



Fasting: It's Supernatural

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## Summary

In this lesson you will discover the importance of endings and how a strategically executed ending provides closure to the outgoing year and brings context to the incoming year. I welcome you to join me in the Fast of Supernatural Success and let's get 2021 started with dynamic spiritual, mental and physical momentum!

## I. Introduction

I believe that the power of persistent prayer combined with spiritually focused fasting is the most powerful supernatural weapon that God has given us to destroy the strongholds of the kingdom of darkness and usher in a spiritual renewal in us individually and the church corporately.

- **Matthew 17:14-21 KJV** - [14] And when they were come to the multitude, there came to him a certain man, kneeling down to him, and saying, 15] Lord, have mercy on my son: for he is lunatick, and sore vexed: for oftentimes he falleth into the fire, and oft into the water. 16] And I brought him to thy disciples, and they could not cure him. 17] Then Jesus answered and said, O faithless and perverse generation, how long shall I be with you? how long shall I suffer you? bring him hither to me. 18] And Jesus rebuked the devil; and he departed out of him: and the child was cured from that very hour. 19] Then came the disciples to Jesus apart, and said, Why could not we cast him out? 20] And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. [21] Howbeit this kind goeth not out but by prayer and fasting.
- **2 Corinthians 10:3-6 KJV** - [3] For though we walk in the flesh, we do not war after the flesh:
- **2 Corinthians 4:18 KJV** - [18] While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.
- **II Corinthians 10:4-6** [4] (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 5] Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the

obedience of Christ; 6] And having in a readiness to revenge all disobedience, when your obedience is fulfilled.

- **Hebrews 6:4-6 KJV-** [4] For it is impossible for those who were once enlightened, and have tasted of the heavenly gift, and were made partakers of the Holy Ghost, 5] And have tasted the good word of God, and the powers of the world to come, 6] If they shall fall away, to renew them again unto repentance; seeing they crucify to themselves the Son of God afresh, and put him to an open shame.
- **Psalms 66:18 KJV-** [18] If I regard iniquity in my heart, the Lord will not hear me:
- **Joshua 1:8 KJV-**[8] This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein:
- **Mark 11:23 KJV-** [23] For verily I say unto you, That whosoever shall say unto this mountain, Be thou removed, and be thou cast into the sea; and shall not doubt in his heart, but shall believe that those things which he saith shall come to pass; he shall have WHATSOEVER HE SAITH.
- **Joshua 1:8 (b) clause:** FOR THEN thou shalt make thy way prosperous, AND THEN thou shalt have good success.

## II. SUPERNATURAL

1. The definition of supernatural is extraordinary or is something associated with forces we don't understand or that cannot be explained by science.
2. Events or things that cannot be explained by nature or science and that are assumed to come from beyond or to originate from otherworldly forces.
3. Existing or occurring outside the normal experience or knowledge of man; not explainable by the known forces or laws of nature; specif., of, involving, or attributed to God or a god.
4. Of or relating to the miraculous
5. Attributed to a power that seems to violate or go beyond natural forces.
6. Above nature: that which is beyond or added to nature, often so considered because it is given by a deity or some force beyond that which humans are born with.

7. Not of the usual; not natural; altered by forces that are not understood fully if at all.
8. Neither visible or measurable
9. Of or relating to a deity
- 10: Exceeding normal bounds; extreme

### **III: Success = Sakal**

To act circumspectly  
To be intelligent  
To function with expertise  
To prosper  
To deal prudently  
To give skill, to be skillful  
To have understanding  
To behave wisely  
To guide wittingly

# FASTING: It's Supernatural!!! Lesson 2

- **Matthew 17:19-21 KJV** - [19] Then came the disciples to Jesus apart, and said, Why could not we cast him out? 20] And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you. [21] Howbeit this kind goeth not out but by prayer and fasting.
  
- **2 Corinthians 11:23-28 KJV**- [23] Are they ministers of Christ? (I speak as a fool) I am more; in labours more abundant, in stripes above measure, in prisons more frequent, in deaths oft. 24] Of the Jews five times received I forty stripes save one. 25] Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep; 26] In journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; 27] In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. 28] Beside those things that are without, that which cometh upon me daily, the care of all the churches.
  
- **Luke 12:43-44,48 KJV**- [43] Blessed is that servant, whom his lord when he cometh shall find so doing. -44] Of a truth I say unto you, that he will make him ruler over all that he hath. 48] For unto whomsoever much is given, of him shall be much required: and to whom men have committed much, of him they will ask the more.
  - ❖ **PP**: Wherever there is intensive engagement in spiritual warfare there must be intentional preparation for the weight that will be carried.
  
  - I AM A PERSON OF SUPERNATURAL POSITIVE IMPACT ~BCST
    - January is our month of PREPARATION FOR MANIFESTATION.

- Romans 8:18-19 KJV - [18] For I reckon that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us. 19] For the earnest expectation of the creature waiteth for the manifestation of the sons of God.
  - Before the spirit of God comes in restoration power, the Holy Spirit is calling for corporate repentance, fasting and prayer in the spirit of 2 Chronicles 7:14: ~BCST
- **II Chronicles 7:14** If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and will heal their land.

The 7 steps back to God in II Chronicles 7:14

1: Acknowledgement of wrong doing

2: Intercession

3: Turning to God

4: Turning away from sin

5: Reconnection

6: Reconciliation

7: Restoration

- The scope of this restoration which has the potential to lead to a spiritual revolution depends on how believers in America and the rest of the World respond to this call.

### III. Seven Successful Fasting and Prayer Principles

#### I: HOW TO BEGIN YOUR FAST

- ❖ **PP:** How you begin and conduct your fast will largely determine your success.
- ❖ **PP:** We are not fasting to go hungry; we are fasting to GO HOLY!

