

## **Fasting Food, Fasting Facebook.**

**Matthew 6:16-18 ( NASB )** <sup>16</sup>“Whenever you fast, do not put on a gloomy face as the hypocrites *do*, for they neglect their appearance so that they will be noticed by men when they are fasting. Truly I say to you, they have their reward in full. <sup>17</sup>“But you, when you fast, anoint your head and wash your face <sup>18</sup>so that your fasting will not be noticed by men, but by your Father who is in secret; and your Father who sees *what is done* in secret will reward you.

Is fasting necessary?

I think yes, because there is no option whether to fast or not. But Jesus says, “when you fast, don’t flaunt.”

Fasting taken on the literal level is to abstain from eating, or other words stop feeding the flesh.

Extending it then fasting need not stop with abstaining from food alone but also the other things that feed the flesh.

The rationale behind fasting is when the body starves the soul is more receptive. I know this is true.

The first step of fasting will seem frightening but as we start to read the word and pray, the tiredness of the body slowly recedes.

Jesus started His ministry with 40 days of fasting. Moses and Elijah too went through 40 days of fasting. We know Daniel, Nehemiah, Jeremiah, Job, all the saints of the Old and New Testament fasted.

Daniel’s fasting prayer and national confession released the Promise of the end of 70 year exile (Daniel 9)

Nehemiah’s fasting prayer and national confession released the rebuilding of the wall of Jerusalem(Nehemiah 1)

Jesus told His disciples to fast and pray when they were not able to deliver the possessed boy.

But what Jesus was against was the pretentious nature of the religious people who put on an elaborate show when they fast, so that people may look on them with awe.

But fasting without right intentions isn't going to be of any use to anyone. It would be the case of simple starvation.

May be you think, is it necessary that I should fast? I cannot give you the answers but I think you should take it to the Lord in prayer.

### **Level II- This is important.**

Fasting need not mean abstaining from food alone. Fasting means not feeding the flesh or the senses.

Is there anything other than food that feeds the senses? Not eating, binds the tongue, the sense of smell.

What about what you see, what you touch?

Your facebook, your youtube, your android apps, movie channels, video games? Aren't they enslaving your eyes and mind? How many spirit filled believers/ministers are addicted to porn?

Why not think of fasting face book, fasting you tube, fasting porn sites in place of fasting food?

Go ahead with this. Do this in the name of the Lord.

I tell you even if this fast would be as difficult as drug de addiction, God will also stand with you and fight if you step out in faith.

I think this is very important for every person who is reading this to do a fast on all LED screens. Only when you decide on a one day fast on these gadgets you will realize how addicted you've become.

Only then you'll also realize what a strong wall these gadgets have built between your heart and God's heart.

Do not confuse this relationship with whatever online, android apps facebook ministry you are doing. Ministry and relationship with God are two different things. You can minister because of a love relationship with God, you can also minister because it is lucrative, money spinner. All those who minister need not be beloved of the Lord.

If my friend you think you are addicted in any way. Normally those who are addicted will never accept the fact that they are addicted.

But when you do a one day fast on these gadgets, you will first identify your addiction.

Take this as a challenge. Pray and start with one day fast on face book and go on to two days, three , a week and so on.

When you do this you'll really how deeply toxic your mind has become.

Fasting food will detoxify your body, fasting LED screens will detoxify your mind.

Only God can feed your soul. Only He can send everyday manna from heaven and refresh your soul.

My dear friend take your foot forward and you'll see your soul revive and sing like the days of old.

Praying that our God will refresh our souls once again with the dew of His Word and the rain of His mercy and grace.