**Spiritual Warfare: Fasting**

**(August 26, 2018, by Rev. Anthony Menzel)**

Prayer in general can be defined as communication with God…

There are many types of prayer, such as praise, worship (giving God honor and telling Him how much we love Him), and petitions…

One of the most intense types of prayer is intercession…

In intercession we do not seek to thank God for what He has already done…

We do not seek the strength to make it through the trials we are facing…

In intercession we literally are crying out to God so that circumstances and people will change…

Involvement in intercession can be a particularly dangerous spiritual activity…

When we are seeking positive change, we are trying to destroy the devil’s influence and control over people…

Therefore, it is especially important that we prepare ourselves for intercession…

Intercession can be considered spiritual warfare because in intercession, we are fighting against the devil, his demons, and the carnal side of humanity which is dominated by evil desires…

Scripture 1: **Ephesians 6:10-12**

**10**Finally, my brethren, be strong in the Lord and in the power of His might. **11**Put on the whole armor of God, that you may be able to stand against the [[b](https://www.biblegateway.com/passage/?search=Ephesians+6&version=NKJV#fen-NKJV-29349b)]wiles of the devil. **12**For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of [[c](https://www.biblegateway.com/passage/?search=Ephesians+6&version=NKJV#fen-NKJV-29350c)]the darkness of this age, against spiritual *hosts* of wickedness in the heavenly *places.*

Brother Leandro preached about the three heavens two weeks ago…

We see from this passage that major demonic powers reside in heavenly places…

We know that they cannot live with the Holy Trinity in the paradise of the third heaven…

We also do not normally see them in the first heaven…

Therefore, it makes sense that they live in part of the second heaven, which is outerspace…

If the Lord permits, I will get into more detail about where the demonic powers reside in another sermon…

Today we are going to talk about the importance of fasting in spiritual warfare…

During Bible study after service last Sunday, the Lord put on the hearts of several leaders that we need to fast together as a church…

I had declared a fast years ago for the church, but few people were participating in it…

So this time, after praying to the Lord, I got the leaders on board with the fast…

Why is fasting important for spiritual warfare? It can make our prayers more powerful.

Scripture 2: **Matthew 17:14-21**

**14**And when they had come to the multitude, a man came to Him, kneeling down to Him and saying, **15**“Lord, have mercy on my son, for he is [[c](https://www.biblegateway.com/passage/?search=Matthew+17&version=NKJV#fen-NKJV-23716c)]an epileptic and suffers severely; for he often falls into the fire and often into the water. **16**So I brought him to Your disciples, but they could not cure him.”

**17**Then Jesus answered and said, “O [[d](https://www.biblegateway.com/passage/?search=Matthew+17&version=NKJV#fen-NKJV-23718d)]faithless and perverse generation, how long shall I be with you? How long shall I bear with you? Bring him here to Me.” **18**And Jesus rebuked the demon, and it came out of him; and the child was cured from that very hour.

**19**Then the disciples came to Jesus privately and said, “Why could we not cast it out?”

**20**So Jesus said to them, “Because of your [[e](https://www.biblegateway.com/passage/?search=Matthew+17&version=NKJV#fen-NKJV-23721e)]unbelief; for assuredly, I say to you, if you have faith as a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you. **21**[[f](https://www.biblegateway.com/passage/?search=Matthew+17&version=NKJV#fen-NKJV-23722f)]However, this kind does not go out except by prayer and fasting.”

Based on what the leaders felt in the Spirit and my own prayers, I have declared a 40 day fast for the church, which will end on September 30th after service…

How many of you want deliverance from sin and sickness for everyone in the church and our loved ones?

How many of you want salvation for your loved ones that are not serving Jesus Christ, as well as salvation for the greatest amount of people possible?

How many of you want the world to be as peaceful as possible?

How many of you want our leaders to be baptized in the Holy Spirit with the evidence of speaking in tongues?

How many of you want papers for our undocumented brothers and sisters?

How many of you want all of our church events and programs to be successful?

