

# GROWTH RESOURCES

## FASTING REWARDS

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Sometimes we miss break-throughs and healings in our lives because we do not fast and pray. *(Matt 17:21) But this kind does not go out except by prayer and fasting.* **Fasting and prayer are the proper means to draw in God's power to help us.** Fasting is useful to give us an edge in prayer. **It shows the humility we need in prayer.** Fasting must be joined with prayer to restrain the body. **There is no greater power available to us through which we can conquer every temptation and attack from the enemy than through fasting and prayer.**

### WHAT IS FASTING

- Fasting comes from the heart of God. Instituted in OT, in NT Jesus gave it more meaning. *(Matt 6:16-18) And whenever you are fasting, do not look gloomy and sour and dreary like the hypocrites, for they put on a dismal countenance, that their fasting may be apparent to and seen by men. Truly I say to you, they have their reward in full already. (v.17) But when you fast, perfume your head and wash your face. (v.18) So that your fasting may not be noticed by men but by your Father, Who sees in secret; and your Father, Who sees in secret, will **REWARD** you in the open.*
- Is temporary withholding from food and certain liquids, withdrawing yourself as much as possible from the rushed life and worldly activities to actively on God through PRAYER, SCRIPTURE READING, and MEDITATION ON THE WORD OF GOD.
- You DISCIPLINE your physical body with all it's LUSTS, CORRUPTED MOTIVES AND PERVERTED INTENTIONS in order to not have it's way all the time but that GOD MUST COME FIRST NOW – body must submit to SPIRIT.
- A BIBLICAL PRINCIPLE. It is searching for God, is ministering unto God. Making yourself available to be used.
- Fasting is a PRIVILEGE and not a punishment.
- It is an OPPORTUNITY to SEARCH your heart, motives, life and REPENT from sin and stand PURIFIED before God.
- It TEACHES us we can get along with less than we think we can.
- It BUILD FAITH and break down DOUBT.
- It is a WEAPON for SPIRITUAL WARFARE and as much as possible time must be spent in PRAYER.
- It makes us more SENSITIVE to the NEEDS OF OTHERS.
- It is part of LIVING RIGHT: preparing us to CHANGE WRONG HABITS and wrong eating habits – (stomach is god).
  - Your body is the temple of the abiding Holy Spirit. With the cleansing process your body is being made pure during fast and it has an effect on your spirit and soul. *(Phil 3:18) For there are many, of whom I have told you and now tell you even with tears, who walk (live) as enemies of the cross of Christ (the Anointed One). (Phil 3:19) They are doomed and their fate is eternal misery (perdition); their god is their stomach (their appetites, their sensuality) and the glory in their shame, siding with earthly things and being of their party.*

### WHEN TO FAST

- When GOD CALLS us to fast.

- When we experience out of our OWN FREE WILL, a BURNING DESIRE in our hearts to fast, then it is the HOLY SPIRIT LEADING us to SEPARATE ourselves and SPEND MORE TIME with God.
- When we are SEEKING the WILL OF GOD on IMPORANT MATTERS/DECISIONS.
- When we need more SPIRITUAL POWER, desire FRESH ANOINTING from the HS.
- When ATTACKS of the ENEMY seeks to DESTROY us and in times of DISSAPPOINTMENT, HURT, FEAR, SICKNESS.
- When we want to COMMIT OUR LIVES MORE to God, DECLARE OUR LOVE to Him, express our GRATITUDE and EXPERIENCE greater JOY in our lives.
- When you want to STOP A POSSIBLE DISASTER or CALAMITY.
- For SPIRITUAL PREPARATION for SPECIFIC TASKS, MINISTRIES, job interviews etc.

