

## Joel 2:28 KJV

And it shall come to pass afterward, *that I will pour out my spirit upon all flesh; and your sons and your daughters shall prophesy, your old men shall dream dreams, your young men shall see visions.*

Notice how that passage starts, “It shall come to pass afterward...” After what? That’s a great question. The answer is in verses 12.

## Joel 2:12

“Now, therefore,” says the Lord, “Turn to Me with all your heart, with fasting, with weeping, and with mourning.”

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**Today, I want to answer three questions:**

1. What is biblical fasting?
2. How does it work?
3. What should you expect when you fast?

### **1. What is biblical fasting?**

**Fasting is going without food for a spiritual purpose.**

It’s not just going without food, that’s called starving.

It’s going without food for a *spiritual purpose*.

It’s resisting something natural, in order to receive something supernatural.

Prayer and fasting are like Nitro meets Glycerin; they’re spiritual weapons of mass destruction.

If prayer is talking to God, fasting is cry out to God.

Adam lost everything by eating and Jesus started everything by fasting.

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**Did you know that there's over 70 examples of fasting in the Bible.**

**NEHEMIAH 1** - Nehemiah was so broken over the condition of his country that he went on a 21 day fast. God used him to rebuild the walls around Jerusalem in record time.

**JONAH 3** – The people of Nineveh went on a one day fast. God heard their cry and the mercy of God came upon the city.

**ACTS 10** – A man by the name of Cornelius, was four days into a fast and the Holy Spirit was poured out upon the Gentiles.

**Did you know that during America's fight for Independence**, Congress issued sixteen separate proclamations, calling the people to humble themselves with prayer and fasting. America was birthed by prayer and fasting.

Jesus said that certain breakthroughs only come by prayer and fasting. **If you knew they breakthrough was a few days away, wouldn't it be worth pushing your plate back and seeking God?**

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**How does it work?**

- There are numerous fasts in the Word of God: 1 Day, 3 Days, 7 Days, 14, 21, and 40.
- There are liquid only fasts mentioned in the Bible.
- There are partial food fasts mentioned in the Bible.

- Daniel and Nehemiah fasted from certain foods.
- They only ate fruits and vegetables, no meat, sweets or bread.
- Daniel fasted like this for 21 days.

  

- **Remember this:** If it means something to you, it means something to God.

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## What can you expect when you fast?

### 1. Supernatural Breakthrough

**1 SAMUEL 7** - Israel went on a one day fast; they cried out to God and repented of their sin. When their enemy (the Philistines) attacked them, the Lord sent out a clap of thunder through the enemy's camp. The noise confused the Philistines, and they fled before God's people.

**JESUS SAID** that some breakthroughs only come through prayer and fasting. (**Matt 17 & Luk 9**)

### 2. Supernatural Direction

**ACTS 13** - Paul and Barnabas was called by God to go to their next assignment during a fast. Their fast actually "ministered to the Lord."

### 3. Supernatural Favor

**ESTHER 4** - Ester called her people to a three day fast. She discovered a political plot to annihilate the Jewish people throughout Persia. Three days later, what the enemy had planned backfired, and Esther and her people were saved.

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The practice of fasting started for me, twenty years ago.

Fasting is going on a hunger strike to demand spiritual breakthrough.

### **Think about a corporate fast like you would a corporate strike.**

You might remember the port strike in 2024.

Over 47,000 port workers in the U.S. went on strike to demand increase wages.

36 ports were impacted across along the East Coast and the Gulf Coast.

It only lasted 3 days, but it cost the U.S. economy \$12 billion.

Wages were increased by over 60%.

### **A strike demands change!**

When enough people realize that their situation is no longer acceptable, they pull together and they STRIKE! Nothing demands change in one's circumstances more than a strike!

Fasting is going on a hunger strike to demand change. You're not demanding God to do anything. You're demanding your situation to line up with the Word of God and the will of God.