These are big prayers, so we are combining fasting with our prayers…

I felt led by God to declare modified Daniel fast for 40 days…

What is a Daniel fast?

Scripture 3: **Daniel 1:1-16**

In the third year of the reign of Jehoiakim king of Judah, Nebuchadnezzar king of Babylon came to Jerusalem and besieged it. **2**And the Lord gave Jehoiakim king of Judah into his hand, with some of the articles of [[a](https://www.biblegateway.com/passage/?search=Daniel+1&version=NKJV#fen-NKJV-21740a)]the house of God, which he carried into the land of Shinar to the house of his god; and he brought the articles into the treasure house of his god.

**3**Then the king instructed Ashpenaz, the master of his eunuchs, to bring some of the children of Israel and some of the king’s descendants and some of the nobles, **4**young men in whom *there was* no blemish, but good-looking, gifted in all wisdom, possessing knowledge and quick to understand, who *had* ability to serve in the king’s palace, and whom they might teach the language and [[b](https://www.biblegateway.com/passage/?search=Daniel+1&version=NKJV#fen-NKJV-21742b)]literature of the Chaldeans. **5**And the king appointed for them a daily provision of the king’s delicacies and of the wine which he drank, and three years of training for them, so that at the end of *that time* they might serve before the king. **6**Now from among those of the sons of Judah were Daniel, Hananiah, Mishael, and Azariah. **7**To them the chief of the eunuchs gave names: he gave Daniel *the name* Belteshazzar; to Hananiah, Shadrach; to Mishael, Meshach; and to Azariah, Abed-Nego.

**8**But Daniel purposed in his heart that he would not defile himself with the portion of the king’s delicacies, nor with the wine which he drank; therefore he requested of the chief of the eunuchs that he might not defile himself. **9**Now God had brought Daniel into the favor and [[c](https://www.biblegateway.com/passage/?search=Daniel+1&version=NKJV#fen-NKJV-21747c)]goodwill of the chief of the eunuchs. **10**And the chief of the eunuchs said to Daniel, “I fear my lord the king, who has appointed your food and drink. For why should he see your faces looking worse than the young men who *are* your age? Then you would endanger my head before the king.”

**11**So Daniel said to [[d](https://www.biblegateway.com/passage/?search=Daniel+1&version=NKJV#fen-NKJV-21749d)]the steward whom the chief of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah, **12**“Please test your servants for ten days, and let them give us vegetables to eat and water to drink. **13**Then let our appearance be examined before you, and the appearance of the young men who eat the portion of the king’s delicacies; and as you see fit, *so* deal with your servants.” **14**So he consented with them in this matter, and tested them ten days.

**15**And at the end of ten days their features appeared better and fatter in flesh than all the young men who ate the portion of the king’s delicacies. **16**Thus [[e](https://www.biblegateway.com/passage/?search=Daniel+1&version=NKJV#fen-NKJV-21754e)]the steward took away their portion of delicacies and the wine that they were to drink, and gave them vegetables.

In our Daniel fast, we are eating a vegetarian diet, so you can eat fruit, eggs, dairy products, grains…You just can’t eat any kind of meat…Sweets are only allowed on special days, like birthdays (today included).

We are only drinking water…So there is no tea, coffee, juice, or soda…

Any day you make a mistake in the fast you can still participate by praying for an hour.

We are going to officially consecrate this fast unto the Lord today.

I will include in fasting texts anyone who wants to join the fast…We have been sending each other texts about specific people or situations that need prayer, for example…I will also send you the prayer points the fast is focused on…

Now even though it may seem like a modified Daniel fast is not so hard, it can be difficult…

This week I got really sick…

Normally I would have soothed my throat by drinking tea or having a noodle soup…

This time I could not because praying for an hour with a sore throat would be painful…

For some people leaving coffee or tea is very difficult…

Why are we fasting for 40 days?