**You must know why you fast, otherwise there is no purpose to your fast and no specific outcome.**

*(Heb 11:6) But without faith it is impossible to please and be satisfactory to Him. For whoever would come near to God must [necessarily] believe that God exists and that He is the REWARDER of those who earnestly and diligently seek Him [out].*

## **Thus you have to prepare yourself for your fast**

- Decide **HOW LONG** you will fast, **WHAT TYPE** of fast you will do and **FOR WHAT MATTERS** you will be fasting for. They Holy Spirit will guide you.
- ENLIGHTMENT is presented upon the 10 – 40 day fast.
- Make for example: I'm fasting for **SPIRITUAL RENEWAL, GUIDANCE, HEALING, RESOLUTION OF PROBLEMS, SPECIAL GRACE TO HANDLE A DIFFICULT SITUATION.** Make a list of names of people you know that is not saved, nations that are on your heart, the government, revival in South-Africa, revival in our church, your health and personal needs. Pray already now for your children for the right souse and for your grandchildren even if they are still just a thought.

**After Jesus was baptized in water, the Holy Ghost, as a dove, sat upon Him. Up to then He had never done any miraculous thing.**

- Jesus still had to have something along with the Holy Spirit, before He entered His ministry.
- He did not stop there as most Christians are doing today.
- He went on with **PREPARATION** until He received **POWER** for His humanity to also manifest His Sonship.
- The third day after His forty day fast, John says, He began His working of miracles.
- He had received the gifts of the Holy Spirit. Jesus set an example of the very thing He told us to do.
- It isn't enough to tarry only for the Spirit. Jesus said, "Tarry until ye be endued with power."
- When we receive the Holy Spirit, we receive only one of the two things Jesus want us to have. We should also receive the **POWER** of the Spirit. *(Acts 10:38) How God anointed and consecrated Jesus of Nazareth with the [Holy] Spirit and with strength and ability and power; how He went about doing good and, in particular, curing all who were harassed and oppressed by [the power of] the devil, for God was with Him. (John 14:12) I assure you, most solemnly I tell you, if anyone steadfastly believes in Me, he will himself be able to do the things that I do; and he will do even greater things than these, because I go to the Father.*
- God has a three-fold foundation: Giving, Praying and Fasting. (Matt 6) These are the three things Jesus especially stresses, **PROMISING REWARDS.**

## HOW NOT TO FAST

- We do not fast to manipulate God and get our own will.
- Fasting without prayer is not fasting, it is starvation.
- Do not fast to impress people.
- Fasting is done out of love, not a law/form/tradition.
- Fast from a heart of obedience. (Mat 6:16-18)

## WHY DID JESUS FAST?

- To make Himself more SENSITIVE to the works of God.
- In order to NOT TO BE CAUGHT UP IN THE FLESHLY/WORLDLY THINGS around Him such as negativity.
- For GODLY WISDOM in every situation of life and undertaking.
- For FULL SURRENDER and OBEDIENCE to God.
- To FULFILL GOD'S WILL FAITHFULLY.
- To continuously operate in His SPIRITUAL GIFTS.
- For ENCOURAGEMENT and STRENGTH to endure the cross.
- To PASS TEMPTATIONS and TESTS that comes His way.
- To be FULL OF the Word of God and use it as a WEAPON.
- To confirm His DEPENDANCE and UNITY with God the Father
- To REAFFIRM HIS LOVE and COMMITMENT to His Father.

## THE LIE

*(John 8:44) You are of your father, the devil, and it is your will to practice the lusts and gratify the desires [which are characteristic] of your father. He was a murderer from the beginning and does not stand in the truth, because there is not truth in him. When he speaks a falsehood, he speaks what is natural to him, for he is a liar [himself] and the father of lies and of all that is false.*

