things.

Conclusion:

Faith needs prayer for its development and full growth, and ***prayer needs fasting*** for the same reasons. Fasting does wonders when used in combination with prayer and faith. This is a Biblical doctrine.

Fasting:

1. Humbles the soul before God
2. Crucifies the appetites and denies them so as to give entire time to prayer
3. Manifests earnestness before God
4. Shows obedience
5. Gives the digestive system a rest
6. Demonstrates mastery of men over appetites
7. Aids in temptation
8. Helps attain power over demons
9. Develops faith
10. Crucifies unbelief
11. Aids in prayer
12. Gives clarity of thought and readiness for action in the spiritual life
13. Closeness to God

All believers are supposed to fast but no regulations or set rules are given as to how long or how often. That is determined by individual desire and needs.

Since fasting and prayer are so prominent in the Bible, today's Christians should do more of this until they receive power with God over all the power of the devil.

“Behold, I give unto you power to tread on serpents and scorpions, and over all the power of the enemy: and nothing shall by any means hurt you.” Jesus speaking in Luke 10:19.

Fasting prayer is a powerful weapon against Satanic forces.

Scripture References:

Deuteronomy 9:9,18,25-29 - Moses
Ezra 8:21-23 - for the right way; 10:6
Esther 4:16 - approaching danger
Isaiah 58:6-7 - (whole chapter) a true fast
Matthew 4:1-2 - Jesus preparing for war
Matthew 6:16-18 - “when”, not “if”
Luke 2:36-38 - Anna, ready for God
II Corinthians 6:5; 11:27 - Paul in fastings often