40 is a symbolic number in the Bible…

For example, the Lord Jesus fasted for 40 days before He started His earthly ministry…

Scripture 4: **Matthew 4:1-2, 11-12, 17**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. **2**And when He had fasted forty days and forty nights, afterward He was hungry. **3**Now when the tempter came to Him, he said, “If You are the Son of God, command that these stones become bread.”

**4**But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’ ”

**5**Then the devil took Him up into the holy city, set Him on the pinnacle of the temple, **6**and said to Him, “If You are the Son of God, throw Yourself down. For it is written:

‘He shall give His angels charge over you,’

and,

‘In *their* hands they shall bear you up,  
Lest you dash your foot against a stone.’ ”

**7**Jesus said to him, “It is written again, ‘You shall not [[a](https://www.biblegateway.com/passage/?search=Matthew+4&version=NKJV#fen-NKJV-23217a)]tempt the Lord your God.’ ”

**8**Again, the devil took Him up on an exceedingly high mountain, and showed Him all the kingdoms of the world and their glory. **9**And he said to Him, “All these things I will give You if You will fall down and worship me.”

**10**Then Jesus said to him, [[b](https://www.biblegateway.com/passage/?search=Matthew+4&version=NKJV#fen-NKJV-23220b)]“Away with you, Satan! For it is written, ‘You shall worship the Lord your God, and Him only you shall serve.’ ”

**11**Then the devil left Him, and behold, angels came and ministered to Him.

### Jesus Begins His Galilean Ministry

**12**Now when Jesus heard that John had been put in prison, He departed to Galilee. **13**And leaving Nazareth, He came and dwelt in Capernaum, which is by the sea, in the regions of Zebulun and Naphtali, **14**that it might be fulfilled which was spoken by Isaiah the prophet, saying:

**15**“The land of Zebulun and the land of Naphtali,  
*By* the way of the sea, beyond the Jordan,  
Galilee of the Gentiles:  
**16**The people who sat in darkness have seen a great light,  
And upon those who sat in the region and shadow of death  
Light has dawned.”

**17**From that time Jesus began to preach and to say, “Repent, for the kingdom of heaven [[c](https://www.biblegateway.com/passage/?search=Matthew+4&version=NKJV#fen-NKJV-23227c)]is at hand.”

Now I am going to call everyone who is participating in the church’s fast to the front so that we can receive prayer for God to strengthen us to carry out this fast in the way that will honor the Lord Jesus the most…

Anyone who is not yet part of the fast but wants to join the fast till September 30th, please feel to come forward as well. I will write down additional names and include you on fast-related communications…

Whether you are participating in the fast or not, you can help with this fast by praying for those who are or will be fasting…

So everybody can help…

PRAYER FOR THE FASTING...

Today is a very special service because we are celebrating the birthday of someone who works very hard for the Lord…

She has been working by my side in the ministry for 17 years, since I started leading Sunday services here in Dover…

Before we celebrate her, I know that she wants each of you to leave here blessed…

The biggest blessing we can have is the Lord Jesus Himself…

Scripture 5: **Psalm 16:11**

You will show me the path of life;  
In Your presence *is* fullness of joy;  
At Your right hand *are* pleasures forevermore.

Scripture 6: **Isaiah 26:3**

You will keep *him* in perfect peace,  
*Whose* mind *is* stayed *on You,*  
Because he trusts in You.

To have that joy and peace that only the Lord Jesus can give us, we have to be connected to God through the Lord Jesus Christ…

Scripture 7: **John 14:6**

Jesus said to him, “I am the way, the truth, and the life. No one comes to the Father except through Me.

To make that connection, the Bible teaches us that we confess with our mouths that Jesus is Lord and believe in our hearts that God the Father raised the Lord Jesus from the dead.

Scripture 8: **Romans 10:9-10**

**9**that if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. **10**For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation.

We also need to repent, which means to stop doing bad things and start doing good things we haven’t been doing…

Scripture 9: **Acts 17:30**

Truly, these times of ignorance God overlooked, but now commands all men everywhere to repent,

PRAYER OF SALVATION