- FASTING and PRAYER is one of the STRONGEST WEAPONS which God has given to His children. We see it through the Bible. All the men and women that has seen God's mighty right arm in movement, were people who FASTED and PRAYED.
- Fasting is a **LIFE-CHANGING POWER** if we do it to the glory of God and in His will. If we do not FAST and PRAY the body of Christ will be dead and of no benefit to a lost world.
- **Jesus's foundation is GIVING, PRAYER and FASTING and Jesus stresses the PROMISING REWARDS.**
- The devil know the supernatural power and OUTCOME of FASTING. It was Satan's plan to **REMOVE FASTING** from our lives, stating that it is old fashioned, invalid and inappropriate. His plan is to **DISARM** us, in the **hope that we will be destroyed by our problems, sicknesses and live a stressful life.**
- *(John 8:32) And you will know the Truth, and the Truth will set you free. (Mark 2:20) But the days will come when the bridegroom will be taken away from them, and they will fast in that day.* CHARACTERISTIC OF DISCIPLES.
- Sometimes just praying is not enough against our temptations, anxieties and misery, then we must go deeper through fasting and prayer.
- When we make this **PART OF OUR LIVES**, Jesus **PROMISES** us **NEW LIFE** of **ANOINTING, VITALITY, DISCIPLINE, PRIORITIES** and **DOORS** that will be opened for **NEW OPPORTUNITIES.**

## FOOD, SEX AND DESIRES

*(Rom 14:17) [After all] the kingdom of God is not a matter of [getting the] food and drink [one likes], but instead it is righteousness (that state which makes a person acceptable to God) and [heart] peace and joy in the Holy Ghost*

**Food has always been one of Satan's weapons.**

- **EVE** – was Satan's first victim by eating forbidden fruit. **The consequence:** Sin came into the world, Adam and Eva was cast out of the Garden of Eden and had to become self-sufficient.
- **CAIN** – and Able both brought offering of food to the Lord. Abel's was accepted and Cain's rejected. Cain became jealous and killed Abel. (Gen 4:2-12). **The consequence:** Cain was a murder, purposeless vagabond existence.
- **NOAH** – earth and people corrupted (Gen 6:11-13 n 7:1). Noah warned of flood, people ignored warning and ate and drank and marry as they normally did (Matt 24:38). **The consequence:** Rained 40 days, humans wiped of the earth.
- **SOMDOM AND GAMORRA** – Inhabitants wanted to have sex with visitors (angels) – fleshly desires. (Gen 19:5). **The consequence:** God's wrath broke loose over the inhabitants and all people were destroyed by fire. Lot and his family had to leave everything behind and flee out of the city (Gen 19:1-26)
- **ESAU** – sold his birthright for lentil soup due to lust for food. **The consequence:** His brother Jacob received his Father's blessing and he ruled over Esau. (Gen 25:29-34).
- **PAUL** - says any form of excessiveness is the work of the sin nature (flesh man). (Gal 5:19-21). **The consequence:** Those who make them guilty of these practices will not see the kingdom of God.
- **PETER**- points to when we were heathen/Gentiles and controlled by our heathen desires: shameless, insolent/rude/cheeky, wantonness/immorality/shamelessness/depravity, lustful desires, drunkenness, reveling/partying//celebrating/socializing/make merry/let your hair down, drinking bouts/sessions and abominable/offensive/vile, lawless idolatries/worships/adorations. (1 Pet 4:3) **The consequence:** *(1 Pet 4:4) They are astonished and think it very queer that you do not now run hand in hand with them in the same excesses of dissipation, and they abuse [you].*

From the above we make the assumption that food was the bait for negative emotions and deeds. It happens because the lust for food, just as smoking, drinking and drugs is an impulse. These impulses stimulates ones appetite. Appetite is our desires, cravings, greed, that which we covet.

**As humans we have three appetites:**

- Food
- Illegitimate sex
- Worldly desires

**These three are linked to each other.** You social and it flows to smoking, drinking and can even lead to sex. Then follows the illegitimate appetites and desires which sin is such as: idolatry, sexual debauchery, lies, deception, and corruption. *(1 Cor 10:7) Do not be worshipers of false gods as some of them were, as it is written. The people sat down to eat and drink [the sacrifices offered to the golden calf at Horeb] and rose to sport (to dance and give way to jesting/ unserious joking / lighthearted and hilarity/amusement/laughter). (Exod 32:4, 6)*

- **DESIRES** are things we place ABOVE GOD, such as covetousness/avarice which leads to idolatry such as a desire for money, power, status, work, or our physical appearance.

