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## Fasting - Its Not Just for Others

I wonder if the thoughts of some readers viewing this title might be: “That stuff (fasting) is for *special* saints or for ‘extremist’; those with full-time ministries or for those in the early church; or those who receive miracles and such.” Well, it is *indeed* for those who receive miracles... its for you. Fasting is a discipline that was intended to be carried on by all adult members of the church, not the few, until the return of Christ. It is not just for some elite spiritual ‘special forces’, but for the broad membership... the *average* Christian (if there be such a thing as an ‘average’ Christian). Although some may need to take into account special health considerations and modify their fast accordingly (perhaps seeking advice from a physician that has some understanding on the benefits of fasting). Perhaps you may only be able to set aside your favorite cuisines for a special period of prayer and reflection.

Christians live a life filled with miracles, many of which they will never be aware of until the hereafter. How many angelic interventions directed by God have you and your family received? – None of us know the answer. Yet, since Satan and his cohorts have targeted God’s children, you can be assured that God’s interventions are continuous, otherwise, you would have been ‘taken out’ a long time ago. You’d be a spot under the foot of Satan. Instead, Satan is made a blot under the foot of Jesus. <sup>(Gen. 3:15)</sup> Satan, who is much more powerful than we of our own-selves are, flees our presence through faith in the power and/or command of God. <sup>(Ja. 4:7; Mk. 16:17)</sup> Yet, such faith requires prayer and fasting, <sup>(Mt. 17:21, Mk 9:29, I Cor. 7:5, Mk. 2:20)</sup> which is expected of all mature disciples/Christians. Are you a mature disciple or not? Is Christianity for you not “a” but “the” way of life? – or is it just a convenient lifestyle, accepted primarily for its benefits in addressing your need for social interactions and a basic need to feel in contact with some supernatural purpose? It must be much more than that. It must be a heart, mind and even bodily passion, consuming you in an energized sense of total purpose. Anything less than that is a mere accommodation.

Fasting helps us to gain victory over the fleshly powers that so frequently subdue us. Combined with prayer, fasting aids our faith and helps us to become more thoroughly devoted servants of God. There is power in a properly conducted fast; and spiritual anemic deficiencies without prayer, augmented by some regimen of fasting. The more hostile your thoughts are to the idea of fasting may provide a barometer to just how averse you are to humbling the flesh to the rule of Christ and how much you need to begin a regimen of fasting. <sup>(Jer. 17:9)</sup>

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