



Fasting for Victory

Dear beloved: As we begin our fast today, it would be good to meditate on this point: What is the purpose of the fast? Isaiah tells us what God thinks about fasting in **Isaiah 58:6-9**. The whole chapter of Isaiah 58 is the most comprehensive chapter in the Bible regarding fasting, so spend some time studying it and meditating on the instruction given there. In verses 6-9, Isaiah lays out what God feels about fasting, v6 Is this not the fast that I (God) choose? To loosen the bonds of wickedness, to undo the bands of the yoke, and to let the oppressed go free, and to break every yoke? v7 Is it not to divide your bread with the hungry, and bring the homeless poor into the house; When you see the naked, to cover him; and not to hide yourself from your own flesh? V8 Then your light will break out like the dawn, and your recovery will speedily spring forth; and your righteousness will go before you; The glory of the Lord will be your rear guard. v9 Then you will call, and the Lord will answer; You will cry, and He will say, "Here I am."

So we can see that the purposes of fasting can be easily identified. 1. v6, to break the bonds of wickedness, or in other words, to get rid of demonic strongholds in our lives. Any agreements we have made with the enemy will be brought before us, and we will have to renounce and break those agreements so that we can walk in freedom as God intended for us. 2. v7, to share your bread and provision with those who do not have food, water, or shelter. Fasting is an act of justice because it allows you to share your portion of the provision with those who do not have any. 3. v8 **There is physical healing also in fasting, your recovery will speed forth.** Many illnesses, especially in America, are caused by excess food, not a lack of it, and so as you fast, your light your countenance will rise. Fasting is positioning yourself before a righteous and Holy God, and so as you present yourself before Him, you take on His nature and His glory. 4. v9, As you cry out to the Lord for your needs as well as the needs of others, God promises to hear your cry, and He will answer you, "Here I am." What more could we ask for than to hear the Father of all creation say to us, 'Here I am'. What reassuring words!

Even a desire to fast and pray causes the demons to shudder, because they know what Isaiah 58 says also. They do not want to see you walk in freedom or get loose from any bond or yoke of wickedness. And so be strengthened in knowing that many faithful brothers and sisters in the Lord are fasting and praying with you at this time; it is a time of great victory for the kingdom. May God bless you, and give you the grace and strength to fast and see that good work finished in you.