## We exist out of

- A BODY** – this lodges your five senses: see, hear, smell, taste and feel
- A SOUL** – this lodges the will, intellect, emotions, reasoning and feelings.
- A SPIRIT** – this lodges the Spirit of God in our spirit.

## In Matthew 4:1-11 Jesus was tempted by Satan in his physical body, soul and spirit

- The first was on his BODY for HUNGER and THIRST.
  - The second was on his SOUL and pointed to SECURITY and PROTECTION,
  - The third was on his SPIRIT which focused on POWER and DOMINION.
- Satan knows exactly where the WEAKNESS of us as humans are after a 40 day fast and WANTED to EXPLOIT it therefore he focused

- (1) the BODY – the SENSES
- (2) the SOUL – the MENTAL CONDITION or STATE OF MIND
- (3) the SPIRIT – the FAITH.

It was **OUT OF THE SPIRIT** that Jesus resisted Satan and used the Word as His weapon.

Our flesh – is the EXTERNAL PERSON and exists of the BODY and SOUL (**Human nature without God**)

Our spirit – is the INNER MAN and this is where God's Spirit meet with our spirit and we communicate.

Desires of the flesh and of the spirit is always in opposition with each other. *(Gal 5:16) But I say, walk and live [habitually] in the [Holy] Spirit [responsive to and controlled and guided by the Spirit]; then you will certainly not gratify the cravings and desires of the flesh (of human nature without God).*

**Satan always comes to our flesh through the appetites of food, sex and desires.** *(Gal 5:19-21) Now the doings (practices) of the flesh are clear (obvious); they are **immorality**/dishonesty; **impurity**/adulteration/defilement, indecency/offensiveness (v.20) **Idolatry**/worship/adoration/devotion, **sorcery**/witchcraft/magic/enchantment/ wizardry, **enmity**/hostility/hatred, **strife**/discord/fighting/friction, **jealousy**/distrust/possessiveness/suspiciousness, **anger** (ill temper, selfishness, divisions (dissensions), **party spirit** (factions, sects with peculiar opinions, heresies), (v.21) **Envy**/greed/bitterness/resentment, **drunkenness**/smashed/well-oiled/tanked-up/sloshed/bombed/legless/under the influence, **carousing**/partying/revelry/drinking/get drunk, and the like. I warn you beforehand, just as I did previously, that those who do such things shall not inherit the kingdom of God.*

But when we realize our sin and come to repentance in Jesus Christ then we are being **BORN AGAIN** and our **FLESH MAN** becomes **SPIRIT MAN**. The Holy Spirit change the old man into the new man in Christ and we **EMBRACE** it by **READING THE BIBLE** which teaches us what the spirit

man looks like (our mirror). Paul further writes (*Gal 5:22-23*). *But the fruit of the [Holy] Spirit [the work which His presence within accomplishes] is love, joy gladness), peace, patience (an even temper, forbearance), kindness, goodness (benevolence), faithfulness (v.23) Gentleness (meekness, humility), self-control (self-restraint, continence). Against such things there is no law [that can bring a charge]. (Rom 8:1) THEREFORE, [there is] now no condemnation (no adjudging guilty of wrong) for those who are in Christ Jesus, who live [and] walk not after the dictates of the flesh, but after the dictates of the Spirit.*

Our flesh doesn't change overnight. Therefore we must constantly be renewed by the Word of God and in obedience to the Word of God through fasting and prayer.

During the fast the battle between the flesh and spirit is always as follows:

Satan	versus	Jesus Christ
Old man		New man
Worldly desires		Eternal Life
Demons		Angels
Corruption		Honesty
Chaos		Order
Uncleanness		Purity
Pride		Humbleness
Selfishness		Unselfishness
Disobedience		Obedience
Death		Life
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**While we are in battle against Satan's bait of food, sex and desires, through our fasting we are doing in reality something positive:**

- We withdraw ourselves from being dominated by the flesh.
- We keep our flesh his sinful appetites dead.
- We offer resistance to moral decay.
- We focus and that which we are fasting for.
- We follow the true way to God.
- We make the Holy Spirit our moral Compass.

