

THE POWER OF FASTING

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Mathew Chapter 4

Fasting is denying your flesh yet feeding your spirit. Fasting is an ancient commandment that is relevant to every generation. Fasting cleanses your spirit. Fasting refreshes your soul. Fasting is a weapon in spiritual warfare. Most importantly, **FASTING PREVENTS YOU FROM FEELING THE TEMPTATION OF SIN.**

Sin is very tempting. If it wasn't, King Jesus wouldn't had to sacrifice His life so we could be delivered from it. Jesus death gave us the ability and the right to be freed from sin. However, it did **NOT** stop the temptation of sin.

TEMPTING SIN

Sin becomes tempting when you **WANT IT**. It's that simple. Your desires causes you to sin, **NOT** the devil. The enemy cannot tempt you with something you do not want. He cannot tempt you with something you hate. Temptation arouses itself when your desires are stimulated.

However, when you **FAST** the desires and cravings you have go away. Have you ever eaten a meal to the point where your stomach was filled to capacity? Most likely the answer is yes.

When your stomach is full are you hungry for another meal? No. Even if you saw a delicious dinner advertised on television do you have a desire to eat it at that time? No. When your stomach is full the desire to eat **GOES AWAY**. This same concept applies to fasting.

THE PURPOSE OF FASTING

The purpose of fasting is to **FEED YOUR SPIRIT** while starving your flesh. Your spirit gets filled when you hear and accept the words of God. **ONLY** the voice of the Lord can feed your spirit.

When a person fast they meditate on God's word more than normal. That time of meditation and sacrifice feeds the spirit with **RIGHTEOUS** values, perspectives, insights, direction and counsel. As your spirit becomes saturated with the words of God, the appetite and desire for sin diminishes drastically.

**AS THE SPIRIT BECOMES FULL THE
FLESH BECOMES WEAK.**

MATHEW 4

Mathew chapter 4 shows us the power of fasting. After King Jesus forty day fast He was brought to the wilderness by the Holy Spirit to be tempted by the devil. The Holy Spirit knew that the devil's temptation had no

chance against Jesus because his spirit was **FILLED** with God's Word. However, that did not stop the devil from tempting King Jesus.

The devil tempted King Jesus three times. The first temptation happened in Mathew 4:1-4. The scripture says, *"Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil. And when he had fasted forty days and forty nights, he was afterward an hungered.*

And when the tempter came to him, he said, If thou be the Son of God, command that these stones be made bread. But he answered and said, It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God."

The devil knew Jesus hadn't eaten in forty days. However, he thought that his stomach would weaken the strength of his spirit but he was wrong. The devil did not realize the power of fasting. King Jesus informed the devil that the Word of God is enough to satisfy the craving of temptation.

The second temptation happened in Mathew 4:5-7. The scripture says, *"Then the devil taketh him up into the holy city, and setteth him on a pinnacle of the temple, and saith unto him, If thou be the Son of God, cast thyself down:*

for it is written, He shall give his angels charge concerning thee: And in their hands they shall bear thee up, Lest at any time thou dash thy foot against a stone. Jesus said unto him, It is written again, Thou shalt not tempt the Lord thy God."

The devil thought King Jesus would be tempted by the spirit of **PRIDE**. The devil was enticing Jesus to prove that He was God. Once again, the devil underestimated the power of fasting. In that forty day fast King Jesus spirit was filled with the word of God. His fleshly desires were quenched with righteous values.

The third and final temptation happened in Mathew 4:8-10 says, *"Again, the devil taketh him up into an exceeding high mountain, and sheweth him all the kingdoms of the world, and the glory of them; and saith unto him, All*

these things will I give thee, if thou wilt fall down and worship me. Then saith Jesus unto him, Get thee hence, Satan: for it is written, Thou shalt worship the Lord thy God, and him only shalt thou serve."

The devil attempted to tempt King Jesus with **POWER**. The enemy believed that King Jesus would be susceptible to the temptation of power. Fasting gives your spirit the clarity to see God's plan for you.

When Jesus fasted He knew His destiny. He knew He would receive all power. His understanding and vision of His destiny prevented Him from accepting the temptation of the devil.

Your will cannot overcome temptation. Your intellect cannot overcome temptation. Your knowledge cannot overcome temptation. Only **FASTING** can give you power over temptation!

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