- **Hebrews 12:14-17,28** KJV - [14] Follow peace with all men, and holiness, without which no man shall see the Lord: 15] Looking diligently lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled; 16] Lest there be any fornicator, or profane person, as Esau, who for one morsel of meat sold his birthright. 17] For ye know how that afterward, when he would have inherited the blessing, he was rejected: for he found no place of repentance, though he sought it carefully with tears. 28] Wherefore we receiving a kingdom which cannot be moved, let us have grace, whereby we may serve God acceptably with reverence and godly fear:

## **1: SET YOUR OBJECTIVES**

1. Why are you fasting? Is it for spiritual renewal, for guidance, for healing, for the resolution of problems, for special grace to handle a difficult situation?
2. This is a season of specificity.
3. Ask the Holy Spirit to clarify His leading and objectives for your prayer fast. This will enable you to pray more specifically and strategically.

## **2: START TO FINISH**

(Matthew 6:16-18; 9:14,15)

1. What physical or social activities you will restrict
2. How much time each day you will devote to prayer and God's Word

## **3: PREPARE YOURSELF SPIRITUALLY**

1. Make a honest mental comprehensive list of your sins.
2. Confess every sin that the Holy Spirit calls to your remembrance and accept God's forgiveness (1 John 1:9)
3. Seek forgiveness from all whom you have offended, and forgive all who have offended you (Mark 11:25; Luke 11:4; 17:3,4)

4. Surrender yourself fully to Jesus. Body, soul & spirit. Refuse to obey your carnal nature (Romans 12:1,2)
5. Make restitution as the Holy Spirit gives you opportunity
  - **Matthew 5:23-24 KJV** -[23] Therefore if thou bring thy gift to the altar, and there rememberest that thy brother hath ought against thee; [24] Leave there thy gift before the altar, and go thy way; first be reconciled to thy brother, and then come and offer thy gift.

#### **4: PREPARE YOURSELF PHYSICALLY**

Fasting requires reasonable precautions. Consult your physician first, especially if you take prescription medication or have a chronic ailment. Physical preparation makes the drastic change in your eating routine a little easier so that you can turn your full attention to the Lord in prayer.

- 1: Do not rush into your fast.
- 2: Prepare your body by eating smaller meals before starting the fast.
- 3: Avoid high-fat and sugary foods.
- 4: Eat raw fruit and vegetables for two days before starting a fast.

#### **5: WHILE YOU ARE FASTING**

1. Avoid drugs, even natural herbal drugs and homeopathic remedies. Medication should be withdrawn only with your physician's supervision.
2. Limit your activity.
3. Exercise only moderately. Walk one to three miles each day if convenient and comfortable.
4. Rest as much as your schedule will permit.
5. Prepare yourself for temporary mental discomforts, such as impatience, crankiness, and anxiety
6. Expect some physical discomforts, while your system is adjusting. You may have fleeting hunger pains, dizziness, or feel sluggish.



7. Withdrawal from caffeine and sugar may cause headaches. Physical annoyances may also include weakness, tiredness, or sleeplessness.
- The first two or three days are usually the hardest. As you continue to fast, you will likely experience a sense of well-being both physically and spiritually.

## 6: Try to stick to a SCHEDULE

- For maximum spiritual benefit, set aside ample time to be alone with the Lord. Listen for His leading. The more time you spend with Him, the more meaningful your fast will be.
  - ✓ Morning
    - Begin your day in praise and worship.
    - Read and meditate on God's Word
    - Pray for His vision for your life and empowerment to do His will.
    - Invite God to use you. Ask Him to show you how to influence your world, your family, your church, your community, your country, and beyond.
    - Invite the Holy Spirit to work in you to will and to do His good pleasure according to Philippians 2:13.
  - ✓ Noon
    - Return to prayer and God's Word.
    - Take a short prayer walk.
    - Spend time in intercessory prayer for your community's and nation's leaders, for the world's unreached millions, for your family or special needs.
  - ✓ Evening
    - Get alone for an unhurried time of "seeking His face."
    - If others are fasting with you, meet together for prayer.
    - Avoid television, internet or any other distraction that may dampen your spiritual focus.
      - Longer periods of time with God in prayer and study of His Word are often better spent alone.
      - -A dietary routine is helpful as well.
      - -Pre-plan your meals; and a daily schedule and list of juices you may find useful and satisfying.

- -Avoid caffeinated drinks. And avoid chewing gum or mints, even if your breath is bad. They stimulate digestive juices in your stomach.

## 7: BREAKING YOUR FAST

When the designated time for fasting is finished, how you break your fast is extremely important for your physical and spiritual well-being.

1. END YOUR FAST GRADUALLY
2. Begin eating gradually. Do not eat solid foods immediately after your fast.
  - a. Suddenly reintroducing solid food to your stomach and digestive tract will likely have negative, even dangerous, consequences.
3. Try several smaller meals or snacks each day. If you end your fast gradually, the beneficial physical and spiritual effects will result in continued good health.
4. Break an extended water fast with fruit such as watermelon, cantaloupe, honey dew melon.

## IV. A FINAL WORD

EXPECT RESULTS!!

- Sincerely humble yourself before the Lord, repent, pray, and seek God's face; if you consistently meditate on His Word, you will experience a heightened awareness of God's presence (John 14:21).
  - The Lord will give you fresh, new spiritual insights.
  - Your confidence and faith in God will be strengthened.
  - You will feel mentally, spiritually, and physically refreshed.
  - You will see answers to your prayers.
- ❖ It takes time to build your spiritual fasting stamina. If you fail to make it through the fast, do not be discouraged. Pick up where you left off.