## SPIRITUAL REWARDS

In the **SPIRITUAL REALM** there are **BONDAGES, SICKNESSES, CURSES** and **STRONGHOLDS** that cannot be broken except through **FASTING** and **PRAYER**. (John 17:17-21)

Through fasting and prayer our **FAITH** in Christ **GROW** and **STRENGTHEN**, that nothing would be impossible for us. *(Mark 9:29) And He replied to them, This kind cannot be driven out by anything but prayer and fasting.* Stubborn demons and devils and we can take it through to stubborn circumstances, relationships, hindrances and blockages in our lives. *(Matt 17:20) He said to them, Because of the littleness of your faith [that is, your lack of firmly relying trust]. For truly I say to you, if you have faith [that is living] like a grain of mustard seed, you can say to this mountain, Move from here to yonder place, and it will move; and nothing will be impossible to you.* And so we also **SPEAK TO THE MOUNTAINS** of our **PERSONAL PROBLEMS AND CIRCUMSTANCES**. **God has all the power and might and authority given to Jesus and He gave it unto us.** We must address or stubborn problems in the authority of Jesus Christ and with fasting and prayer and faith it shall be moved.

## SPIRITUAL REWARDS ON FASTING, PRAYER, FAITH AND AUTHORITY

- **A SPIRITUAL LIGHT WILL BREAK FORTH. A new grip on God, power in prayer, and a FERVENCY that one may never have expected will result.** *(Isaiah 58:8) Then shall your light break forth like the morning...*
- Flesh dies – **NEW MAN** (spirit) rise up – like Paul in Acts 9:1-25.
- You are being renewed by **LAYING DOWN** your own **SELFISH CHARACTER** and take on character of Jesus of **SERVANTHOOD** – like Peter in Acts 2:36.
- Start a **MEANINGFUL RELATIONSHIP** with God – like Saul in Acts 9:1-25.
- **God will do the SUPERNATURAL for you in that FAMILY CURSES will be broken, BONDAGES that has been over your family for GENERATIONS, EVIL SPIRITS are driven out, and SICKNESSES of the spirit and body are being HEALED.**
- Your **FAITH** is being **BUILT UP, HEAVY YOKES** are **THROWN OFF, CIRCUMSTANCES IMPROVE, PROBLEMS** are being solved, because your **THOUGHTS ARE BEING RENEWED** (Mark 2:1-12; Mark 5:1-20; Luke 7:1-10).
- That which is impossible for you, is possible for God (He is God of the impossible) – like Moses in Exod 14:15-31.
- Your **SPIRITUAL GIFTS** are being **DEVELOPED** like the Apostles of Jesus in Matt, Mark, Luk, John, and Acts.
- **ENDOWMENTS (GIFTS, EXTRAORDINARY POWERS)** – 1 Cor 12:4-6
- You receive **POWER** and **WISDOM** from the HS and become **INSTRUMENT** in God's hand – like Peter (Acts 2:1-41)
- Receive **FRESH NEW ANOINTING** of the HS – like Cornelius and his family in Acts 10:9, 10, 44-48.
- As a result of **REPENTANCE** of your sin, your **SPIRITUAL EYES will open.** You then realize who you really are and change your life for the better – like David in Psalm 139:23-24.
- God **REVEALS HIS PLAN** and **PURPOSES** for your life – like Joseph in Gen 50:19-21.
- **DOORS WILL OPEN** for you with new contacts and opportunities – like Ester in Esther 7:1-10.
- **NEW MINISTRIES** will be birthed in your heart – like Ezra in Ezra 1:5 and Ezra 7:1-10.
- You will be **CALLED** and **EQUIPPED** for **SPECIFIC TASK** – like Gideon in Judges 6:11-16.
- The **WORD OF GOD** will be **REVEALED** to you. – like Job in Job 42:1-6.

