

WATCHMAN CATHOLIC CHARISMATIC RENEWAL MOVEMENT
2024 FIRST FRUIT FASTING EXERCISE Jan.22 – Feb 11, 2024
(Day 2)

Theme: JUMPING IN THE JOY OF JUBILEE
Texts: Ps.4:3-8; 32:11; 126:1-6
Topic: FLOURISHING THROUGH FASTING
Sub-Texts: Isa.58:5-12; Matt.9:14-15

Fasting is the practice of abstaining from food and drinks for a given period. It can be total or partial, wet or dry depending on what is permitted.

The lack of understanding of the power of this glorious exercise has kept many believers in tatters health wise and spiritually.

The exercise has both purely physical as well as spiritual impacts.

Scientists have discovered the health benefits of fasting (Isa.58:8). It influences body metabolism encouraging autophagy where the body readily eliminates damaged organelles, distorted proteins and invading germs, allowing renovated cells to adapt to stress. It has a therapeutic effect in the management of metabolic and neurodegenerative diseases, cancers and infectious diseases.

Fasting reduces symptoms of anxiety and depression. It supports heart health, brain health and helps prevent ageing, obesity, etc.

Spiritually, fasting is not just a religious observation/affliction but a formidable spiritual weapon designed to guarantee victory in every battle front. It has a multi-pronged operational effect. It stimulates God's consideration/mercy (1Kgs.21:25-29; 2Chro.7:14; Jnh.3:4-5,10), boosts faith, anointing and sensitivity to spiritual impulses. (Matt.17:20-21; Acts 10:9-20; 13:2-4), generates a deterrent against forces of darkness (2Cor.10:3-5; Eph.1:19).

Fasting is a spiritual catalyst that enhances the potency of prayer (Matt.17:20-21; Est. 4:15-17, 5:1-6). Fasting is an obligation of every believer, and not negotiable, hence the statement "*when ye fast*" (Matt.6:16-17) and "*....then shall they fast...*" (Matt.9:15).

Fasting goes with prayer and should be devoid of strife and acrimony (Matt.17:20-21; Isa.58:4-6).

The Lord Jesus began His ministry with fasting and led a fasted life and ended with a fast (Matt.4:1-2; 17:21). The successful pioneers of our great faith were men and women given to fasting (Matt.9:15; Acts 13:1-2; 14:19-23; 2Cor.11:23,27). The Old Testament prophets and saints were men acquainted with the art: **Moses** fasted at least twice for 40 days (Deut.9:9,15-18;); **Elijah** did a divinely packaged 40 days fast (1Kgs.19:1-10); **Daniel** fasted for 10 days and 21 days respectively (Dan.1:12; 10:3). **Ezra, Nehemiah**, etc all engaged in fasting to get result (Ezra 8:21-23; Neh.1:1-4). Ungodly king **Ahab** fasted and secured mercy (1Kgs.21:17-29); Anna's age did not deter her (Lk.2:36-38).

Fasting and prayer is a vehicle of divine restoration (Isa.58:8; Jonah 3:4-10); a spiritual device for supernatural empowerment (Lk.4:14; Ps.63:1-2); a portal to access deep things of God (Isa.58:8; Acts 13:2); a grant to speedy answer to prayers (Isa.58:8); guarantees clarity of divine guidance (Isa.58:11; Ps.23:1-6); breaks demonic fortifications against a victim and connects to divine destiny (Isa.58:6,12,14; Matt.17:21).

In this 21 days fast, the light of God shall break forth upon you and demons yokes shall be broken.

As a believer engages in regular fasting exercises, sound health is guaranteed, and spiritual revival will be experienced.