

Consider It – Fasting
(Part 1 and Part 2) – **Summary**
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Prayer is the process by which we communicate with God, express our needs, thank Him for His blessings, repent of our sins

Bible Study is the process by which we learn the will of God, the laws of God, the ways of God and gain understanding and knowledge regarding truth of God

Mediation is the process by which we get the law of God into our heart and mind, where we speak to ourselves in low tones, where we observe to keep ourselves aligned with God's will for us in very personal and specific ways.

Fasting is then a tool or process that has a direct impact on our physical being, our soul, our life, our body to aid in bringing our nature into submission to the will of God. Fasting is a powerful tool that works in combining with Prayer, Bible Study and Meditation to enhance the effectiveness of those processes by use of this very power tool of spiritual growth and development. Fasting is both defensive and offensive. It both preventive and curative. It both weakens and strengthens.

Fasting is the tool that can enable our sensitivity and humility to see ourselves as God sees us and exercise the character that at all times reflects the character of God.

God is most interested in our holiness or our purity in (Actions, Words, Desires, Thoughts, Meditations, Intentions) whether Spontaneous, Planned, or Character-based. God is interested in developing Holy, Righteous character in us. Why? Because God has called us to be Kings and Priest in the Kingdom of God.

So, what happens when, after Prayer, Bible Study, and Mediation, you are still incumbered with sins, pressured by temptations, vexed by depression, pre-occupied with anger or revenge, challenged by addictions of various sort, chased and confronted by spiritual wickedness, and are close to or have surrendered to your personal weakness of the flesh or of the mind or of the heart in a small or in a grandiose and profound way?

You FAST...

1. We Fast that we may see ourselves as God sees us, as we truly are
2. We fast that we may be cleansed

3. We fast that we may draw close to God
4. We fast that we may become more like God and be victorious against self and Satan.

Consideration #1: Consider fasting in advance of or around the time of the Spring Holy Days or any Holy Day.

Consideration #2: Consider Fasting that your heart may be sensitive in questioning whether you are where you are supposed to be.

Consideration #3: Consider fasting after a great success, victory, times of celebration, accomplishment or blessing.

Consideration #4: Consider fasting, in particular, when you know you are coming into a situation or place that is a major change in your normal routine so that you are more aware of your vulnerabilities!

Consideration #5: Consider Fasting to give you the strength to turn immediately from sin!

Consideration #6: Consider Fasting to give you the strength to recognize when you are being tempted either intentionally/unintentionally by another or intentionally by yourself.

Consideration #7: Consider fasting to keep temptation from growing into coveting!

Consideration #8: Consider fasting so that in the midst of sin you might hear the truth and warnings from others, and have the spiritual sensitivity see and obey the HUGE, RED STOP SIGN and STOP!

Consideration #9: Consider fasting to avoid the self-deception of having others do your dirty work or to join you in your sin!

Consideration #10: Consider fasting to avoid taking, grasping, seizing, touching something that does not belong to you and going deeper into sin!

Consideration #11: Consider fasting to have the strength to flee sin, even if it is at the very last minute!

Consideration #12: Consider fasting to make you keenly aware that just because the object of sin has gone away, the sin has not gone away.

- Consideration #13:** Consider fasting when you know, clearly, that you have sinned, no matter how great or small the sin.
- Consideration #14:** Consider fasting to avoid sinking yourself into the quagmire of deception and lies.
- Consideration #15:** Consider fasting whenever summoned to come before a person of high rank, authority and influence over or in your life.
- Consideration #16:** Consider fasting, that you may be sensitive to the highest standard that God would want you to take in any given situation.
- Consideration #17:** Consider fasting, that you may have the courage to humbly speak the truth directly to those in authority over you.
- Consideration #18:** Consider fasting that you might exercise wisdom, and that God might protect your heart, mind, and body even if under the influence of the highly influential, or under the influence of strong drink or medications or drugs.
- Consideration #19:** Consider fasting that God protect you from the physical and spiritual hand of an enemy or someone who hates you or desires to harm you.
- Consideration #20:** Consider fasting that you may be faithful to the very end.
- Consideration #21:** Consider fasting that you are never so faithful to a man or an organization that you are willing to break God's law, either directly or indirectly.
- Consideration #22:** Consider fasting that your heart never becomes so calloused that you are willing to sin a greater sin to cover up your sin, at the detriment and destruction of others.
- Consideration #23:** Consider fasting that you, as a result of the guilt because of your own sins, are never deceived and used by others.
- Consideration #24:** Consider fasting that that you are never deceived into thinking that you can cover up sin with "a good deed".
- Consideration #25:** Consider fasting that you never displease the Lord.

Clearly, David, a man of probably 50 years old by this time, called of God, chosen by God, anointed by God, rewarded by God has inwardly, outwardly and viciously broken all 10 of the commandments of God:

1. #1 – Thou shall have no other God before me
(David has become his own God, allowed his lust to become his God)
2. #2 – Thou shall not use the Lord’s name in vain
(David has misrepresented the name of God by being God’s anointed and living overtly and recklessly in sin while claiming to be God’s representative)
3. #3 – Thou shall not bow down to any graven image
(David has bowed to lust, envy, the image of Bathsheba in his heart and in his actions)
4. #4 – Remember the Sabbath Day, to keep it holy
(It is hard to image how David was keeping the Sabbath Day Holy during this period of blatant rebellion and unrepentant sin against God)
5. #5 - Honor thy mother and father
(David dishonored is father, mother and family name)
6. #6 - Thou shall not kill
(David killed Uriah)
7. #7 -Thou shall not commit adultery
(David committed adultery with Bathsheba)
8. #8 - Thou shall not steal
(David stole Bathsheba from Uriah)
9. #9 - Thou shall not bear false witness
(David lied incessantly)
10. #10 - Thou shall not covet
(David coveted Bathsheba, his pride, and his reputation above all else)

David should have considered fasting long before the arrival of Nathan the Prophet of God!