- You are becoming an **OPEN CHANNEL FOR EFFECTIVE PRAYER** – like Nehemiah in Nehemiah 1:4-11
- **JESUS REVEALS HIMSELF** or send **HIS ANGELS** to some people through dreams, vision, prophecies and **ENCOUNTERS** – like Joseph, the husband of Mary in Matthew 1:18-25
- Unsaved person for whom you fast and pray are **BEING SAVED** – like Jonah, for the people of Nineveh in Jon 3:1-10.
- **CHURCHES** are **BEING PLANTED** and rooted – such as the church in Philippi according to Phil chapters 1-4.
- **REVIVAL** in the hearts of individuals and nations takes place – as in the first church in Acts 2:43-47.

## PHYSICAL REWARDS

To only fast and pray once over a matter is not a guarantee that you will immediately see breakthrough and reward. **The devil resist certain prayers, requests, plans and actions we do in Christ.**

- In Mark 8:22-26 Jesus touched the eyes of the man of Bethsaida twice before he could see clearly.
- In Daniel 10:1-21 is being described how Daniel fasted 21 days. God sent an angel to Daniel to inform him what would happen in the future to His nation and to answer Daniel's prayer. The angel of God could not reach Daniel immediately as the prince of the kingdom of Persia withstood him for 21 days and kept back the answer. Daniel had to fast and pray 21 days before he received his **REWARD**.

**We also have angels of the satanic kingdom over our neighborhoods, city, nation, church and circumstance who is resisting the answers of our prayers to reach us with all their might.**

### REWARDS

- **HEALING** from SICKNESSES, ADDICTION, BAD HABITS, and EATING DISORDERS. (Isiah 58:8) *...your restoration and the power of a new life) shall spring forth speedily.*
- **GOOD HEALTH, VITALITY** (Psalm 92:12-15)
- **JOY** will be **UNSPEAKABLE** (Isiah 58:8) *...and the glory of the Lord shall be your rear end.*
- Have a feeling of **FULLNESS OF GOD** instead of fullness of food.
- The **BATTLES WILL BE THE LORDS** and **HE WILL SAVE YOUR LIFE**. (Psalm 35:1-13)
- God will **GO BEFORE YOU** [conducting you to peace and prosperity]. (Isa 58:8)
- God will **ANSWER** your prayers if you take away from your midst yokes of oppression and every form of false, harsh, unjust, and wicked speaking. (Isa 58:9)
- God will hear from heaven, **FORGIVE** the sin, AND **HEAL OUR LAND**. (2 Chron 7:14-16)
- God will **GUIDE YOU CONTINUALLY, SATISFY** you in drought and in dry places and **MAKE STRONG YOUR BONES**. And you shall be like a **WATERED GARDEN** and like a **SPRING OF WATER WHOSE WATER FAIL NOT**. (Isa 58:11)
- God will **EASE, REFRESH** your **SOUL** for his yoke is wholesome and not harsh, but comfortable (Matt 11:28-30)
- Your youth will be renewed like the eagle [strong, overcoming, and soaring]. (Psalm 103:5; Isa 40:27-31)
- Your **ANCIENT RUINS** shall be **REBUILD**; you shall **RAISE UP THE FOUNDATIONS OF** [buildings that have laid waste for] many generations. (Isa 58:12)



**When the soul is bowed in humility and other conditions are met in the fast, these rewards come forth. Fasting is humbling one's self with deep consecration, and as a result the individual will be exalted.** *(Luk 14:11). For everyone who exalts himself will be humbled (ranked below others who are honoured or rewarded), and he who humbles himself (keeps a modest opinion of himself and behaves accordingly) will be exalted (elevated in rank). (Matt 6:18) So that your fasting may not be noticed by men but by your Father, Who sees in secret; and your Father, Who sees in secret, will **REWARD** you in the open.*



If you would like to speak to someone about your situation, we would love to help you and pray with you. Please contact the El Shaddai FGC Offices or you can email us at [info@taniab.co.za](mailto:info@taniab.co.za)